

## **SETTING UP A LOCAL SUPPORT GROUP**

### **What is a support group?**

The term refers to more than two people who come together to deal with a shared illness, diagnosis, concern or problem. These groups are run by and for people who have experienced the shared problem but can be assisted by a professional.

### **How do they work?**

The central idea of support/self-help is: "You alone can do it - but you can't do it alone."

There is an unique strength in support groups which can help a person to share problems and solutions and attain a sense of wellbeing whilst meeting up with people who may have similar issues.

### **Do I need special training?**

No. It just takes motivation, common sense and a willingness to share your feelings and experiences.

### **Where do I begin?**

There are many ways to form a support group. Many group beginners are so enthusiastic that they can't wait to hold their first meeting. However, a group that functions well usually reflects good background planning.

Contact the brachial plexus therapy team to help you get set up. They can direct you in your planning to get things organised and started.

**Please see our home page for quick links to support groups currently available in Scotland.**