

## **Breakfast Club and the Cinema Group**

The Breakfast Club has been running for over 6 years now. It takes place once a month on a Saturday morning, and it has met the needs of so many of our Service Users who are in need of some social distraction. It is a service that is fluid by nature, changing and adapting to suit the needs of the clients according to their particular requirements at any particular time.

For example, there was a time when the attendees of the Club consisted mainly of the members of our former User Forum. They took ownership of the Breakfast Club, created posters for it, promoted and advertised it and were involved in the running of it.

The Club has now evolved, only a few attend that were formerly members of the User Forum and our newest member has only just started to attend the Drop-In so this gives him a solid platform to make connections with the Service Users here as a basis for new friendships.

The Breakfast Club meets the needs of the Service Users who are at home on a Saturday morning with no-one to talk to. For a lot of individuals suffering with a mental health issue, isolation is something that can become a common and real threat if not purposely and seriously impugned, and I found that the Breakfast Club is just one method of doing that.

Eustace, a longstanding member of the Breakfast Club said "I've found that since we began the Breakfast Club, there have been a lot of changes. We meet in various locations now, instead of one static place. This is a good thing because it gets us out and about and we get to experience different cafes and restaurants eg Frankie and Bennys in Dudley, D'vine in West Bromwich. I come into town sometimes to shop on a Saturday, so the Breakfast Club gives me an added excuse to make the effort and get out of bed and get out of the house. The breakfasts always taste good, the atmosphere nice, the prices reasonable and the company good. This is why I come to the Breakfast Club".

Parminder said "I eat alone at home all the time. It's nice to have someone there to have breakfast with now and again."

The Cinema Group also meets once a month and has been running for over 2 months. It came about with the same intention, ie that members could be occupied whilst getting an opportunity to widen their social networks and improve on their social skills. It promotes independence as the participants meet up in the evening outside of Drop-In hours (making their own way to and from the cinema) to watch a film.

This service is more widely supported as its participants really enjoy watching films, and it is growing all the time. Sherikla said "I enjoy cinema and going in the evening is good because there are less people ie no children about. It is good because we have a cinema nearby now and I can make use of it."

Clifton said "I love going to the pictures. It relaxes me. I like going with the other members because we can communicate together. It gives me something to do."