



Spider Project
Compañeros



compañeros Crisis Café
NEWSLETTER
Autumn 2024



What Is On Offer At Compañeros?

What do we offer?

- 1-1 crisis intervention
- Listening, care & support
- A calm & safe environment
- Signposting & referrals
- Programme of creative activities & wellbeing sessions
- Wellbeing Check-Ins, including goal-setting & action-planning
 - Company & healthy conversations within the café space



Please Note:

- We are open 365 days a year, 10am - 10pm.
- Depending on the needs of all members, people may have to wait for a 1-1 chat.
- The latest time to be seen to for crisis support is 8.30pm. This is to ensure that we have enough time to support you.

What Is On Offer At Compañeros?

Creative Recovery

We offer a creative recovery programme that members can access during their journey with us. It encourages members to find a variety of creative ways to help manage their mental health, emotions & wellbeing, as well as trying something new!

ACTIVITY TIMETABLE - AUGUST 2024

Compañeros
A safe space in a crisis

30-minute Guitar Lessons can be booked 1 session in advance from the previous Wednesday onwards

MON	TUE	WED	THU	FRI	SAT	SUN
Drop-Ins Monday 2.00 - 3.00 pm: Involve North West Tuesday 1.00 - 4.00 pm: Citizen's Advice Wednesday 2.00 - 4.00 pm: IPS Employment Advice Wed 1st/15th 10.30 - Detection of Health Issues (One Wirral)						
5 1.00 - 2.00 PM STRUM & SING-ALONG (ALL ABILITIES) 2.00 - 3.00 PM WELLBEING CHECK-IN (BOOKED BY TEAM) 7.30 - 9.00 PM MONDAY WIND-DOWN	6 10.30 AM - 12.00 NOON 1-1 GUITAR LESSONS (BOOK WITH TEAM) 2.00 - 2.45 PM GUIDED IMAGERY	7 1.00 - 3.00 PM SCRAPBOOK JOURNALLING 3.30 - 4.30 PM LINE DRAWING	8 1.00 AM - 1.00 PM STAFF TEAM MEETING 2.00 - 3.00 PM WELLBEING CHECK-IN (BOOKED BY TEAM) 10.30 - 11.30 AM MY MUSIC & ME 2.00 - 3.00 PM WELLBEING: CONFIDENCE & SELF-ESTEEM	9 1.30 - 2.30 PM INTRO TO ORIGAMI 4.00 - 4.45 PM NEW MEMBER INTRO 7.30 - 9.00 PM MEMBER BOARD GAMES 3.00 - 3.00 PM WELLBEING: FUTURE FOCUSED 7.30 - 9.00 PM MEMBER BOARD GAMES	10 3.30 - 5.00 PM CERY'S CALM CRAFTS: DOODLES & SKETCHES 7.30 - 9.00 PM SATURDAY SOCIAL 10.30 - 5.00 PM CERY'S CALM CRAFTS: FRIENDSHIP BANDS 7.30 - 9.00 PM SATURDAY SOCIAL	11 12.00 - 1.30 PM THERAPEUTIC THREADS 2.30 - 3.30 PM MINDFUL DRAWING 12.00 - 1.30 PM THERAPEUTIC THREADS 1.45 - 2.30 PM NEW MEMBER INTRO
12 1.00 - 2.00 PM STRUM & SING-ALONG (ALL ABILITIES) 2.30 - 3.30 PM WELLBEING: SESSION 1 7.30 - 9.00 PM MONDAY WIND-DOWN	13 2.00 - 5.00 PM WELLBEING CHECK-IN (BOOKED BY TEAM)	14 10.30 AM - 12.30 PM CONFIDENCE THROUGH DANCE 1.00 - 3.00 PM SCRAPBOOK: CARPOLLING	15 1.30 - 2.15 PM NEW MEMBER INTRO 2.30 - 3.15 PM GUIDED IMAGERY 7.30 - 9.00 PM COMPAÑEROS QUIZ	16 1.30 - 2.30 PM INTRO TO ORIGAMI 7.30 - 9.00 PM MEMBER BOARD GAMES	17 3.30 - 5.00 PM CERY'S CALM CRAFTS: TISSUE PAPER ART 7.30 - 9.00 PM SATURDAY SOCIAL	18 12.00 - 1.30 PM THERAPEUTIC THREADS 2.30 - 3.30 PM MINDFUL DRAWING
19 1.00 - 2.00 PM STRUM & SING-ALONG (ALL ABILITIES) 2.30 - 3.30 PM WELLBEING: SESSION 2 7.30 - 9.00 PM MONDAY WIND-DOWN	20 10.30 AM - 12.00 NOON 1-1 GUITAR LESSONS (BOOK WITH TEAM) 2.00 - 2.45 PM GUIDED IMAGERY	21 1.00 - 3.00 PM SCRAPBOOK JOURNALLING	22 10.30 - 11.30 AM MY MUSIC & ME 2.15 - 3.00 PM NEW MEMBER INTRO	23 2.00 - 3.00 PM WELLBEING CHECK-IN (BOOKED BY TEAM) 7.30 - 9.00 PM MEMBER BOARD GAMES	24 3.30 - 5.00 PM CERY'S CALM CRAFTS: CARD MAKING 7.30 - 9.00 PM SATURDAY SOCIAL	25 12.00 - 1.30 PM THERAPEUTIC THREADS 2.00 - 3.00 PM CREATIVE WRITING
26 12.30 - 2.30 PM BANK HOLIDAY BRUNCH 7.30 - 9.00 PM MONDAY WIND-DOWN	27 10.30 AM - 12.00 NOON 1-1 GUITAR LESSONS (BOOK WITH TEAM) 1.00 - 2.00 PM STRUM & SING-ALONG (ALL ABILITIES) 4.30 - 5.30 PM MIND'S MATTER	28 1.00 - 3.00 PM SCRAPBOOK JOURNALLING 5.30 - 4.30 PM LINE DRAWING	29 2.00 - 3.00 PM WELLBEING CHECK-IN (BOOKED BY TEAM) 7.30 - 9.00 PM COMPAÑEROS QUIZ	30 1.00 AM - 1.00 PM STAFF TEAM MEETING 3.45 - 4.30 PM NEW MEMBER INTRO 7.30 - 9.00 PM MEMBER BOARD GAMES	31 3.30 - 5.00 PM DIAMOND PAINTING COASTERS 7.30 - 9.00 PM SATURDAY SOCIAL	

