

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For 40 years we have brought people together to support each other. We run services and support groups across England that change people's lives and we challenge attitudes about mental illness.



Accrington, Burnley and Pendle Activities Group

Supporting Each Other



Affected by
mental illness
or supporting
someone who is?
Our groups - get
involved.



Leading the way to a better
quality of life for everyone
affected by severe mental illness.

For further information
Telephone 0121 522 7007
Email info@rethink.org

www.rethink.org



Registered in England Number 1227970. Registered Charity Number 271028. Registered Office 89 Albert Embankment, London, SE1 7TP. Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee. © Rethink Mental Illness 2012.

The Objectives of the Group are:

- To allow people with lived experience of mental illness and mental health services to get together and socialise to reduce the isolation that might be felt by many of these people.
- To promote health and wellbeing through a range of activities including sports, social trips and training sessions.
- To provide a regular and safe meeting place for people with mental health issues to come together without fear of stigma or discrimination.
- To signpost to local mental health services and groups and provide up to date and accurate mental health information.
- To challenge attitudes and stigma towards mental illness.
- To Combat social isolation and exclusion

'Many Rethink mental illness groups are run by people with lived experience, carers or family members. Group members listen and share experiences but do not give advice. Groups may provide details of agencies whose role it is to provide advice.'

Our Rethink Mental Illness Advice & Information Service can help with a wide range of issues affecting people with mental illness, their family, friends and carers. You can contact them by calling 0300 5000 927 between 9.30am – 4.00pm, Monday – Friday (but not on bank holidays) or email them via our website www.rethink.org

For free factsheets visit www.rethink.org. Rethink Mental Illness Supporter Care team are contactable for General Enquiries, Membership and Donations on 0121 522 7007 or info@rethink.org

The Rethink Mental Illness Accrington, Burnley and Pendle activities group meet to help people combat social isolation and loneliness and improve people's self-esteem and confidence. The group works to improve wellbeing through sports and activities providing information, signposting and opportunities for peer support to take place.

The group meets throughout Accrington, Burnley and Pendle. The monthly planning meeting takes place in a local Burnley café on the first Friday of each month between 1.00pm and 2.30pm to plan out activities for the remainder of the month ahead. The group also has a regular cinema group on a Sunday evening at 5.00pm.

We also work in partnership with **Community Solutions North West** to run a drop in at **Elmfield Hall**, Hyndburn Road, Accrington weekly on **Monday from 1.00pm to 3.00pm**

We love to welcome new members. If you wish to get involved in these activities, please can you contact the group coordinator Greg by phone to confirm the time and venue.

To Join the Group please contact the group coordinator on **07594 897485** or by emailing **eastlancsactivities@rethink.org**

The group is open to anyone who is affected by mental illness over the age of 18.