

Feedback from CSTW Wellbeing Group 8th March 2016

Comments from weekly feedback:

- “It made me emotional in a happy way, which is far removed from the emotional turmoil I usually feel. Such a relief to be able to achieve a balance of both, through this group. It was originally told as a Mental Health Support Group which caused anxiety but as it was explained it was more about mental wellbeing. I’m feeling I have a safe and happy environment to be myself. Thank-you” Cherylyn
- Inclusive
- Friendly
- Good
- Interesting

How I found out about the Wellbeing group

- Awareness session at Arch in Shipley
- Word of mouth/friends
- Stress Pac Course (IAPT)
- Women Together Group
- Counsellor told me

Benefits of Wellbeing Group

- Given me a focus for the day
- I enjoy being with others, socialising
- Meeting other people
- A nice distraction from the drama in my life

What would you say to others?

- If you want to change your life, change something
- A chance to move out of your comfort zone in a safe space
- Build confidence
- Social Skills
- Beat Social Anxiety.