Wellbeing Sessions

Our wellbeing sessions have been developed over time by members of our team & volunteers. These sessions are focused on areas we believe will benefit members, such as personal boundaries, confidence, managing stress & more.

What Is On Offer At Compañeros?



How far have I come since first joining Compañeros?

Wellbeing Check-Ins & Goal Setting

When someone becomes a member at Compañeros, we work with each individual to help them build skills & confidence so they can eventually move on, & to help them manage their crisis. We offer all members a series of Wellbeing Check-Ins with a team member to collaborate on realistic goal-setting & action planning.

My Wellbeing Check-In

Name:

Date:

Next Steps

•
•
•
•
•

My Support System

What are my goals?

Any further support/signposting needed?

What has been happening recently?

World Friendship Day

On Tuesday 30th July, we celebrated International Day of Friendship by making friendship bracelets & eating cake!



August Bank Holiday

On Monday 26th August, we hosted a Bank Holiday Brunch with all of our members welcome to come along!



What has been happening recently?

Strum & Sing Along

One of our previous activities, Nero's Band, has had a re-brand & is now a Strum & Sing Along. This is more inclusive, open to all abilities, & allows members to have fun while playing music!



Movement for Mental Health

Movement for Mental Health was added to our June timetable. It was led by a volunteer who was on a student placement, & included self-expression through gentle movement.



My Music & Me

We were excited to re-introduce the ever-popular 'My Music & Me' session this July - A group where members can listen, discuss & share musical interests.



Future Plans

Day Trips

Compañeros are introducing monthly Day Trips to our timetable! We have the opportunity to take 12 of members each month. Our first trip will be on 19th September &, for the first trip, we'll be taking members to Aber Falls!



8-Week Choir Workshop with Mersey Wiley

Compañeros & Spider Project HQ have partnered with Mersey Wiley & the Choir with No Name to provide an 8-week singing programme. This will be held at Compañeros, with all Spider & Compañeros members welcome.



Future Plans

Cycle Ride for Suicide Prevention with Spider Project

Every year Spider Project hosts a cycle ride through Wirral for Suicide Prevention Day. This year's ride is on 8th September!

Halloween

This year, for Halloween, we plan to add a variety of exciting activities to our timetable. These will include 'Horror-gami', Pumpkin Carving, & our very own Halloween Party with tricks & treats!

Bonfire Night

We will also include Bonfire Night-themed activities to our November timetable!

