

How to access our service

The support is time limited to 6 months and is available to adults aged 16 and over.

Referrals

Referrals for our group work service can be made via the following routes:

Primary Care Mental Health Teams (PCMHT)
GPs
Social Care Direct
Housing Providers
Community Addiction Teams
Homelessness Team
Social Work
CMHT

Contact

GAMH Group Work Service
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Group Work Service

Supporting people to live the lives they want to live.



“Going to groups and having structure to my week, gives my life direction and meaning”

Group Work Service

GAMH Life and Wellbeing group programme highlights three areas which are significant to mental health recovery

Mental Health/Physical Health Promotion

Participating and Building Social Networks

Education and Learning

What we can offer

Our Group Work Programme provides a range of creative, educational and physical activities across the city. Engagement in the programme helps to reduce social isolation, improves confidence/self-esteem and develops positive social networks. There are also opportunities for further personal development with our integrated peer mentoring programme.



" I have loved learning about Glasgow's colourful history with John. It was both educational and heart warming"

Programme includes

- **Creative Learning Workshops**
- **Information Sessions**
- **Personal Safety Sessions, Confidence Building Programmes**
- **Creative Arts And Craft Workshops**
- **Community Course taster sessions**
- **Outdoor Interest Visits**
- **Health & Wellbeing**
- **Community Garden & Allotment**
- **Walking with Friends**

