



# Youth Project Summer 2013

News Bulletin Update

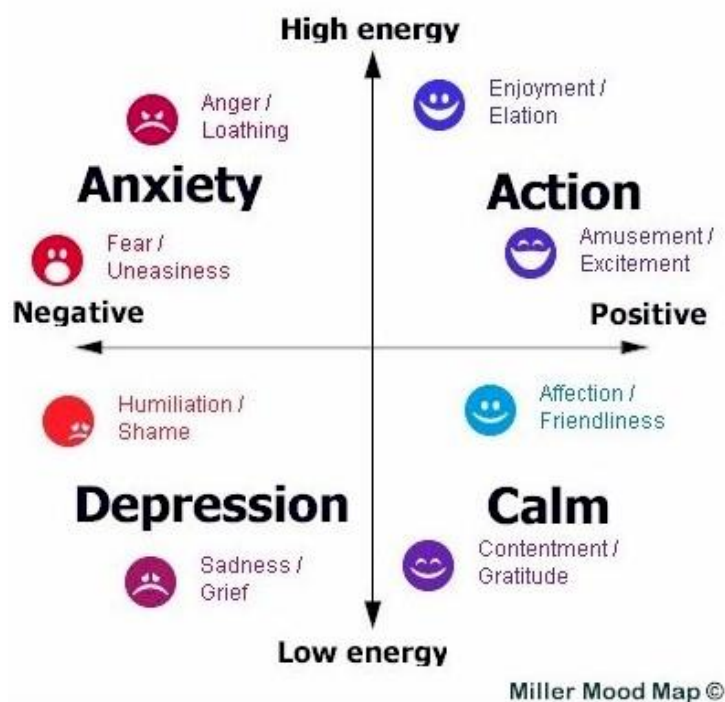
## Hello All!

I hope that you've been able to enjoy the glorious weather that we've had over the past couple of weeks- it seems like summer has finally arrived!

Both June and July have been quite busy for the project, as the end of the academic year drew to a close. Our team delivered a number of bipolar awareness raising sessions to support staff at colleges as part of their training. It was a delight to be part of it and we were able to engage with over 100 members of staff over 2 weeks! We hope that we will be able to continue this work in the coming few months!

## Youth Self-help Groups

The 4 support groups for young people (18-25 years old) in London are slowly building up positively and have given young people a space to share and talk openly about their personal experiences.



We were especially honoured to have Dr Liz Miller at one of the groups in July, to share her own personal experiences of bipolar. She gave valuable tips and advice on managing moods through recording mood and energy.

Our groups are open to any young people (18-25 years old) who are *affected* by bipolar- it is not necessary to have an official diagnosis to attend.

There is no need for a referral, but you can email/telephone Gloria beforehand if preferred!

[youth@bipolaruk.org.uk](mailto:youth@bipolaruk.org.uk) or  
020 7931 6486

## Upcoming Groups:

	Location	August 2013	September 2013
<b>West London</b> (Ealing)	<b>Haven Green Baptist Church</b> Castlebar Road, Ealing. W5 2UP  <b>Note:</b> The group meets in the lower Amherst room. Walk down the path to the right of the main church entrance. Press the buzzer to enter	<b>Thursday</b> <b>1<sup>st</sup> Aug</b> <b>6.30- 8pm</b>	<b>Thursday</b> <b>5<sup>th</sup> Sept</b> <b>6.30- 8pm</b>
<b>North London</b> (Kings Cross)	<b>Westminster Kingsway College</b> 211 Grays Inn Road, Kings Cross WC1X 8RA  <b>Note:</b> Enter through the main entrance and the people at the security desk will let you through. The room is on the ground floor.		<b>Tuesday</b> <b>10<sup>th</sup> Sept</b> <b>6.30- 8pm</b>
<b>Central London</b> (Victoria)	<b>Bipolar UK Office</b> 11 Belgrave Road, Victoria. SW1V 1RB  <b>Note:</b> Sign-in at the desk. Take the lift to the 2 <sup>nd</sup> floor and follow the signs to the right	<b>Wednesday</b> <b>21<sup>st</sup> Aug</b> <b>6.30- 8pm</b>	<b>Wednesday</b> <b>18<sup>th</sup> Sept</b> <b>6.30- 8pm</b>
<b>South London</b> (Southwark)	<b>LeSoCo (Lewisham &amp; Southwark College)</b> Waterloo Campus, The Cut. SE1 8LE  <b>Note:</b> Enter through the main entrance and sign-in at the desk. Take the lift to the 3 <sup>rd</sup> floor. The room is WT304, which is straight down the corridor on the left.		<b>Thursday</b> <b>26<sup>th</sup> Sept</b> <b>6.30- 8pm</b>

There's no need to book- just turn up! For more details:

<http://www.bipolaruk.org.uk/young-peoples-self-help-groups.html>

Bipolar UK runs many other self-help groups throughout the UK, which are open to anyone over 18 years old. The details of the groups can be found online:

<http://www.bipolaruk.org.uk/self-help-group-map.html>

## The Dragon Café



The Dragon Café is located in the Crypt of St George the Martyr Church (opposite Borough tube station). It runs every Monday from 11.30am- 8.30pm without fail- even during the bank holidays- and provides a wonderful programme of activities for all as well as deliciously nutritional food.

The **Young Adults Zone** has now become a weekly feature on the schedule of events and is developing to encourage more young people to attend.

Bipolar UK Youth have been supporting this initiative and was delighted to attend the Tea Party on the 8<sup>th</sup> July for cake, tea and planning. The group is growing and the young people will be more active in planning the activities that they enjoy the most.

The Young Adults Zone runs every Monday from 3-5pm.

## Facebook and Twitter

Thank you very much for following or liking our pages!

Both the Facebook and Twitter accounts are updated regularly with information about the project and with other relevant and interesting information.



[www.facebook.com/bipolarukyouth](http://www.facebook.com/bipolarukyouth)  
[www.twitter.com/bipolarukyouth](http://www.twitter.com/bipolarukyouth)

## Finally:

Thank you again for your continuing support for the project.

If there is anything that you would like to discuss or work together on in regard to the work that Bipolar UK Youth is doing, please contact us- we'd love to hear from you and see how we can work together or support you!

### Contact details:

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Website: [www.bipolaruk.org.uk/youth](http://www.bipolaruk.org.uk/youth)

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