Partnerships: Drop-Ins

Physical Health

One Wirral drop into Compañeros alternate weeks, most recently on Wednesdays at 10:30am. This gives members the opportunity to have discussions about detecting physical health issues early.



One Wirral CIC

Involve North West Connectors

Involve Northwest drop into Compañeros every Monday 2pm - 4pm, empowering & enabling members to access information, advice, guidance & signposting.



involve northwest

involving communities & inspiring change

Employment Advice

The Individual Placement Support (IPS) service drop into Compañeros every Wednesday 2pm - 4pm offering targeted support to members under a mental health team & general employment advice & support to all members.



Mersey Care
NHS Foundation Trust



Cheshire and Wirral Partnership
NHS Foundation Trust

Citizens Advice

Citizens Advice hold a drop-in every Tuesday, 1pm - 4pm. Our members can access support from a member of the ADDER Project. This includes advice & support around benefits, debt, employment, family & housing.

**citizens
advice**

Wirral

SUPPORT

Partnerships



Early Intervention Team

Future Yard

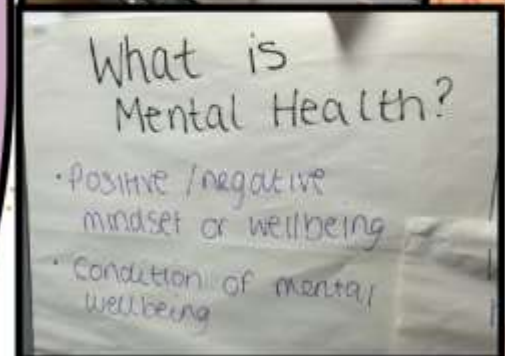
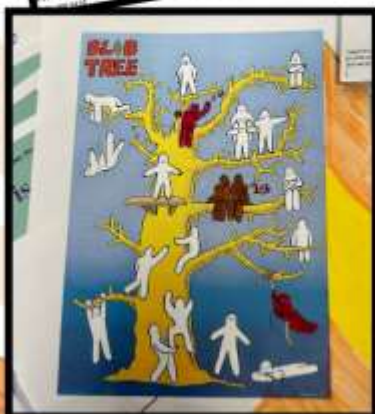
We are fortunate to have an amazing partnership with Future Yard that gives our members access to free tickets for some of their gigs! We had a lovely time meeting with them recently to discuss all the other things they offer.

Last month we had the opportunity to host a drop-in session at the Flourish Wellbeing Hub for carers & families being supported by the Early Intervention Team. We were able to introduce our service, & plan to do this again soon!



Session with Year 10 Students

Compañeros & Café 71 had the opportunity to attend the Liverpool City Region Creating Careers event for Year 10 Students! We delivered an interactive workshop exploring mental health/distress, discussing the nature of crisis & exploring what the crisis cafes do to help, hopefully inspiring the crisis workforce of the future.



Feedback

Compañeros has got me through the past few years & I would have died if it wasn't for the support I've received from staff. Talking has really helped. I don't feel judged here & staff are 'real' with me. Thank god I found you & long may it remain. I love Compañeros & can't thank you enough.

Compañeros is my favourite café in the world. Compañeros has helped me in the past, & you're helping me now.

The Crisis Cafe is really important to me. It was the first place I learned to talk & I'm putting in place the grounding techniques & breathing exercises that some of the team have shown me.

The idea of a safe space was important to me, & Compañeros was very welcoming. The New Member Introduction put my mind at ease as I was worried about other members asking me about my situation. Taking part in the creative activities improved my confidence, & I was proud of my creative outcomes

I was lucky enough to support someone I work with in accessing Compañeros a few months ago. I came with him & got to experience first-hand what that completely terrifying first step is like. You were great, so warm & friendly, exactly what he needed.' And he is doing really well!!

I just felt that I should send a little email as a way of saying thank you all for the help I received. Yes, I was a bit angry throughout my time at Compañeros. This I have addressed &, with the guidance from yourselves & the further help of the Spider Project, I have developed good skills & my wellbeing continues to grow & stay positive. Thank you to all the staff that supported me in order to achieve this.



ARTWORK



You
are strong
and
capable

is the
you are
worrying
about yesterday

love
yourself
first

People
given
you
a
mind
you
don't
want
to
lose

you
are
a
queen

BE

HAPPY



Spider Project Compañeros



P.S. Did you find the spiders? 

Call us on:

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Drop in to:

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