

North Somerset Recovery Community Support Project

By Broadway Lodge

Weekly wellbeing support groups in Weston-super-Mare to help participants strengthen their recovery, improve mental and emotional wellbeing, experience personal growth, connect with others and be empowered to lead healthy lives.

**BROADWAY
LODGE** est.1974
TRANSFORMING LIVES

This project is funded by
The National Lottery Community Fund





Wellbeing Wednesday

Women-Only Session, 10am - 12pm

These women-only sessions offer a wonderful mix of social, wellbeing and educational activities focused on the 5 ways to wellbeing and differ each week. Sessions support participants to build confidence, improve self-esteem, connect with other women and practice self care.

Mixed-Gender Wellbeing Wednesday

2.30pm - 4pm

Mixed-gender Wellbeing Wednesday afternoons provide a relaxing mid-week space to nurture mental, emotional and spiritual wellbeing. Participants engage in auricular acupuncture with sound healing meditation.

Friday Men's Morning

Men-Only Session, 10am - 12pm

This men-only group therapy session offers a welcoming, supportive space where men can open up and connect with each other. Men can sometimes face similar challenges and being in a same-sex group can make it easier to feel heard and understood. The groups may vary from time to time, for example, a walk and talk session or other ways in which men find connection easier.

Thursday Group Therapy

Mixed-Gender Group Therapy

10.45am - 12.15pm | 2pm - 3.30pm

On Thursdays, we hold two separate group therapy sessions which are mixed-gender and are led by a qualified and experienced counsellor.

Participants are able to receive inspiration from others and support for challenges they may be going through.

There is a morning group and an afternoon group. Auricular acupuncture is available in the morning session and additional support services and signposting may be offered to you.

In addition to group therapy, one to one support is available including:

- One to one counselling
- Support/signposting to access education and training courses
- Help with employment preparation including CV writing, job search, job applications and interview preparation
- Support/signposting to look for voluntary work, work experience or paid employment



Eligibility

Our professional, non-judgmental support is available to all former Broadway Lodge clients. We also warmly welcome participants from other treatment centres as well as people who have experience of trauma, mental health difficulties, addiction or any form of abuse.

Where We Are

Sessions are held in Weston-super-Mare town centre at:

North Somerset Training Community Hub,
First Floor,
31 Alexandra Parade,
Weston-super-Mare,
North Somerset,
BS23 1QZ



How to Register

Please register your interest to participate by emailing **recoverycommunitysupport@broadwaylodge.org.uk** or calling **07440 072498** and a member of the team will be in touch.

Please note, the team work Wednesday, Thursday and Friday so may not be able to respond to you outside of these days but will get back to you as soon as they can.