



July 2018



Southampton

Improving mental health through peer support

Events & social opportunities for anyone experiencing isolation or mental health issues

**Monday 2nd July, 9.30-10.30am - Breakfast Group, Shirley**

Start the week off on a positive and join us for breakfast, talk and support 9.30-10.30am at Café Reflections, High Street.

**Wednesday 4th July, 1pm — Hand in Hand, Townhill Park**

A friendly, informal peer support group, 1-2.30pm at Townhill Park Community Centre, Meggesson Avenues

**Thursday 5th July, 7pm - Mind over Mountains**

A friendly, informal peer support group, 7-9.00pm on the first Thursday of every month. See online Eventbrite for details and to book on <https://www.eventbrite.co.uk/e/mind-over-mountains-tickets-47171963613?aff=ebdssbdestsearch>

**\*NEW\* Monday 9th July, 11pm – 3pm - Art in the Park**

An informal art session, chat and chalk, draw and daub at The Common

**Wednesday 11th July, 1pm - Hand in Hand, Harefield**

A friendly, informal peer support group, 1-2.30pm at Harefield Hub, Melchet Road (off of Beauworth Avenue)

**Thursday 12th July, 9.50am – Walk & Talk along Riverside, by Cobden Bridge, Bitterne Triangle**

Join us for walk and a cuppa, meet at the bottom of the slope beside the railings before 10am.

**Monday 16th July, 9.30 - 10.30am - Breakfast Group, Shirley**

Start the week off on a positive and join us for breakfast, talk and support 9.30-10.30am at Café Reflections, High Street.

**Wednesday 18th July, 1pm - Hand in Hand, Townhill Park**

A friendly, informal peer support group, 1-2.30pm at Townhill Park Community Centre, Meggesson Avenue

**\*NEW\* Monday 23rd July, 11pm – 3pm - Art in the Park**

An informal art session, chat and chalk, draw and daub at The Common

**Wednesday 25th July, 1pm - Hand in Hand, Harefield**

A friendly, informal peer support group, 1-2.30pm at Harefield Hub, Melchett Road (off of Beauworth Avenue)

**Note: \*New Time\* Thursday 26th July, 2.50pm – Walk & Talk along Riverside, by Cobden Bridge, Bitterne Triangle**

Join us for walk and a cuppa, meet at the bottom of the slope beside the railings before 3pm.

**For more information email  
SidebySide@Solentmind.org.uk  
or call 02380 208920**



Please turn over for full location information

All groups and activities are run by and for people with experience of a mental health issue. Friends/Carers welcome. We understand going along to a group or activity for the first time can be difficult - all of our sessions are friendly and informal. If you would like to talk to someone or meet up with one of our team before coming along please let us know.

## Where do I go?

### Breakfast Group

**Shirley Breakfast Club** — Reflections Café, Shirley High Street SO15 3NL. Next to Cash Convertors, on the opposite side of the road to the Police Station.

### Walking Group: Walk & Talk

Meet at the bottom of the slope leading down to the river, beside the railing, at Cobden Bridge, look for the blue flower on a backpack and jacket.

### \* NEW \* Art in the Park

Meet at the front of The Hawthorns Centre on Southampton Common, which is along the path from Cemetery Road, behind The Cowherds pub

### Hand In Hand:

**Townhill** —Townhill Park Community Centre, Meggesson Avenue SO18 2FH. Next to Cutbush Children's Centre, the group is in the upstairs room - please ring the doorbell on the main door.

**Harefield** — Harefield Hub, Melchet Road SO18 5GW. Situated in the small parade of shops on the corner of Beauworth Avenue and Melchet Road, next door to the Hairdressers.

**Mind over Mountains:** A friendly, informal peer support group, 7-9.00pm  
A new bouldering/climbing group on the first Thursday of every month. See [Eventbrite](https://www.eventbrite.co.uk/e/mind-over-mountains-tickets-45286392847?aff=eac2) for details and to book on <https://www.eventbrite.co.uk/e/mind-over-mountains-tickets-45286392847?aff=eac2>

For more information please contact us:

Email: [Sidebyside@solentmind.org.uk](mailto:Sidebyside@solentmind.org.uk) Telephone: 02380 208920

We also have groups and activities in Winchester, Eastleigh and the New Forest.

Contact the team for details.

Side by Side Southampton is funded by the Southampton Integrated Commissioning Unit