



One to One Project
Counselling • Mentoring • Group Work

Registered Charity No. 299052

Together Group

‘Supporting Each Other Together’



Welcome

The One to One Project is offering a new service called the 'Together Group'. This engagement group is available to people who are currently on the waiting list for counselling or mentoring. The Group will meet on a regular Thursday, from 1.00pm – 2.30pm.

Some frequently asked questions:

What is the 'Together Group' and what can I expect if I attend?

Although we try and keep waiting times as short as possible, there is often a waiting list for services from the One to One Project. The 'Together Group' is a way of providing more immediate support for clients at the point of first contact with the Project.

- The Together Group is an opportunity to meet regularly and talk to others
- This service is not instead of your counselling or mentoring but is support for you until your service of choice can begin.
- The Together Group is about being with and interacting with others, *if you wish*, in a safe and trusting environment.
- It is a time and place to meet, support and learn from each other.

Will the group feel a safe space for me?

The group will be led by Trish Benson. Trish is an experienced group facilitator and counselling therapist who has been with the One to One Project for 10 years. Trish's role is to help group members feel supported and provide and maintain a safe environment for everyone.



What if I have private things I don't want to discuss?

There is no obligation to disclose anything that you do not wish to. However, there is an expectation that anything spoken about when we meet will remain within the group. Confidentiality is extremely important and the Group Facilitator will not disclose details of your contribution to your allocated mentor/counsellor. An exception to this would be if something said in the group indicates a serious risk to you or to others. In such a case the Group Facilitator has a duty of care to disclose this to the Project Manager, who will follow the One to One Project's 'Client at Risk of Harm' Protocol. This will be in your full knowledge and, where possible, with your signed consent.

How many people will be in the group?

There will be a maximum of 10 people in the group. The people attending the group may change over time as individuals decide to leave or move onto a different support service.

When and how often will we meet?

The group will meet each week at the One to One Project on a Thursday afternoon from 1.00pm to 2.30pm. It is your choice whether or not to attend and you have the right to leave the group at any time.

What is the maximum time I can stay in the group?

The maximum time you can attend the group is twenty consecutive weeks. This will commence from your first attendance, even if you choose to miss weeks. If counselling or mentoring support is offered to you sooner than this, your place in the group will be forfeited to allow you to focus more fully on your individual support. If you are accessing the group after a counselling or mentoring service, twenty weeks will be offered to help you to prepare for leaving the Project's services altogether.

Is there a charge?

There is no charge to attend this group but we are grateful if you are able to make a donation.

What do people say about being in our Together Group?



"I've felt less alone. It's been really helpful to talk. It's reassuring to know I'm not alone"

"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've learnt so much about myself which I will take with me to my counselling when it begins"

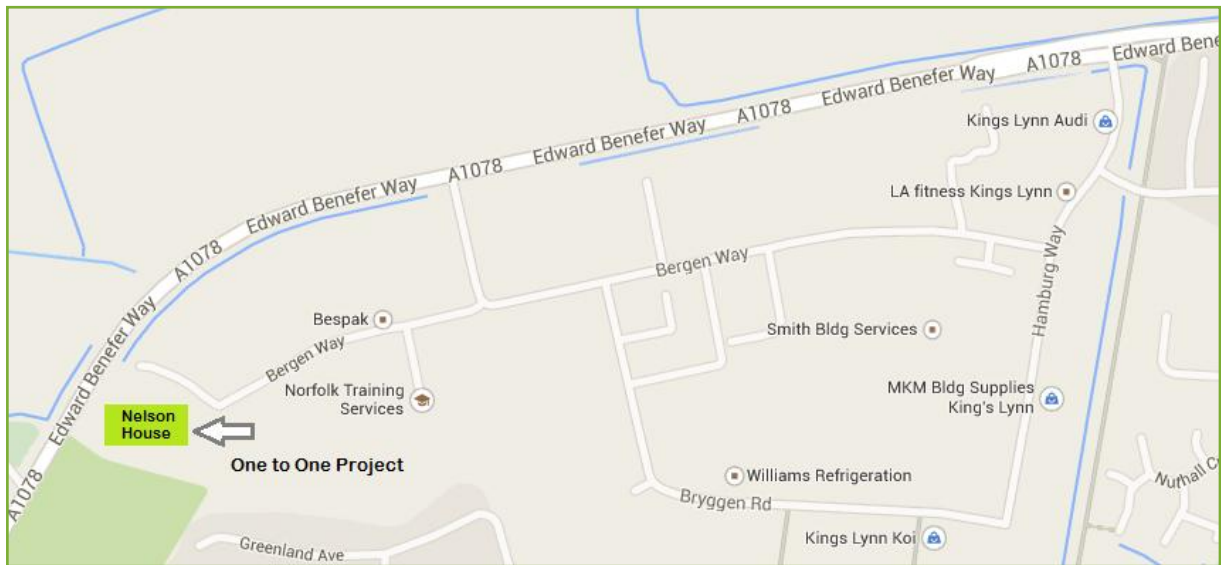
I would like to give the Together Group a try. How do I join?

If you are interested in attending the new group contact Chris on 01553 770770 or onetoneproject@aol.com to let us know you will be attending.

How do I find the One to One Project?

If entering Edward Benefer Way through the town centre you will need to turn right (sign posted North Lynn Industrial Estate). If approaching from the other direction i.e Knights Hill Roundabout/Knights Hill Hotel) you will need to take the second sign posted to North Lynn Industrial Estate.

You will proceed past Motiv8 which will be on your left hand side, after which you will turn right (do not follow the road round to the left) you will then proceed behind Bepak main building. Past silver cylinders on right hand side, the road will then go round to the right, just as you turn right the One to One Project's door is situated in the small car park on the left hand side.



Contact us

One to One Project
Nelson House
Bergen Way
North Lynn Industrial Estate
King's Lynn
PE30 2DE

t. 01553 770770
e. onetoneproject@aol.com
w. www.onetoneproject.com