

# UNDERSTANDING SERIES



Within Mental Health Motorbike we are dealing with some very complex subject matters and at times quite rare mental health conditions. One of our aims is to reduce the stigma around mental health and create greater awareness so people become comfortable talking about it rather than hiding away from it. So we are able to run workshops with guest speakers presenting, we call this our 'Understanding Series'

So how does this work in practice?

## **Specialised Groups**

As our membership grows people become more reserved about sharing, so it is important we can offer smaller group sessions when issues are identified through the group, in the social media or through our support bubbles. These are then advertised as an event and members can sign up to participate in much smaller and more intimate groups. Using zoom we have the function for even smaller breakout rooms. Sessions have included Autism Spectrum Condition, sleep, drugs, alcohol, child bereavement and fitness. We have pulled in experts from outside our organisation to run these sessions.

## **Extra Support**

By using external organisations we have access to a wealth of experts and knowledge. Most organisations will offer this support free but at times we might need to pay in which case we activate the crisis crowd fund which quickly brings in some extra income.

## **Plans for the Future**

There are plans to really expand on the programme of events offered and we want to have 1-2 events a month taking place. The subjects will be identified by the members and sessions will involve groups of varying sizes. The key is keeping a safe space where members can actively participate and take away useful and helpful information.