

survivors of depression

sodit



in transition

Charity No: 1109165

**Peer Support, counselling and
Creative Sessions for women &
LGBTIQ+ experiencing
mental health illness**

**There is HOPE , even when
your head tells you
there isn't**

Who are we and what do we do

We are a small non-profit charitable organisation that provides a holistic peer led perspective in supporting depression & mental illness.

We provide:

- Peer led support groups
- Creative-therapeutic groups
- 1-1 counselling (with qualified counselling professionals and students.)
- Pyscoeducational sessions
- LGBTIQ+ support



We comprise of trained & student counselling professionals & carefully selected volunteers & peers with lived/living experience of mental health illness.

Our service is free, confidential (in accordance with the Data Protection Act 1998 & GDPR) & regular contact is maintained & available throughout the year.



What were unable to do



We do not make home visits.

We appreciate individuals' distress, but we have strict group agreements to safeguard everyone that uses our services and staff & volunteers.

We are unable to make medical referrals these have to come from general practitioners, similarly we are not able to prescribe medication.

Although we have a counselling professional upon request the peer support group is NOT a therapy group, but is a therapeutic space.

We are unable to deal with high, acute depressive symptoms, or mental health crisis please note we are an organisation to aid individuals in life transition & can and do refer on & signpost to more suitable resources if we deem the individual would not be suitable for our services.

Counselling Services

Integrated Therapy

There are many branches of different therapies accessible to those of us that believe we would benefit from talking about how we feel, our mental journey through life & our quest for good mental health.

As with anything else it's very often the case that one size does not fit all and therefore CBT (cognitive behavioural therapy) may work for one person and not for another. Certain aspects of it may work when combined with areas of another type of therapy.



Within each classification of therapy there are tools used by the therapist to fit an individuals' needs and in integrated therapy these tools are brought together from the different branches to make an approach of their own that will fit the specific needs of each client. This makes it a more flexible way to approach someone's therapy.

Therapeutic Holding

It isn't always the case that someone can be provided with 1-1 therapy straight away & potentially could be on a waiting list for months. This can be a difficult time for the person that's waiting to be seen with the possibility that their mental health may deteriorate further during this time.

Therapeutic holding can offer a valuable space for that person to talk to someone about how they are and what's happening with their mental health whilst they're awaiting counselling.

It doesn't offer any therapy as such but it can be therapeutic in itself and allows someone to express their thoughts and feelings in a safe, neutral, non-judgemental environment.

All appointments are completely confidential, and we adhere strictly to the Data Protection Act GDPR 2018.

Therapeutic holding' is available to anyone either waiting for therapy or simply wanting to 'clear their head'.

What is a Peer Support Group?

A peer support group is made up of people who have personal experience of the same issue or life situation. Groups should not be viewed as therapy but as a place where you can receive encouragement, reassurance, support and shared experience.

How can they help?

Meeting with others can help reduce the terrible feeling of isolation which many women experience when managing mental illness

