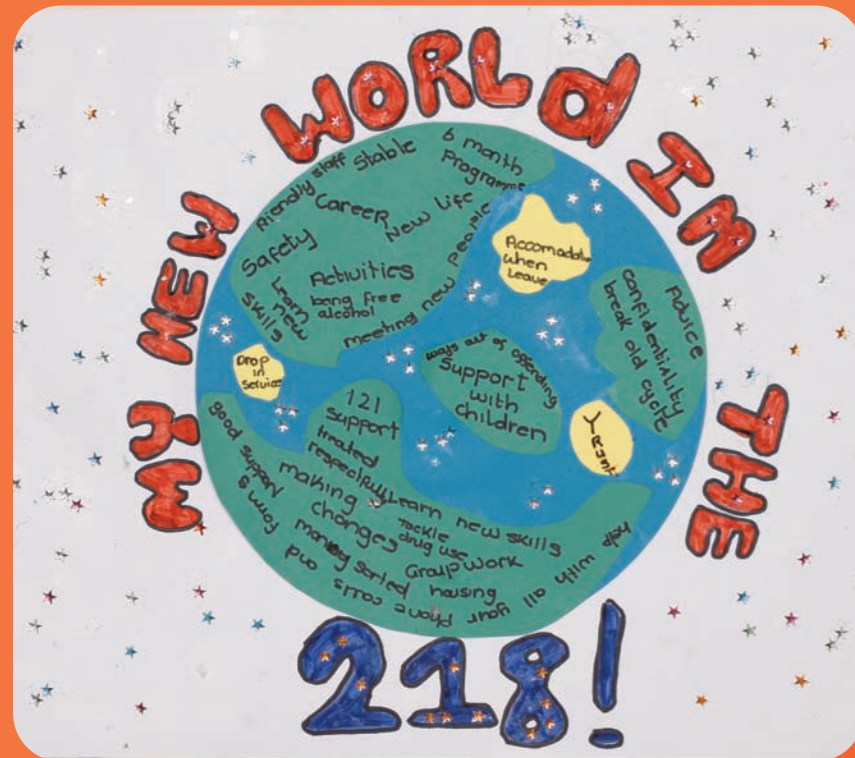


## GROUP WORK

The 218 service offers a number of groups that service users are invited to take part in and some 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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## Residential

If you stay in the residential as part of your programme you will take part in a group work programme. Your first two weeks will be in the **orientation** group.

The **orientation** group prepares you to take part in and understand the purpose of group work. We look at 'taster' sessions of groups to come, group rules, boundaries and confidentiality etc.

Once you feel confident about group work you will then move on to **making changes**. This is a 24 session programme that will help you develop a menu of skills in managing your offending behaviour. **Making changes** is divided into three modules namely offending, substance misuse and managing emotions. This will involve a range of different activities including group discussion, role play, questionnaire and various creative activities.

Each week you will be asked to give feedback on how you have found the group work and through this we work constantly to improve and develop our group work activities. You will also get the opportunity to relax through acupuncture, Indian head massage and guided meditation. You can enjoy yourself with weekly bingo, karaoke and DVD nights, arts and crafts and pampering sessions.

## Day Service

When you attend 218 day service you will participate in a range of different activities including group work and one to one sessions. The number of sessions you attend will depend on which phase of the programme you are in.

You will begin your programme with the **orientation** group and then move onto **making changes**.

In addition there are a wide range of other groups to participate in.

## Creative Space

Be able to express yourself using lots of different art and craft ideas.

## Physical Health Group

A group work programme delivered by our health team offering information and advice on a wide range of physical and mental health issues you may have or be experiencing.

## Literacy

Build up your confidence in reading and writing in a fun environment.

## Life Skills

This is a fun programme offering you the opportunity to learn new skills to help you manage your day-to-day living, such as budgeting, cooking and house skills, etc.

## Physical Activity Group

Introduces you to physical activity, from going on walks within the local area to supporting you in accessing your local leisure facilities.

## Magazine Group

Have your say and share it with others? Want to write your own story/poem and learn new computer skills at the same time? You can take part in our magazine group made up of women of the 218 service who produce a magazine for the women of the 218 service.

## Taking Time for You

This is a fun group which covers a variety of topics, from sewing and customising your old clothes to pampering, etc.

## Stepping Stones

As you start to move through the programme and look to the future, this group will support you in building your confidence and self esteem in choosing a path for the future, whether this be part time or voluntary work or starting college. This group also includes learning computer skills.

## Relaxation Programme

Offered at the end of every day, we provide a wide range of relaxation sessions from receiving acupuncture to learning new skills and techniques that you will be able to take with you and use in your day-to-day life.

**The 218 Service offers a variety of groups, some which are compulsory and some which are 'open' to all service users. This programme will support you to develop new skills and empower you to make more positive choices in your life, relationships and society.**

## Health Group

This group is available to all service users who are experiencing difficulty with addiction (drugs and alcohol) anxiety, low mood, sleep and diet. It offers training in overdose awareness (Naxolone training), harm reduction and first aid. There are also classes in smoking cessation and women's health (contraception, STI's and breast care awareness. On completion of this 12 week programme you will receive a certificate.

## Life Skills

This is a 10 week programme offering you the opportunity to learn and develop existing skills and to help you manage day to day living. Topics include food safety, budgeting, grocery shopping, managing your tenancy and meal planning.

## Maintaining Change

This is a compulsory six week group and is for when you have completed the making changes group. The main focus is practicing the skills you have learned and to prevent you relapsing.

## Managing Mood

This is a six week closed group for stable service users who are ready to understand how your thoughts, feelings and behaviours affect your mood and emotions.