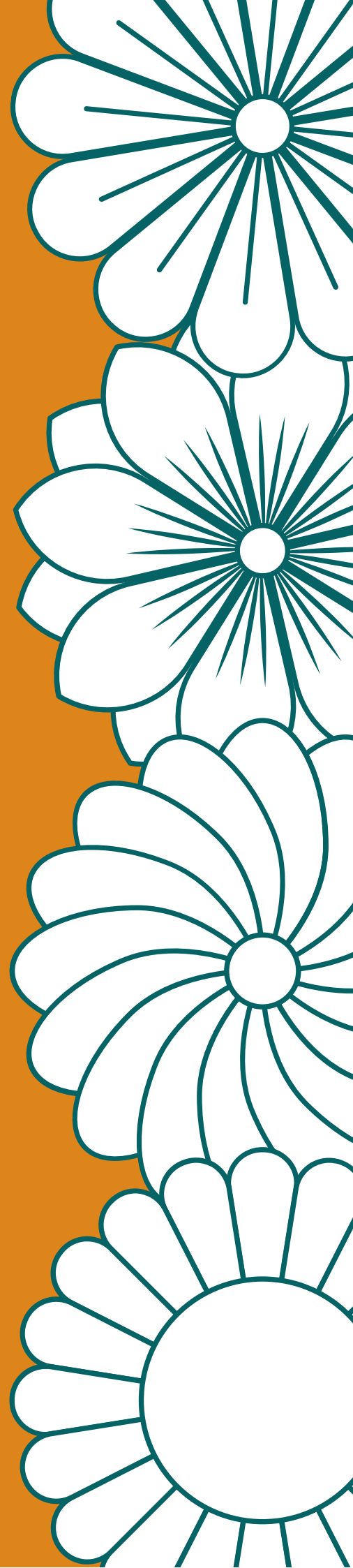


**WHAT
WORKS
FOR
ME...**

**BY THE
ELEVATOR
GROUP**



THE ELEVATOR GROUP

ELEVATOR is a six-month course running in Drumchapel and Yoker.

It's for people with mental health issues such as depression, anxiety, stress, long term unemployment and physical disabilities.

It is for anyone 18 years and upwards and is free and does not affect your benefits.

This booklet was designed by members of Yoker Elevator Group.



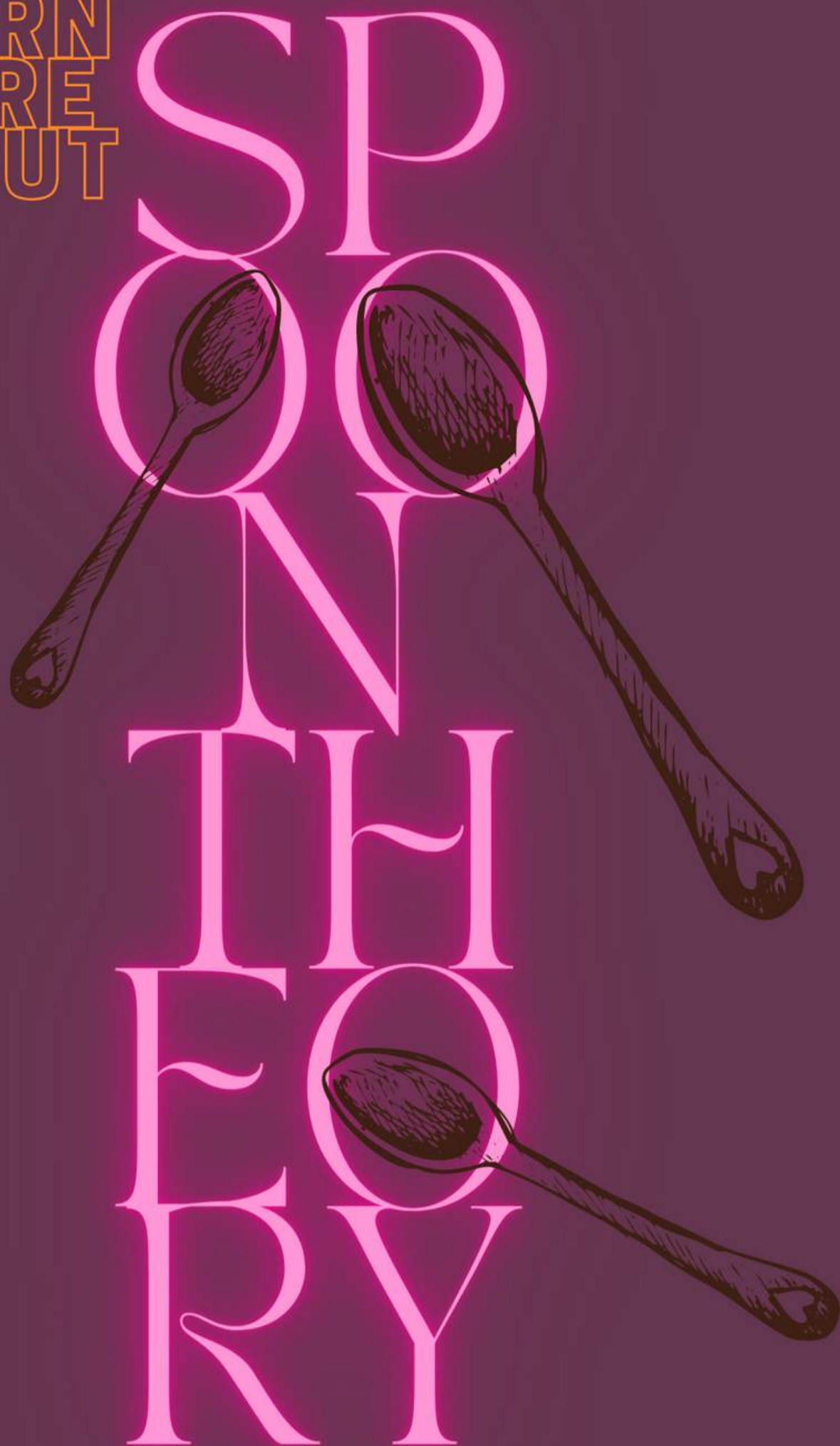
Community Interaction Together we will explore the interests of the group and agree activities which the group wishes to try. The group will then source and arrange these activities within the local community.

