



Mind Over Matter | Information Sheet

Peer-to-peer support group aimed at improving the wellbeing of BAME communities.

Background:

Mind Over Matter is a pilot project by Roots Restoration C.I.C. It was set up as a response to the lack of professional support available to the BAME community, as well as the increased stigma associated with seeking help.

Aims:

The project aims to improve mental wellbeing, reduce mental health stigma, encourage self-reflection and growth, and develop practical tools for coping with life stressors.

Format:

The project is an in-person peer-to-peer support group, consisting of 6 (six) 2-hour weekly sessions. The sessions take place on weekday evenings, and the maximum capacity is 10-15 individuals. It takes a course (rather than drop-in) format, so full attendance is advised and encouraged. The sessions include both theory and practice, such as reflective exercises on the topics listed below.

Participants do not need to bring anything to the sessions, as we will provide all the necessary materials. Refreshments will also be provided, and there will be a break.

The sessions carry explorative and educational format, and are not offered as a substitute for professional mental health care or medical care, and are not intended to diagnose, treat or cure any mental health or medical conditions.

Session Contents:

Week 1: Mental Health and Stigma

Week 2: Stress

Week 3: Identity and Recovery

Week 4: Physical Health

Week 5: Mindfulness

Week 6: Meditation

**Covid-19 regulations:**

Social distancing is in place throughout the sessions. We will measure your temperature on arrival. If you are able, please do a Covid-19 rapid lateral flow test prior to the session, to ensure your own safety and that of others.

If something on this information sheet is unclear and you require further clarification, please get in touch with the team using contact details below.

Contact Details:

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Email: info@rootsrestoration.co.uk

Website: www.rootsrestoration.co.uk

Referral Form: <https://upskillu-forms.typeform.com/to/Vu1Bcisb>