

Focus Groups

EVERYDAY LIFE WITH VOICES

Help us develop a new online resource about voice-hearing.

Led by Elisabeth Svanholmer (voice-hearer, mental health trainer) and Rufus May (Hearing Voices group facilitator), these focus groups will gather ideas about coping strategies, as well as personal statements and stories about what everyday life is like for people who hear or sense things others don't.

It may be that 'hearing voices' is not the right/best way to describe your experiences, and we would love to hear from people who have experiences such as: djins, ghosts, schizophrenia, auditory hallucinations, persecution, electronic harassment, intrusive thoughts, thought transmissions, inner voices, spirit guides, ancestors, and invisible presences.

The information we collect at the focus groups will help us to develop *Integrated Voices* – a new website that will help people find clear, balanced and comprehensive information about hearing voices. The website is being developed in collaboration with voice-hearers by Durham University's Hearing the Voice project.

If you can't take part in these events, an online survey for anyone who is interested in this project is available to complete here: www.durham.onlinesurveys.ac.uk/voices

May 3rd 2018
1:30 PM to 3:30 PM
Blackfriars Settlement
1 Rushworth Street
London
SE1 0RB

⋮ **May 4th 2018**
⋮ 2 PM to 4 PM
⋮ Friends Meeting House
⋮ (Room F15)
⋮ 6 Mount St | Manchester
⋮ M2 5NS

Travel expenses will be provided. As a small thank you, all participants will also receive £15 in Amazon vouchers.

Contributors
wanted!

This interactive workshop will look at things like:

How would you describe the things you experience?

What is your daily life like with these experiences?

How do you cope with your experiences?

What are helpful ways of talking with friends or family about your experiences?

Do your experiences affect your physical health?

Have you got any tips or tricks for people who might experience something similar to you?

To book a place, contact Elisabeth at openmindedtraining@gmail.com or 07926685432