Community Development Together we will explore the local issues that affect the group. The agencies, organisations and community groups appropriate to these issues will be identified and accessed.

Coping Skills COPE Scotland, a renowned local mental health project, will deliver a series of workshops designed to provide a range of tools that will make it easier for participants to self-manage their emotional health.

Quest This element will use outdoor education centres, mainly in the Trossachs, to get us back to nature and further build our confidence.

LEARN
MORE
ABOUT



mentalhealthathome.org

At-home yoga routine



ONLY 10
MINUTES AT
HOME
GREAT FOR
YOUR
MENTAL
HEALTH





Peace

Happiness

Optimism

Love

Enjoyment

Support

Play

Smiles

Positivity

Inspiration

Loyalty

Gratitude

Hope

Honesty



Life

Laughter

friendships

Reflection

selfcare

kindness

Belief

Laughter

connection

Pleasure

Health

fun

confidence

Jill Ferguson

toby and marly



WALKING AND CARING FOR
MY 2 DOGS
THEY GET ME UP AND OUT



How are you feeling ?



happy



furious



scared



shocked



bored



nervous



disappointed



sad



confused

Merry Christmas Family



Lee

Doing the Elevator was good, it helped me get out the house, do computing, get out for walks. Helped me build my confidence and trust people, do things I would be anxious to try, like going to a pantomime and play drums. Do art and crafts, build up friendships. If I didn't come, I would have just been sitting in the house doing nothing all day. I have laughed and had fun.

Gail

Elevator helped with my confidence allowing me to learn and interact more with others and not be so anxious. In understanding my own values and knowing I can do things I thought were impossible. Going out more and enjoying myself without feeling bad, going to places I thought I wouldn't ever go to, Elevator has given me a better focus on life, I'm able to look to the future. I smile more, even makes me love myself a bit more, because if I don't love me, how do I expect others to love me? I have learned more about computing and graphics. Loved doing arts & crafts and drums, haven't laughed so much in a long time overall I've loved everything about Elevator.

Anne-Marie

Doing Elevator gets me up in the morning and gets me out. I don't drink as much alcohol, it is helping with my confidence, I've met people, I'm learning to team build and work with others, get on better with my family, I'm learning to work a computer and cope with my mental health.

Elevator got me out the house as all I done was clean and sit about bored out my nut. I learned a lot about coping in difficult situations. I've learned to manage my anxiety and moods. I enjoy working on the computers, I never had the patience and found them hard to use but I've learned a lot and now have more patience at home on my Ipad.

When Michelle got the big drums out, I wasn't sure, once I learned we had a great laugh and I really enjoyed myself. I've never been an arts & crafts person or had the patience or imagination but I made an angel out of a milk carton and was amazed with myself. I even helped another group member.

I've managed my anxiety, been part of a team, showed others my ideas and learned from other members in the group. I've gone on lunches, been on buses, both of which are out of my comfort zone. My moods have changed and my thoughts are changing through time as I'm still learning, my family have even noticed my behaviour at home. L.H

Elevator came at just the right time for me, when I was feeling lost and my mental health was not in a good place. The routine provided more structure to my week, this brought a sense of belonging and purpose.

The group provides such a varied way to explore different parts of oneself. It takes into account mental, spiritual and physical health growth. You learn from other participants as they do you, and there can be peer support when you need it.

The group leader works with each person as an individual to get to the core of what you hope to achieve, in a way that is caring and non-judgmental.

I think the best part of the group is the element of genuine choice given in how it will run, we all decide together. This helps give a more positive outlook with varied things to look forward to and lessens the feeling of being trapped in a negative cycle.

I think there are many people who would benefit from being part of Elevator. Claire



CONFIDENCE



TEAMWORK



SKILLS



HEALTH

ELEVATOR GROUP

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