



One to One Project

Counselling • Mentoring • Group Work

Registered Charity No. 299052

Together Group

Supporting each other together



Introduction

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 begin to meet on Thursday 6th October 2016, 1.00pm – 2.30pm.

Some frequently asked questions:

What is the 'Together Group' about and what can I expect if I decide to 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 up 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 and you can stay in the group until your service of choice begins, unless you wish to leave sooner. Attending the service is always your choice.

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.

Is there a charge?

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

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

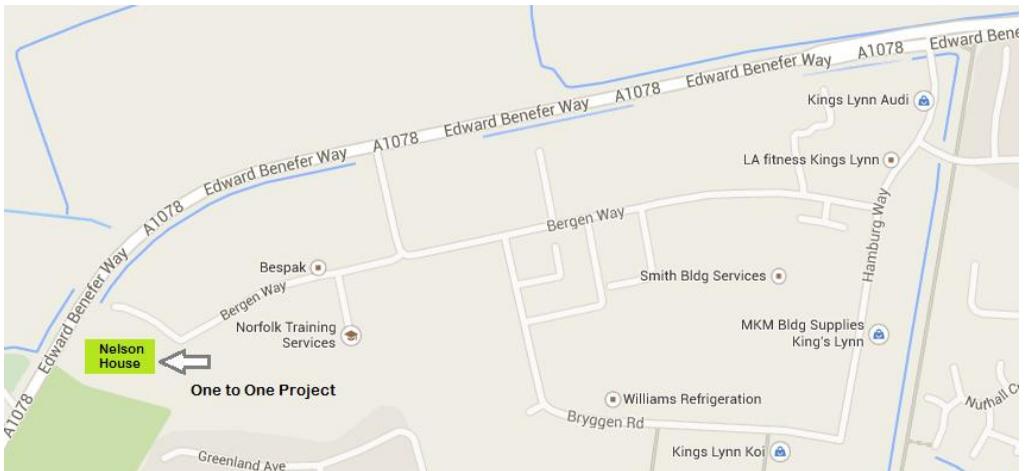
If you are interested in attending the new group just telephone Chris on 01553 770770 or email onetoneproject@aol.com to let us know you will be attending.

Here are some of the things people have shared with us about being in a group here at One to One:

"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"



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