

PITCHING & PROMOTING YOUR GROUP 2

On the Mind In Camden website you can download flyers & posters for other Paranoia & Beliefs groups from the network. Have a look & get ideas! Here are some things to think about =

day centres, libraries, surgeries, pubs, schools, university, community shops, patient info system, in-patient NHS, Prosystem - London underground, buses, - ward rounds

Where shall I put my flyer? - social media - on a T-shirt - local press - on a T-shirt - local events - post office - carers meetings - newsletters - other survivor & other support groups

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QUOTES

- quotes from members can be useful to express how groups can help here are some collected by the project

The non-judgmental acceptance helps. Also, seeing the belief holistically, in that I can talk about all aspects of my life and see it in a context.

"It's the only place I can be

Becoming a member of the group was my first step to looking after me!"

"It's the only place I can be

Knowing there will be someone I can talk to there every week is such a relief.

"It's the only place I can be

me.

"It's the only place I can be

speaking at team meetings

• sponsorship

• celebrity endorsement

• documentary

• poem competition

• events

• Open Session = a session similar to the group but open for people who want to ask questions before "signing up", supporters & workers without sharing "signing up". Downsides could feel confusing, is this member's needs? others of different people, different needs? with peers, different needs with the room.

Group Session = tolerate the group you just start the group, positives = gets straight alternative perspectives, personal, the different approaches, members, clear start, members, clear start, Downsides = can't come in "anonymously", to introduce themselves and their roles, facilitators available for a great audience, private chat or questions.

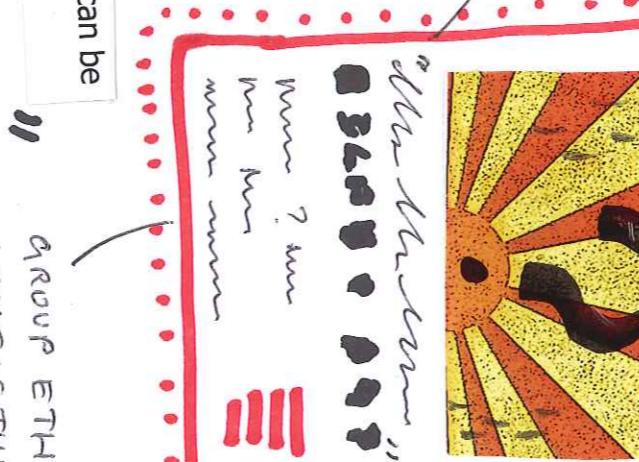
IMAGERY - again its very important to use straight forward, neutral, open language which does not judge the reality of someone else's beliefs. Other groups in the network include = "Believe it or not" "Better believe it" "Suspicious Minds" "Cool to Believe" "Paranoia Peer Support Group" NAME - the name of your group is really important - ask members what they would like to call the group LANGUAGE - again its very important to use straight forward, neutral, open language which does not judge the reality of someone else's beliefs. Other groups in the network include = "Believe it or not" "Better believe it" "Suspicious Minds" "Cool to Believe" "Paranoia Peer Support Group"

IMPORTANT INFO - time - contact info - location - tea & coffee! - accessibility

GROUP ETHOS / WHAT IS THE GROUP IS & ISN'T

"Do people call you paranoid?" Disagree? This group could be for you" Tap into the differences about these groups to communicate that this group is about personal meaning peer support, confidential whatever your belief. You could give some examples of some of beliefs people would be welcome to share in the group.

ACCEPTANCE - SUPPORT - SAFE SPACE - CONFIDENTIAL



What are the benefits?

- reduced distress
- confidence
- self-esteem
- coping strategies
- dealing with triggers
- empowerment
- social connections
- community
- acceptance & understanding
- hope

CONFERENCE = an event involving lots of different ppl exploring different ideas POSITIVES = good for networking, really spend time exploring information about group, facilitators shows investment, exclusive, intimidating, could feel confusing and hold back across info about group