**HEARING VOICES GROUPS**

CURRENT DURING LOCKDOWN

FEBRUARY 2021

**Mind in Camden's own online Hearing Voices Group** which was a closed group, is now an open group which anyone can join. It runs Tuesdays from 12pm - 1pm. You can self-refer by contacting Helena Blackstone hblackstone@mindincamden.org.uk

**Manchester Zoom based Hearing Voices Group**

Since the beginning of April we have been running the group online, which means we can accept attendees from outside Manchester, and we meet on Zoom every Thursday at 15.00. Get in touch by emailing paul.baker1955@icloud.com to join — or find out more here: [Hearing Voices — NIAMOS](https://niamos.co.uk/hearing-voices?mc_cid=61a20a33ae&mc_eid=7c89c38779)

**Richmond Friendship Group** is once a month on the last Thursday, from 11am to 1pm. Please email Wendy to find out more: wmicklewright@yahoo.co.uk

**Talking Sense** (an established Hearing Voices Group running Wednesdays at 7pm) has moved online. Facilitated by Lauren and Janey, you can find out more at [Talking Sense](http://www.talking-sense.co.uk/). Or to join the online group please email talkingsenselondon@gmail.com UPDATE: **For the next 4 months there will now also be a face to face group running!** Please email to find out more.

**Bromley Hearing Voices Group**

(an established Hearing Voices Group running on Wednesdays at 11am) has moved online. However you still must live in Bromley to join the group. Facilitated by Stewart, please email stewarttight@hotmail.com if you want to join.

**Women-only, Zoom-based Hearing Voices Group**

There is an online weekly hearing voices group which is women only. It meets on Fridays 1pm -2.30pm UK time & is facilitated by Bridget Davico. If anyone would like the zoom link please contact Bridget; bdavico@hotmail.com

**Irie Mind Hearing Voices Group**

Africa and Caribbean Voices Within Group - This group is aimed at anyone from the African and Caribbean Community resident in the City of London, Hackney or Waltham Forest (exceptions may be considered on a case by case basis) and who has experienced hearing voices and is looking to explore ways of coping. Source of support, advice and information. Thursdays 12pm – 1pm Via Zoom Video or Zoom Telephone. Contact: Kernisha on 07515 575664‬ Or email: kernisha.henry-beckford@mindchwf.org.uk

**Voice Collective Hearing Voices Group for 16-25s** has been running successfully for several weeks online. It is open to anyone (within the age range) no matter their place of residence. Facilitated by Fiona, Nikki & Jess, you can join by emailing info@voicecollective.co.uk