

May & June 2013 the roby

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The Roby's Annual General Meeting!

The Roby is issuing a warm welcome to anyone who would like to attend our Annual General Meeting this year.

The Meeting will take place on Tuesday 18 June 2013, from 11:30am to 1:00pm at The Roby.

There will be speeches from Pater Swash from St Lukes, Goostrey, and Ashely Fletcher from Freedom From Torture, and lunch will be provided.

If you would like to come, please contact us to confirm your attendance.

Leap!

The Leap project is an exciting new group starting in June. It is funded by Manchester City council and the Roby. The aim is to reach people aged 18 and over who are unemployed and want to develop their confidence and communication skills whilst exploring their barriers to employment.

The project will provide a total of 20 workshops, run in two cycles of 10. It will be lead by Rajita Raj, a freelance group therapist/trainer, and her co-facilitator from The Roby. The aim is to provide a Creative skills based approach whilst offering therapeutic support. This pilot project aims to improve the access of those who are unemployed to community

activities, volunteering, education and employment.

So, if you are or know someone who would like to be part of this FREE Group and is

- 18 or over and unemployed
- Feels isolated
- Suffers from mild, moderate depression/anxiety
- Would like to improve skills in assertiveness, communication, interpersonal relationships
- Meet new people
- Reduce stress
- Can attend 10 sessions

Please contact us

The group starts on 17th June - 19th August for ten weeks on Mondays 1-3



THE ROBY HAS A STALL AT LONGSIGHT FESTIVAL!

Come and see us at our stall on 23rd June from 12-8 pm and show your support! We'll have a stage presentation on the day with Shaz and Jennifer showcasing the SAW Group's brilliant art project!

A MASSIVE SHOUT OUT TO TK MAXX WHO HAVE GENEROUSLY DONATED £1000 TO THE ROBY!

THANK YOU!!!

IRANIAN GROUP THERAPY

HOSTED BY: Parvin and Jenny,

WHAT IS IT? The group will seek to help people suffering from low self-esteem and anxiety. It will be run in Farsi.

WHEN: Thursdays from 28th March to 6th June, 14:00pm to 15:30pm at the The Roby.

FOR MORE INFORMATION PLEASE CONTACT SAJ AT THE ROBY.



Updates @

the **robby** 

AN INTRODUCTION TO WORKING WITH DIVERSITY

A workshop exploring various aspects of working with diversity, including:

- Working with Muslim clients - an overview of Islam and mental health in Islam,
- Working with women from the South Asian community,
- Asylum seekers and refugees -
 - Examining the problems specific to each group in relation to their legal status,
 - Where do they come from, push and pull factors, PTSD,
- Working with interpreters -
 - Cultural issues, linguistic issues,
 - The impact on the therapeutic encounter.

SATURDAY 29TH
JUNE AT THE ROBY

A FULL DAY
WORKSHOP FROM
10:00 TO 4:00 LED BY
CATH.

PRICE £30 INC.
VEGETARIAN MEAL

Ever Had That Outer-Body Experience?

UNBELIEVABLE AS IT MAY SEEM TO THE REST OF US, THERE ARE MANY PEOPLE IN THE WORLD WHO CLAIM TO HAVE FELT SEPARATED FROM THEIR OWN BODIES - BUT IS THAT REALLY WHAT'S GOING ON?

Despite what the exaggerated headlines of the modern media and the cynics amongst us may have to say about the subject, outer-body experiences are actually a real mental health phenomenon.

The technical term for this is 'Dissociation' and it can take various forms, from ones that can occur in every day life and are therefore not at all a problem, to serious disorders that often have to be treated through counselling or psychotherapy.

Many people experience that 'auto-pilot' feeling in day-to-day life, sometimes realising that they've driven several miles and without being able to remember doing so. It can be quite a disturbing experience and is often caused by stress, but nonetheless, this occurrence is normal.

There are, however, more worrying forms of Dissociation that can happen.

'Dissociative Fugue' is the name given to the condition when a person suddenly, and without warning, forgets everything about who they are and their

past, often causing them to stray far from their homes and even in prolonged cases, create a brand new identity and life for themselves. When they snap out of this condition, they often forget everything about their new identity and revert to their old one with no memory of their other life.

There is also another disorder referred to as 'depersonalisation', where the person feels as though they are disconnected from their body. Often they feel that they are detached from their feelings and thoughts and that they experience life as though watching a boring movie. Furthermore, many people who suffer from this condition can feel out of control, and even time can seem like it's slowing down. In some of the most serious cases, victims can't even recognise themselves in a mirror!

There are, of course, many ways that dissociation can be caused, but most mental health experts believe that the conditions are caused as a result of serious childhood trauma.

Trauma, in fact, is the most common reason that experts believe the condition is caused. Often, serving soldiers who perform acts of bravery, or are caught in serious conflicts report that they felt as though they

were watching themselves from outside their bodies and were able to act calmly because the threat to their lives didn't seem so imminent. In these cases, dissociation is actually acting like a survival mechanism!

If you think you have a condition or suffer from depression, do not suffer in silence. Seek advice and support!

The Roby counselling service offers help to people with mental health difficulties.

The South Asian Women's Group

Plans for June 2013

06/06

Health and Wellbeing

13/06

Health and Wellbeing

20/06

Health and Wellbeing

27/06

Health and Wellbeing

IF YOU FEEL ISOLATED AND WANT TO MAKE NEW FRIENDS, COME ALONG TO THE WOMEN'S GROUP. YOU CAN TAKE PART IN ACTIVITIES AND ALSO GAIN KNOWLEDGE ON HEALTH AND WELL-BEING.



SAW runs every Thursday from 10:30am until 12:30pm

Alongside the group we have a PCT Health Advisor called Shahida who is available to talk about weight management.

The group is facilitated by speakers of Urdu, Punjabi and English.

Evolve at the Roby

EVOLVE IS THE ROBY'S MUCH LOVED CONFIDENCE BUILDING SERVICE. ANYONE IS WELCOME TO ATTEND AND THOSE WHO COME ARE ENCOURAGED TO DO AS MUCH OR AS LITTLE AS THEY LIKE. WE HAVE STAFF MEMBERS ON DUTY AT ALL TIMES TO ANSWER QUESTIONS OR JUST HAVE A FRIENDLY CHAT WITH, AND IT IS COMPLETELY INFORMAL.

Evolve runs every Tuesday from 10:00am until 12:00pm

Plans for June 2013

04/06

Crafts with Tony

11/06

5 Ways to Wellbeing

18/06

Discussions on Health

25/06

Discussions on Health