

GROUPS AVAILABLE

218 day services offer a number of groups that clients are invited to take part in and a number of compulsory groups which aim to engage women in a range of exciting and dynamic programmes which will empower them to make a more positive contribution to their lives, their families and society.



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218 Service
Group Work
Making **Criminal Justice**
Services Fit People



218 is one of the many services provided by Turning Point Scotland (TPS). We provide person centred support to adults with a range of complex need throughout Scotland.

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COMPULSORY GROUPS

ORIENTATION GROUP

Making Changes

This is a 24 session programme that will help clients develop a menu of skills in managing emotions.

Making Changes is divided into three modules

- Managing Emotions
- Substance Use
- Offending

There are eight sessions on each topic which will involve group discussion, creative activities, questionnaires and role play. Practice is the key to mastering these skills and we encourage regular feedback on the sessions.

Each session has:

- Check in of emotions
- Topic exercise
- 20 minute break
- Topic exercise
- Review/feedback

Taking Control/Addiction Group, CBT Group SAM Maintaining Change

This group is for when you have travelled through the making changes group. The focus will be on developing you already practised skills. Relapse revention is the main aim.



Mental Health Group

In this group you are shown skills to deal with difficulties such as anger, anxiety, depression, sleep management and substance awareness. We do this through a 2 hour group using role play, creative activities and DVDs.

Physical Health Group

This group covers topics such as nationally recognised overdose awareness training (certificated), contraception, smoking cessation and healthy eating. This group is an hour long and uses some role play, DVDs and group discussion.

OPTIONAL GROUPS

Planning Meeting

Service users get together with staff and plan what they will do in the evening each week.

Gathering

A house meeting that all service users attend to discuss the week and bring up any issues that may have arisen, so they can be discussed and rectified.

Relaxation

We have staff who are training in Indian Head Massage and ear acupuncture and sessions are available regularly throughout the week. Guided meditation is used to relax people, this is something everyone can learn to do.

DVD Night

We have a large library of DVDs and videos which are available to watch in the lounge twice a week.

Arts and Crafts

We have various art and craft sessions including jewellery making, painting on canvas, picture frame decoration and tee-shirt design.

Pamper Sessions

These are a weekly staple, we have a large box of moisturisers, face packs, nail polish, manicure sets etc.

Cooking and Baking

Staff have completed their food hygiene so we often get service users down to the kitchen to make soup or bake cakes.

Occupational Therapist

The occupational therapist comes in weekly and works with service users on basic life skills.

Physiotherapist

A physiotherapist attends twice a week to take women out swimming or to play rounders, kick boxing or circuit training.

Yoga

We have a yoga tutor every weekend.

Creative Space

This group helps service users to express themselves creatively using lots of different art and craft ideas.

Stepping Stones

This helps to build up the confidence of service users and offers assistance in writing letters, putting together a CV or support in finding options for the future.

Magazine Group

This group allows service users to have their say. They produce a magazine for other service users within the service.

Money Talks

Advice on debts and financial management.

IT

Basic computing skills.

