

Barca Leeds Reclaim Peer Support

Group

Support for those impacted by Trauma

Throughout the year we run a number of 10 week group support programmes the themes have been, Parents, Men, Women's and Mindfulness.

Overarching Aim

- nurturing group environment
- peer to peer support
- information and tools to help participants understand themselves and make changes
- a space where people can voice feelings of loss, anger, pain

Outcomes

- Increased personal boundaries reduce experience of chaos.
- Increased self-awareness
- Increased ability to tolerate own feelings
- Increased awareness of self-criticism
- Building self-respect
- Increased ability to take responsibility for own situation
- Increased ability to see own social context



*“A safe place to be
understood and
accepted.”*

What we are doing

Providing a safe group space where group members can direct the focus and discussion in the group. Offering a range of creative and interactive activities to explore the issue brought and to find solutions to those challenges.

The psychoeducational element of the group delivery can be a key focus of the space and helping the members to better understand themselves and learn tools and skills which may help them with emotional regulation and expression.

Feedback from group members:

"I've learnt to control myself, I don't have to kick off or carry on to get what I want or express my feelings, I can now do this by saying how I feel, and it feels good. There's still some anxiety but I'm not feeling as bad. I can push myself to do things now, like going out which helps my head and clears my mind. I'm managing to get over ex slowly too."

"The anger ladder helped as it opened my eyes more. I had 1:1 counselling which has helped before now but they recommended to go to a group and I was anxious about that. Now I have done the Zoom stuff and it has benefited me more as I've seen that it's normal to have problems and it's how you deal with them that counts. I've realised that it's a process and learning to understand your circumstances helps."

"I've learnt that shutting myself off was a form giving people the cold shoulder, and accepting that will probably make dealing with other people better. It's helped shape a better pattern of thought so I have realised that my protecting people by pushing them away when things aren't good for me, actually makes them feel bad. I understand that there will always be baggage but it's about how you deal with it. minimise its effect. The love languages struck a chord with me and I intend to use it to



"I've become
*more confident and not
scared to talk about my
problems because the
group members have
helped me to have
courage"*