

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

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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.

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

CONFIDENCE BOOSTING CLASSES are run at St James Terrace. Call 01298 72283 for times and availability.

FIT4LIFE EXERCISE

CLASSES are run at Newbodies gym in Fairfield between 2 and 4 pm. Call 01298 72283 for availability.

WEDNESDAYs

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

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