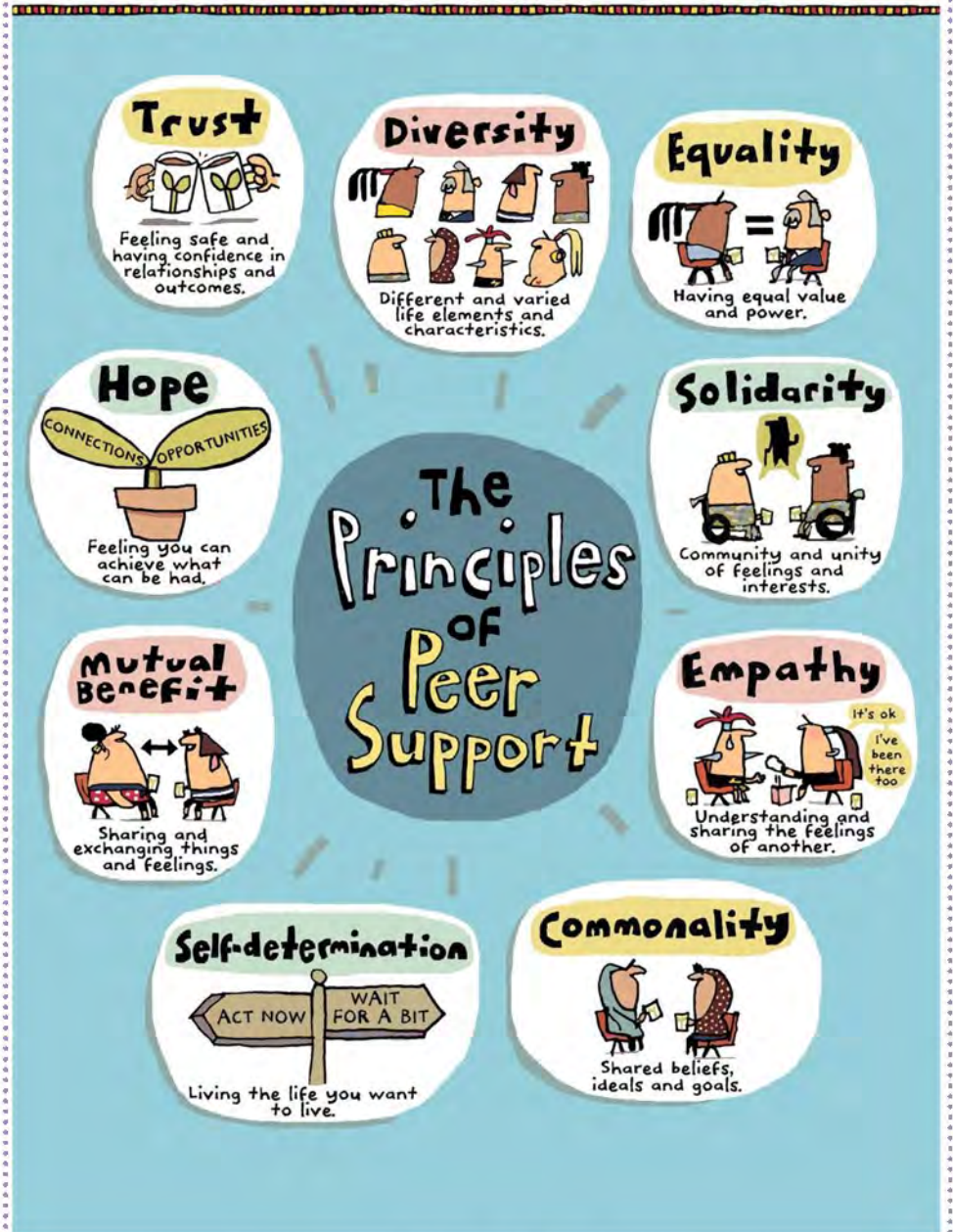
It can provide a supportive, informal environment where women can share their fears, worries and ways of coping with their depression and mental distress. You will hear how each person's experience is different but will also see that there is a common thread running through each other's feelings and symptoms. This will allow you to support others as well as getting support for yourself.

Coping with mental health illness can be a long and difficult process but at least you'll know you are NOT alone.



Peer support changes lives.

The Peer Support Charter



Peer Support Groups



A survivor led peer support group for all women who are struggling with their mental health.

We invite you to come join our safe and supportive environment, have a cup of tea (Yorkshire, of course!) or coffee and meet other women experiencing similar struggles.

Peer supporters are on hand to facilitate the sessions and offer information about any of our services you may benefit from. This is a wonderfully calming space and there is no pressure to talk if you don't wish to - you can just come along and feel supported in the company of others who are facing all the difficulties our mental health throws at us!

When: Tuesday 12.30-2.30pm

Thursday 4.30-6.30pm

Where: Unit 4, SYAC Business Centre, 110-120 Wicker, Sheffield S3 8JD

How to book: E-mail julie@sodit.org or call 0114 2795970

Do drop us a line if you have any questions at all!



A free recurring 8 week creative course open to all women who are struggling with their mental health.

Stories matter.

Often, when we are living with mental health difficulties our story changes.

Mental illness/distress can fracture our sense of self and cause us to disconnect from our identities.

Sometimes, we can get caught in the story of a diagnosis, losing sight of who we are beyond a set of symptoms, illness and life limitations.

Over 8 weeks creative practitioner, Chrissy Bonham, will guide us through a range of exercises designed to help us reconnect with the story of who we are beyond our mental health.

Using methods such as creative writing, poetry, painting, photography & filmmaking we will find ways to tell stories about who we are and celebrate all that makes us human. You do not need to have any interest in art or creativity to take part.

This is a relaxed, informal & supportive environment in which we'll simply have fun and allow the healing power of narrative to help us connect with ourselves, others in the group and the

When: Thursday 10.30-12.30

Where: Unit 4, SYAC Business Centre, 110-120 Wicker, Sheffield S3 8JD

How to book: E-mail chrissy@sodit.org or call 0114 2795970

Do drop us a line if you have any questions at all!

