

Trowbridge Service Users Group

Trowbridge service users group is a Peer led and Peer run service, unlike other mental health services our key aims are to reduce loneliness and build a local support network.

Our session times are self-referral and are informal drop in style with Free Tea and Coffee supplied by Tesco in the Community. Although if you need a little help the first few times we can arrange to meet you outside and walk in with you and where possible link you up with a member of the group to act as a buddy.

Trowbridge Service Users Group is here to help you do what you want to do; we have art sessions and open session and Improving coping skills as well as board games and art therapy books and pens. If their something you want to do we can help facilitate or sign post you to your success.

This group is not Work or Therapy focused; we are the third way of healing; allowing you to grow in confidence and helping you to realise you're not alone and helping you to build a network of friends with understanding giving you a solid base for the future.



One in four people has a **mental illness**.
You can be the **one** that helps.

OPENING HOURS

The Community Room
Tesco Extra Trowbridge
County Way,
Trowbridge
BA14 7AQ

Opening Times

Position in month	Monday	Wednesday
1st	9.30 to 3.30	9.30 to 12
2nd	1.30 to 5	
3rd	1 to 5	
4th	1 to 5	
5th	1 to 5	

Web <https://trowbridgeusersgroup.co.uk/>

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Mental Health Support



Friendship

Trowbridge Service Users Group

Peer to Peer Support

[#MakeSomeoneWelcome](#)

Art Sessions

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Times :- 1st Monday 9.30 to 3.30pm

3rd Monday 1 to 5pm

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These sessions are free in fact Trowbridge Service Users Group is free all the time all you need to attend is the will and a mental illness and best of all you have nothing to prove Just turn up we're here for you.



Improving Your Coping skills

Dates : - the 1st Wednesday of month

Time : - 1st Wednesday 9.30 to 12pm

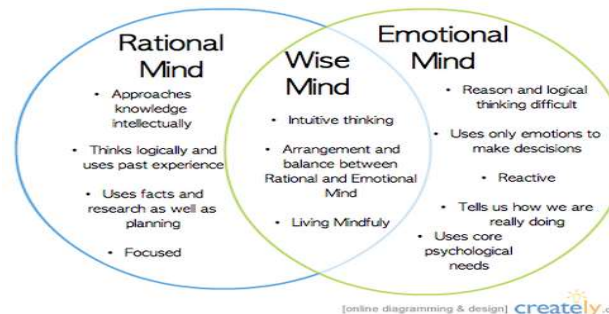
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The course is based on key coping skills learned in therapy or IAPT but focuses on lived experienced and how to adapt coping skills more effectively.

The 4 sessions are

- Making Mindfulness work
- Coping with Depression
- Coping With Anxiety
- Complement and alternative options

Each and every session is designed for you to learn and improve your skills and share the thing that work for you.



Open Sessions

Dates : - the 2nd / 3rd / 5th Monday of month

Times : - 2nd Monday 1.30 to 5

3rd and 5th Monday 1 to 5 pm

The open session is a session that has no fixed subject and are open to guest speakers. During these session we have board and card games and art therapy books.

Guest speakers are invited only if they have a benefit to those with mental ill health.

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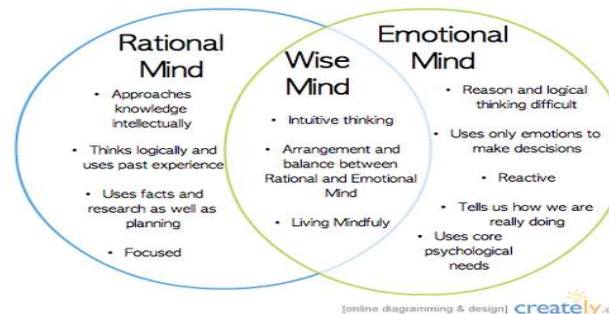
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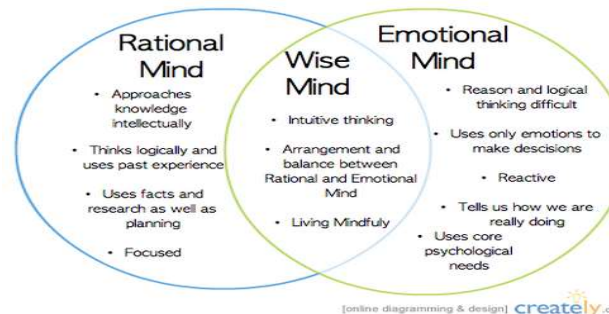
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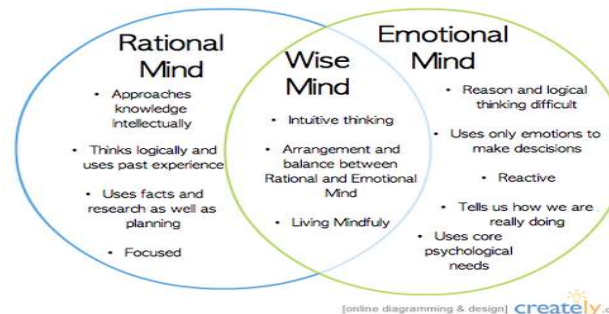
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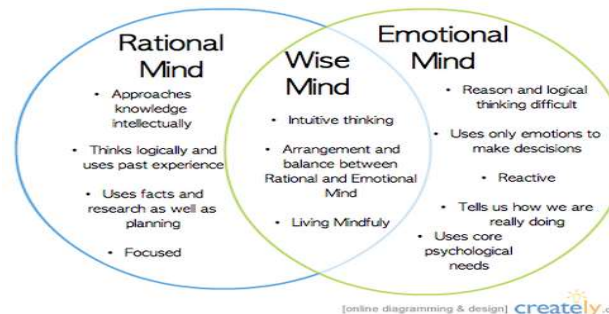
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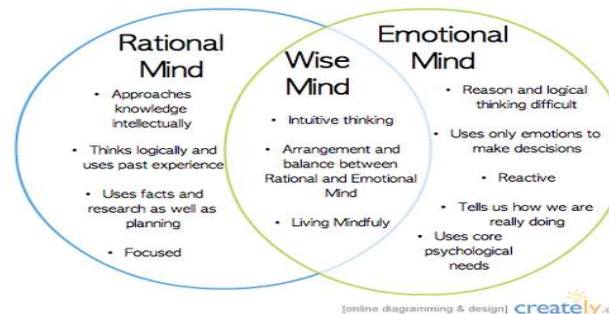
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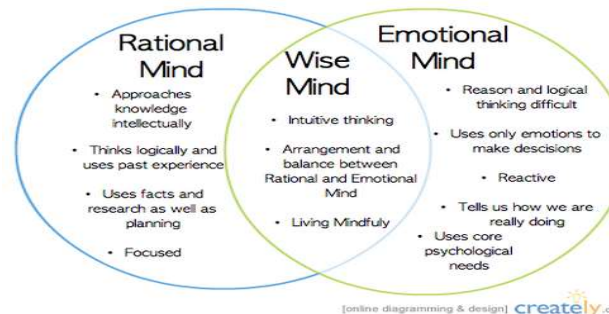
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This group is not Work or Therapy focused; we are the third way of healing; allowing you to grow in confidence and helping you to realise you're not alone and helping you to build a network of friends with understanding giving you a solid base for the future.



