

## OTHER ACTIVITIES:

### ONE-TO-ONE COUNSELLING:

Professional counselling is available to all people with a mental health diagnosis. Call 01298 72283 for information or to make an appointment.

### BEATING THE BLUES:

computer Cognitive Behavioural Therapy is available at St James Terrace.

### BOOKS ON PRESCRIPTION:

Available through the office at St James Terrace.

**VOLUNTEERING:** We have a wide range of volunteering opportunities. Call Julie on 01298 72283 or 07976569323.

**ALLOTMENT:** Our allotment is based in Fairfield. If you wish to get involved call the office on 01298 72283.



GRAPEVINE PROJECT

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# What is going on at the Grapevine Project?



GRAPEVINE PROJECT

# GRAPEVINE PROJECT

Grapevine Project is a Buxton based registered charity. Our purpose is to support people with mental health problems in the community. We achieve this by providing a wide range of activities, groups and services. This brochure lists these activities. More information is available at [www.grapevineproject.org](http://www.grapevineproject.org).

## MONDAYs

### **WALKS FOR HEALTH:**

Regular walks are run from the Grapevine Community Cafe throughout the year. Call 01298 72283 for details.

**MEN's GROUP:** An open men's group meet at 4 St James Terrace between 2-4pm. They enjoy a wide range of activities both within the Community Zone and outside. Call 01298 72283 for more information.

## TUESDAYs

The **COPE** group meet at Grapevine's Community Cafe between 10am and 11.30am. Call 01298 72283 for information.

### **DEPRESSION RELIEF**

**BEYOND BLUE** classes are run at St James Terrace. Call 01298 72283 for times and availability.

## WEDNESDAYs

A **WOMEN's GROUP** meet weekly at Grapevine's Community Cafe between 10am and 11.45am. Call Julie on 07976569323.

**ANGER MANAGEMENT CLASSES** are run at St James Terrace. Call 01298 72283 for times and availability.

An **ART GROUP** meet at 4 St James Terrace between 2-4pm. Call 01298 7223.

## THURSDAYs

Lunch time **TAI CHI** classes are held weekly at the Bath Road Centre. Call 01298 72283 for details.

**ANXIETY MANAGEMENT CLASSES** are run at St James Terrace. Call 01298 72283 for times and availability.

## FRIDAYs

A **READING GROUP** meet at 4 St James Terrace. Call 01298 72283.



Supporting People in their Community