Groups



Free weekly sessions for women who are struggling with their mental health.

Often, when depressed, distressed or anxious, our connection to our physical body feels weak and distracted. We can feel overwhelmed with thoughts and feelings and lose touch with our feet on the ground.

In these sessions you will be invited to try simple yet powerful activities to bring our sense of self back into our physical bodies.

We will try out exercises to get grounded and centred and to notice how it feels to take up space and move according to our own wishes. There will be time to learn calming breathing techniques, gentle movement warm-ups, body awareness exercises, natural voice work and opportunities for self-expression and creative play

All abilities welcome.

We work within your own comfort zone.

No previous experience needed.

Feel free to try out a session or two with no obligation to return unless **you** want to ...

When: Thursday 1.30-3pm

Friday 10.30am-12.00

Where: Unit 4, SYAC Business Centre, 110-120 Wicker, Sheffield S3 8JD

How to book: E-mail chry@sodit.org or call 0114 2795970

Groups



A gentle way to grow more connections with the natural world and each other.

We would like to invite all women struggling with their mental health to take part in a rolling programme of seasonal nature based activities.

In a safe and supportive environment we will be gently exploring different ways to connect with the natural world around us.

Together we will get outside for walks in Sheffield's green spaces to discover the beauty and wildlife that is all around us. We will practise small scale 'pocket' gardening in the SODIT garden and learn green skills that are easily transferrable to home or community gardens.

We be playing with simple activities such as foraging, wild cooking, nature arts and crafts and much more to discover the good things that can be found all around us when we

Using the Five Ways to Wild Wellbeing & Nature Connection we will learn how to tune into our senses, be curious about our world, connect with others and discover meaning whilst cultivating a compassionate and natural approach towards

When: Tuesday 10.30am-12.30

Where: Unit 4, SYAC Business Centre, 110-120 Wicker, Sheffield S3 8JD

How to book: E-mail chrissy@sodit.org or call 0114 2795970

Do drop Chrissy a line if you have any questions at all!

Groups



A free recurring 8 week creative course open to all women who are struggling with their mental health.

In a safe & supportive environment we will learn techniques to better manage our mental health. You will create your own Wellness Plan which will act as a complete guide to you and the things you need to do to stay as well as possible. We will

identify the things that work, think about how we can create wellbeing routines and figure out the things we can do to

Together we will learn and practise skills such as breathing techniques, mindful observation, sensory grounding and much, much more! You will leave the course with a wonderful set of lifelong tools to help deal with anything your mental health

The course is facilitated by Chrissy Bonham who has worked extensively in mental health education. She lives with long term mental illness herself, so everything she teaches is tried & tested!

Real life stuff that actually does help!

When: Wednesdays 10.30-12.30 for 8 weeks

Where: Unit 4 SYAC Business Centre 110-120 Wicker
Sheffield S3 8JD

Contact : chrissy@sodit.org for more Or call 0114 279 5970

Do drop Chrissy a line if you have any questions

Groups



Free fortnightly sessions open to all women who are struggling with their mental health.

Sessions offer space to breathe, relax and listen to our real needs and inner wisdom. Activities include gentle warm-ups, relaxation, guided meditation, visualisation and time to explore creative expression thru' written words, drawing, sketching, painting, knitting, crafting, music.....

Whatever art forms appeal to you

There is no expectation to be "Good at art"!!

No previous experience or special equipment needed..

Sessions are facilitated by Chrystine Moon, a survivor of depression who has many years experience working with Creativity as a path to honoring our experiences and finding our own ways towards health, strength and self-respect.

When: Sessions are held on Zoom

alternate Mondays 1 - 2.30pm

Contact : chrys@sodit.org for more details/ Zoom link

Or call 0114 279 5970

Do drop Chrys a line if you have any questions

WEEKLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creative Space for Women's Well being 13.00-14.30 fortnightly on Zoom	Peer Support Group 12.30-2.30pm Unit 4	Wellness planning & beyond 10.30-12.30 Room 13	Body & Voice for Women's Well being 1.30-3pm Unit 4	Body & Voice for women's Well being 10.30-12.00 Unit 4
	Natural Connections 10.30am-12.30pm Room 13		No Panic (anxiety support) 10.00-12.00 Unit 4	
			Storying 10.30-12.30 Room 13	
			Peer support group 4.30-6.30pm Unit 4	

For more info/ to join any of these groups; See contact details in this booklet or call (0114) 2795970

How to find us!