One in four people has a **mental illness**.
You can be the **one** that helps.

OPENING HOURS

The Community Room
Tesco Extra Trowbridge
County Way,
Trowbridge
BA14 7AQ

Opening Times

Position in month	Monday	Wednesday
1st	9.30 to 3.30	9.30 to 12
2nd	1.30 to 5	
3rd	1 to 5	
4th	1 to 5	
5th	1 to 5	

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Mental Health Support



Friendship

Trowbridge Service Users Group

Peer to Peer Support

[#MakeSomeoneWelcome](#)

Art Sessions

Dates : - the 1st and 3rd Monday of month

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These sessions are free in fact Trowbridge Service Users Group is free all the time all you need to attend is the will and a mental illness and best of all you have nothing to prove Just turn up we're here for you.



Improving Your Coping skills

Dates : - the 1st Wednesday of month

Time : - 1st Wednesday 9.30 to 12pm

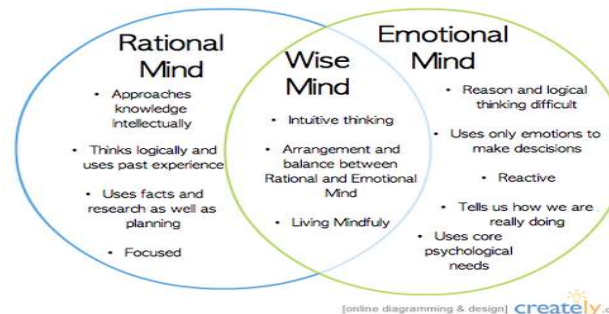
At Trowbridge Service Users Group we have created a 4 session improving your coping skills course that is a rolling course, this means that you can keep repeating the course for as long as you want, or need and you can join at any stage or just pick the session you want to cover.

The course is based on key coping skills learned in therapy or IAPT but focuses on lived experienced and how to adapt coping skills more effectively.

The 4 sessions are

- Making Mindfulness work
- Coping with Depression
- Coping With Anxiety
- Complement and alternative options

Each and every session is designed for you to learn and improve your skills and share the thing that work for you.



Open Sessions

Dates : - the 2nd / 3rd / 5th Monday of month

Times : - 2nd Monday 1.30 to 5

3rd and 5th Monday 1 to 5 pm

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Open sessions are one of the most fun sessions lots of conversations with topics ranging from the obscure to the sublime.

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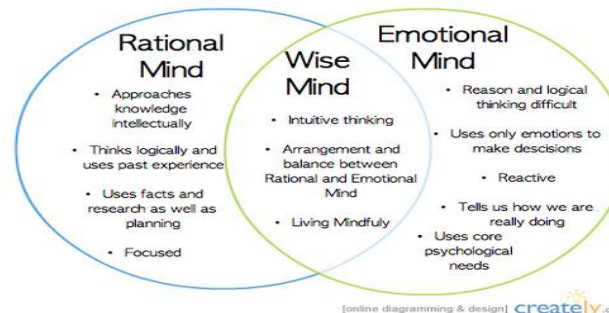
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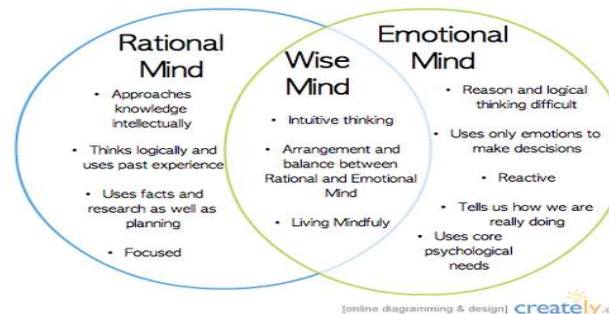
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