

WHERE AND WHEN?

We meet at the Residents Common Room, Guinness Northern Counties. Sidney Street, Derby DE1 2TU (Off Osmaston Road), from 6.00pm - 8.00pm, fortnightly on Mondays (except Bank Holidays).

The (single story) common room is just past the office, and opposite the car park entrance. Free on street parking is available from 6pm. Please enter and we will be there to meet you.

Tea, coffee and herbal teas are provided. There is no membership fee, but a charge of £1 per meeting is made to cover costs.

If you require further information, please contact us on the number below. We hope you will join us.

07914 300074 (Answer phone)



MEETING DATES FOR 2015

Meetings held at the Residents Common Room Guinness Northern Counties

12th January	26th January
9th February	23rd February
9th March	23rd March
13th April	27th April
11th May	1st June
15th June	29th June
13th July	27th July
10th August	24th August
7th September	21st September
5th October	19th October
2nd November	16th November
30th November	14th December

Please note that we do NOT meet on Bank Holidays

Derby Depression Club

Phone: 07914 300074 (Answer phone)

E-mail: info@derbydepressionclub.org.uk

Website www.derbydepressionclub.org.uk

DERBY DEPRESSION CLUB

2015 Brochure

Bringing people with depression & anxiety together for mutual support

Derby Depression Club

07914 300074

E-Mail

info@derbydepressionclub.org.uk

www.derbydepressionclub.org.uk

Affiliated to the Depression Alliance Tel 020 7633 0557

OUR AIMS

- ◆ To be supportive
- ◆ To be understanding
- ◆ To provide encouragement, reassurance and friendship
- ◆ To share our experiences with others, and also share theirs
- ◆ To Provide and Share Information

WE DO NOT PROVIDE

- ◆ Therapy
- ◆ Counselling
- ◆ 1 to 1 Support

ALL WE ASK IS THAT YOU:

- ◆ Are supportive, considerate, encouraging, understanding
- ◆ Are honest, sincere and non-competitive
- ◆ Are non-judgemental
- ◆ Respect the confidentiality of all the group members
- ◆ Respect each other and the views expressed
- ◆ Listen to what others have to say
- ◆ Allow everyone an equal opportunity to contribute
- ◆ Have the right to stand back and not join in

The Club is open to all Adults who struggle with anxiety and depression , their friends, partners, relatives and carers irrespective of gender, race, colour, ethnicity, or sexual orientation.

WHY MEET AT ALL?

We began the Club to help those, who, like ourselves had felt isolated because of our depression. Our hope is to try to fulfil some of the needs of our members by providing company and friendship, and help to reduce that isolation. We hope you will come to the meetings with this in mind, for mutual support with others who suffer, as you do, from depression, whatever it's severity. Remember; your experiences are valuable and by sharing them you may be able to help someone else as well as yourself.

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