SODIT is housed within

**SYAC Business & Enterprise Centre
110-120 Wicker
Sheffield S38JD**

We are based at Office 8 (main admin)

Unit 4 (entered from car park)

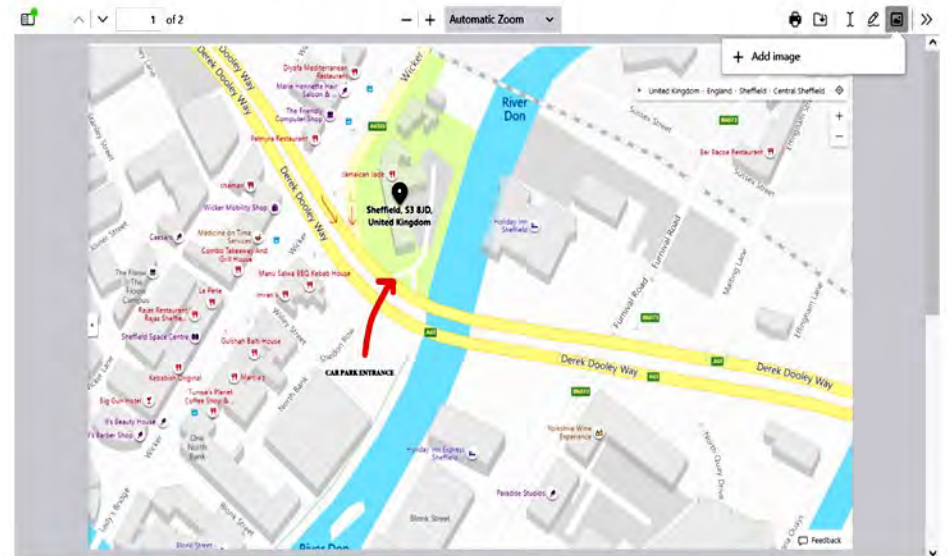
and rooms 7 & 2 (therapy rooms)

This link gives directions for walking, bus routes and driving.

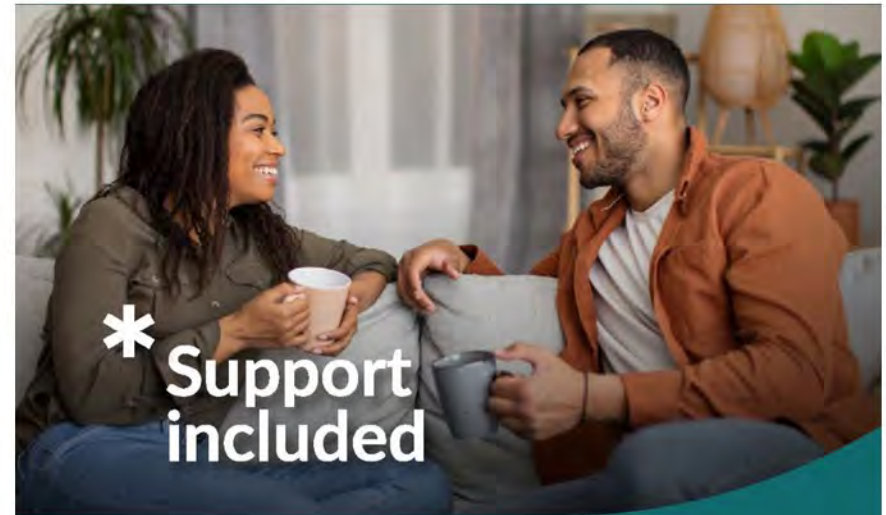
<https://sodit.org/>

Nearest bus stop is Wicker/WK1

Buses 1,2,11,11a,20,32a,75,76 & 88 stop there.



Updated FEB 2024



* Support included

Mental Health First Aid training



Train as an MHFAider® and you'll get three years of MHFAider Support and Benefits to help you feel empowered and confident in your role.

With MHFA England® training you will be accessing the very best evidence-based MHFA® course available. Our training is grounded in research and developed with clinical practitioners. It is proven to increase MHFAiders confidence in supporting people with mental health issues.

With our new offer, training doesn't stop when the course comes to an end. We provide continuous support for MHFAiders – well beyond your initial certification – so you are confident, empowered and motivated to carry out your role.

We also deliver MHFA training at competitive rates — for enquiries please contact

Stephanie@sodit.org or call us on 0114 2795970



Office 8

SYAC Business Centre

110-120 Wicker

Sheffield

S3 8JD

Tel : 0114 2795970

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Website: www.sodit.org

**“Hope and Support in
challenging times”**

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