

Comments from people who have attended the workshops

“Great people – great workshop”

“Will be good to use the information provided again and again”

“It has been very helpful and would like a continued course if it was ever decided”

“I am able to improve my day by techniques that I have been taught”

Contact

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PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362900
Free phone: 0800 073 1778
Email: awp.pals@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, Braille) or in another language, please call the PALS number.

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Avon and Wiltshire
Mental Health Partnership
NHS Trust

Hearing voices workshops

A series of educational workshops

Information for service users and carers in South Gloucestershire

You matter, we care

Who are the workshops for?

Any service user who receives services from Avon and Wiltshire Mental Health Partnership NHS Trust in the South Gloucestershire area. If you have experienced a voice or voices that have caused you some distress either currently or in the past.

What is the aim of the workshops?

- To share information about voice hearing
- To meet other people who hear voices
- To develop some coping strategies
- To help your recovery and your ability to get on with your life.

How often do the workshops take place?

The workshops run for one hour once a week for ten sessions.

What topics do the workshops cover?

- When do people hear voices?
- How common is voice hearing
- Why stress and vulnerability may affect you
- Current coping strategies
- Coping strategies for stress management
- Different reasons for voice hearing
- Practicing new coping strategies
- Voice hearing and self esteem
- What next?

Each week there will be a new topic introduced and there is an opportunity to try things in between the workshops so that you can develop strategies that work specifically for you.

How do I join the workshops?

You will need to speak to someone involved in your care, such as your care co-ordinator, psychiatrist or named nurse and ask them to make a referral on your behalf.

What happens next?

Once a referral has been made the healthcare professional who is running the workshops will arrange to meet you. They will talk about the workshops in a bit more detail. You will both then come to a decision about whether the workshops might be useful for you. If you both agree it could help you they will let you know when and where the next ten workshops will be taking place and offer you the chance to join.

There are usually between four and six places available. Group members start and finish the workshops on the same dates.