

## What Group members have said about being part of our self-help groups:-

“It’s a place where I can go and feel I can be listened to and understood, a place to share my feelings and fears, a place where I can learn to cope better.”

“Following the Recovery In-Sight course has given me new hope and helpful ways to self manage my illness. It has also put me in touch, through the self-help groups, with likeminded people and I now know I am not on my own when struggling with highs and lows.”

“I have made many friends, sharing a common problem which I had for years kept secret, not only from my employers and work colleagues, but from friends in my village and even relatives. The comradeship with fellow sufferers has grown steadily since the formation of the Central Herts group in Stevenage.”



*Group members*

The West and Central Herts Recovery In-Sight Bipolar Self-Help groups are offered by The Recovery In-Sight Centre based in Hatfield, which provides: -

- ◆ Self-Help Groups/Peer support
- ◆ Training services
- ◆ Research
- ◆ Advisory services in practice and service development.

We look forward to hearing from you -



### Recovery In-Sight

The Recovery In-Sight Centre  
MacLaurin Building  
4 Bishop Square, Business Park  
Hatfield  
Hertfordshire  
AL10 9NE

Phone: 01707 284808 / 01923 239489  
E-mail: [contact@recoveryin-sight.com](mailto:contact@recoveryin-sight.com)

[www.recoveryin-sight.com](http://www.recoveryin-sight.com)



**RECOVERY in Sight**  
for better mental health®

## IN-SIGHT BIPOLAR GROUPS

SELF- HELP GROUPS FOR PEOPLE  
WITH A  
DIAGNOSIS OF BIPOLAR DISORDER

CARERS, FAMILY  
AND FRIENDS  
ALSO  
WELCOME

## Benefits of attending a self-help group

- ◆ Someone to talk to
- ◆ Practical advice
- ◆ Useful information
- ◆ Interesting speakers
- ◆ Occasional social activities
- ◆ Ideas for complementary treatment
- ◆ Guidance on how to manage mood swings
- ◆ To make new friends



*Garden at the Stevenage venue*

## The Recovery In-Sight Centre

### Self-help groups



*Self-help group discussion*

The Recovery In-Sight Centre offers groups for people with a diagnosis of bipolar disorder, their carers, family and friends.

The Watford group was started in January 2006 and the Stevenage group in October 2008. The two groups have over 150 members.

Members can receive a quarterly newsletter which contains local events and information and can contribute personal stories and articles.

Members can get involved in running the groups and all activities come from suggestions by members.

## Group venues & meeting times

Central Herts Bipolar Group  
The Friends Meeting House  
21 Cuttys Lane  
Stevenage  
Herts SG1 1UP

meets on the 4th Wednesday of the month  
1.30—3-30pm

*For further details please contact Ruth on 07727 725311*

Email: [Recoveryinsightbipolargroup@Googlemail.com](mailto:Recoveryinsightbipolargroup@Googlemail.com)

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West Herts Bipolar Group  
The Friends Meeting House  
150 Church Road  
Watford  
Herts WD17 4QB

meets on the 2nd Saturday of the month  
10.30am -12.30pm.

*For further details please contact Laura, Gwyn or Carolyn on 07504335722*  
Email: [contact@recoveryin-sight.com](mailto:contact@recoveryin-sight.com)