

# What to expect when you come to Smile Group

We offer a blend of services to support families affected by perinatal mental health challenges, including peer support, talk therapy, 1-1 support & signposting. It is run by mums with lived experience who understand how lonely and overwhelming the journey can be. We are not health professionals, however, we're here to enable you to access services available to support your specific needs.



## What will it be like when I get there?

We know it can be intimidating coming to a group when you're not feeling your best and we're here to make the group environment as friendly and welcoming as possible.

We've been there and we know how much courage it can take to make that first step. That's why we've been careful to create an environment that is open, relaxed and non-judgmental. You're welcome to bring babies and toddlers under the age of three with you.

The group is not hugely structured, though it's overseen by trained facilitators so there's a careful balance to ensure it is welcoming and supportive. It gives you the chance to chat, drink tea and meet new people going through a similar experience.

We also invite complementary therapists to come to groups to offer taster wellbeing treatments and to give helpful talks on ways you can look after yourself and aid recovery.



**Smile Group**



We have venues in Macclesfield, Congleton, Sandbach and Nantwich - see our website or follow us on Social Media for the latest information on these sessions.

## Counselling Service

We offer free counselling at all our sites via accredited professionals. We know there are waiting lists for talk therapy which is why we've set up this facility to enable you to gain prompt access to help you in your recovery.

## Safe and supported

We believe it's essential that Smile Group offers a safe, supported environment and we have policies and procedures in place to ensure safeguarding and respect confidentiality. We will only break this if we feel that someone else needs to know for your wellbeing or someone else's.

## Code of conduct

Smile Group was set up to provide a peer support and signposting service to families affected by perinatal mental illness. We wanted to create a friendly, welcoming and non-judgemental environment to enable people to bring their young children and relax, chat and drink tea. Our overriding aim is that families attending the group can gain a sense of reassurance by benefitting from the knowledge that they are not alone in their experience.

In order to maintain this, we ask that anyone within the group environment upholds our values:



## A seamless pathway

We are working hard to develop robust relationships with health professionals and local authorities so that those attending group aren't passed from pillar to post. When you feel you're well enough to move forward we also make the next steps that bit easier by recommending appropriate groups and by providing an environment where you can meet people in the same situation.

**It's important that you know you're never alone.**

## Donations

Smile Group is a self-sustaining charity, reliant on grant funding and donations. We are keen to ensure our services are free but always welcome kind donations to enable us to continue supporting families in the local area. Please consider a regular amount on via Virgin Giving, even a £1 a weeks makes all the difference, and cheaper than most baby Groups! Charity number is 1168751



[www.smilegroup.org.uk](http://www.smilegroup.org.uk)



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