

How do I sign up?

Who can join a group?

You must be over 18 years old to join a group and live in West Norfolk. After registering your interest via email or a telephone call, a project worker will telephone you to gather some additional information from you and talk to you about what you can expect from the group.

Where will the group take place?

The group meets at The One to One Project, Nelson House, Bergen Way, North Lynn Industrial Estate. King's Lynn. PE30 2DE. There is free parking and disabled access.

How many people can I expect in the group?

Our groups are small and informal, usually with no more than eight members.

Do I have to pay to attend?

Groups are free to attend however we welcome donations if you feel able. Donation envelopes are available and can be returned to the Administrator.

To register your interest;

t. 01553 770770

e. onetooneproject@aol.com

w. www.onetooneproject.com



How to find us

Enter the North Lynn Industrial Estate from Edward Benefer Way onto Bergen Way and take the first right turn. Follow this road to the end, where you will find Nelson House. One to One Project can be located at the opposite end of the building to Pedal Revolution. Access is via our private entrance, off of a small free car park.



One to One Project
Counselling • Mentoring • Group Work

Why join a group?

Group Work is a great way to meet others who might be experiencing similar struggles to you in their day to day lives. Our small friendly gatherings offer you the opportunity to learn tools and techniques; to value yourself, grow in confidence and have more fulfilling relationships.

This year we are trialing a range of different formats, including an evening group, to make sure there are options for everyone to get involved.



Registered Charity No. 299052

What happens in a group?

Our groups are facilitated by experienced therapists, offering a safe opportunity for open discussion, as well as providing psycho-educational materials that will help you to compile a lasting toolkit.

Your contributions and the contributions of others can benefit the whole group. This means that the process becomes a shared experience for all of the participants, rather than a process you are going through alone. It can even result in lasting friendships or supportive networks that can help you to continue to make positive changes in your life.



What People Say...

"It's felt safe because there has never been any pressure to talk or contribute...sometimes it's helpful to just listen to others"

"I used to think that others were more important than me and that I would always say stupid things. The group has helped me change all that"

Group work programme 2018

Understanding and Managing my Anger

Anger is often portrayed negatively as an emotion that is unnatural, sometimes even shameful. Because of this it can be hidden and expressed in ways that are unhelpful. This group aims to support you to explore and identify your anger triggers, helping you to express yourself and respond in non-aggressive ways to get your needs met before you feel your anger surging. By understanding anger, you can bring about change and begin to feel your full range of emotions.

Improving my Self Confidence

Lots of us feel that we sometimes cannot say what we are feeling about a situation. Sometimes we are too anxious to do something that we want to do. And that "something" could just be something every day and ordinary that everybody else seems able to do - like going to the supermarket, for instance, or speaking up at a meeting. Self confidence comes from having enough belief in ourselves to weather the difficulties we come across in our lives, but it can often begin to feel depleted or destroyed through relationships or life experiences. Whatever the reason may be, this group aims to support you in replenishing your confidence and rebuilding your self esteem.

Understanding and Managing my Anger

(10.30am-12.00noon)

Thursday 07th June
Thursday 14th June
Thursday 21st June
Thursday 28th June

Improving my Self Confidence

(10.30am-12.00noon)

Tuesday 19th June
Tuesday 26th June
Tuesday 03rd July
Tuesday 10th July
Tuesday 17th July
Tuesday 24th July

Moving On; How to Stop Being Stuck!

(1.00pm-2.30pm)

Tuesday 18th September
Tuesday 25th September
Tuesday 02nd October
Tuesday 09th October

Making and Sustaining Healthier Relationships

(5.30pm-7.00pm)

Thursday 01st November
Thursday 08th November
Thursday 15th November
Thursday 22nd November
Thursday 29th November
Thursday 06th December

Exploring Relationships; Steps towards Healthier Communication

This group will focus on helping you to negotiate with others how to get your needs met within a relationship, whether this is with your partner, friend, co-worker or even yourself. During the group we will work towards identifying patterns in the way that you feel and behave in relationships. Once you can see the patterns more clearly you can build on the ones which work well for you and try to change those that may be causing you problems.

Moving On; How to Stop Feeling Stuck!

Feeling stuck and unable to move forward in life can often be experienced as frustrating. Often it only takes small steps to begin a process of change. This group aims to help you to rediscover your motivation, ensure you're going in the right direction and focus on what it is you most want in your life. It can be attended as a standalone group or can be a useful follow on after completing "Improving my Self Confidence".