



Monday Night Social 5pm till 8:30pm

A very social group, with laughter, a bit of music and lots of chats.

Drop In Tuesday 10am till 2pm

Offering coffee and chats plus it's the perfect opportunity to pop in and find out what we do.

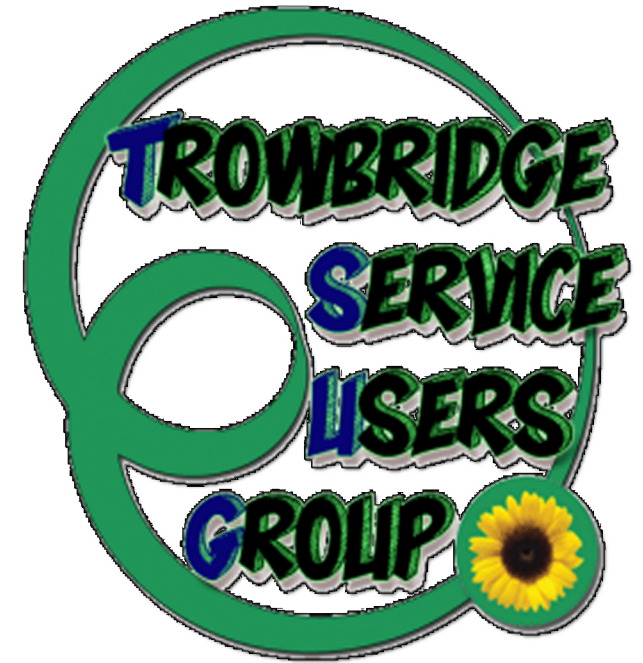


Arts & Crafting Thursday 10am till 2pm

Free arts and crafts come and join in a project, or bring your own, or even try something new.

1 to 1 Session by Appointment

1hr session for personal use; to talk through issues, learn meditation & mindfulness, or help filling forms etc.



**Peer 2 Peer
Mental Health Support
Self Referral and Free**

**The Cabin
Seymour Rd
Trowbridge.**

Web:-

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

Email:-

admin@https://trowbridgeusersgroup.co.uk/

Phone:-

07368 212583

Why We are here

Trowbridge Service Users Group plays a crucial role in the community by meeting the needs of its members. They provide essential support, resources, and services to individuals who require assistance or are facing challenges.

The group serves as a valuable resource for people with diverse backgrounds, including those with disabilities, mental health issues, or other vulnerabilities. Their services enhance social inclusion, promote well-being, and foster a sense of belonging within the community.

The group's existence is essential for addressing the specific needs of individuals who may otherwise face barriers in accessing the support and resources they require.

By supporting Trowbridge Service Users Group, you contribute to the betterment of the community as a whole and ensure that these vital services continue to make a positive impact on the lives of those in need.

The Aims of Trowbridge Service Users Group is,

To provide support and friendship to those living with mental ill health.

To develop and grow Trowbridge Service Users Group with the input and support of group members.

To be a Free service.

Fulfill the gap in mental health service in Trowbridge and surrounding areas.

Mental Health Support and Friendship in Trowbridge Wiltshire

Trowbridge Service User Group is open to anyone with mental ill health living in and around Trowbridge Wiltshire. The Group is run by and for service users and is self referral and not time limited.

So just turn up and say hi we have lots of activities and group social where we go out as a group and have fun.

Support Trowbridge Service Users Group's vital community service.

We have a number of ways we gain funds including community grants but these have limitations so we need extra funds to provide things without restraint so we can do things on the fly like pay for some group member to attend another group or provide payment to volunteers.

So by donating via our site or our Just giving Page
<https://www.justgiving.com/crowdfunding/trowbridgeserviceusersgroup>



Donate to ensure their continued provision of essential services.