

12<sup>th</sup> September 2024

Dear REACH member,

We are writing to inform you about some important changes that will be taking place within our social groups at REACH. We understand that change can sometimes be challenging, and we want to reassure you that the decision to make these adjustments has not been taken lightly and have been done with everyone's best interest in mind.

### Upcoming Changes to Social Groups

Beginning Monday 7<sup>th</sup> October 2024, our social groups will begin to transition from being open-ended to a **6-week rotation** format starting with, the Men's Group, Women's Group and Arts and Crafts. We know that many of you value the consistency of your current groups, and we want to explain why we are making this change.

### Why the Change?

- **Fair Access for All:**  
We have received feedback from our members and have noticed that some groups can become full very quickly, making it difficult for new members to join in. By moving to a 6-week rotation, we aim to ensure that everyone can participate in the activities they enjoy most. Some Groups may not have a waiting list but to ensure consistency and avoid disparity we have to follow the same structure throughout the service.
- **Variety and New Experiences:**  
This new format will also give you the chance to try different groups and activities that you might not have considered before. We believe this can enrich your experience and introduce you to new skills and connections.

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- **Supporting Independence and Growth:**

A fundamental aim of the service is to support your journey toward greater independence and self-reliance, while we understand that our groups and activities play an important role in your well-being, we also recognize the importance of encouraging growth beyond our services. The new 6-week rotation system is designed to help you build resilience, explore new interests, and develop skills that empower you in your everyday life.

### **What You Can Expect:**

We will provide you with a new group timetable that outlines the upcoming 6-week cycles. We understand that this is a significant change, and we are here to support you through this transition. If you have any concerns or need help selecting the right groups for you, please do not hesitate to reach out.

### **We're Here for You**

We know that these changes might not be easy for everyone, and we want you to know that your feelings are important to us. Our team is here to listen and help you make the most of the new structure. We truly believe that these adjustments will create a more inclusive and enriching environment for all our members.

Thank you for your continued trust in REACH. We value each and every one of you, and we are committed to supporting your journey to better mental health and well-being.

With warm regards,

Andrew Ward

REACH Service Manager

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