

Guidance For Setting Up a LWPM Group Spring 2008

LIVING WITH PSYCHIATRIC MEDICATION GROUP IN LEICESTER.

Our Group came into being after founder members were inspired by a discussion evening run by the Group in Shropshire. This was the first group of its type in the country and initially there was no agenda but it was felt that there was a need in this area to form a group. It is interesting how the Group varies depending on the people that come, for example, the Leicester Group seems to concentrate on coping with medication whereas the Shropshire Group has developed a focus more on coming off medication.

HOW WE RUN OUR GROUP

Ground Rules Hopes and Fears

These were started in the beginning and we up-date them at the end of each session approximately every eight weeks. Our aim of the Group was established by the hopes and fears at the start. The things that seem important to us is to keep the Group flexible, to think about medication and alternatives.

Sometimes it is very discussion based, sometimes we have speakers, share experiences and challenging views.

The ground rules are read out at the start of each meeting and amended when we have no speaker. We found that developing our own rules was a major part of the evolution of the group.

You may like to look at our rules but we strongly recommend that you evolve your own.

We try to arrange speakers for most sessions we have had speakers including as follows;- Pharmacist from a local hospital,/
Psychiatrists/CrisisTeam/Assertive Outreach/
Alternative Medication/Solicitor/Pharmacist from a Chemists.

During our discussion times we have developed some other activities, A poster was made for a conference, we plan a mug amnesty, articles have been written for Lamppost (a local newsletter) and Openmind and we are planning to produce a booklet and have our own website and sessions to use the internet. We also have a collection of books, articles and general resources

that we've all collected. People bring and share articles and views and experiences with each other during the session.

Another factor in the group coming into being was members attending A Coming Off Medication –national MIND Conference
This group has really come into being from our own ideas and we were led by nobody but ourselves.

A further group in Bradford is being started by Rufus May.