

THE LONG GROUP

Info Pack for The Long Group:
A creative support group for those in
recovery from gambling harm

Online sessions beginning in November 2024

The Long Group is a creative, peer-support group, facilitated by someone with lived experience. It is a fun, supportive and inspirational group, where you will meet new people, enjoy creative activity, and support each other's recovery. The group is open to everyone, regardless of your previous creative experience.

“Being part of the online sessions each week at The Long Group has been amazing. During my recovery, I have looked forward to each week's session the most. I love how the group is fun, engaging and really creative. I didn't know how creative I was, things come naturally and you never feel put on the spot, as no answer is a wrong answer. Each week has a different spin: from writing stories about photos, playing games, to devising stories. The approach is fantastic and I would definitely recommend anyone to join the fun. Forget what's going on in your life for an hour a week and delve into the creative space where anything goes. Without this group my recovery would be harder.”

The Long Group participant

BeGambleAware[®]

Each session will last 1-1.30 hrs and will consist of:

- Check in/intro to the session
- Creative activity
- Peer-support

We often use photographs to stimulate and inspire participants' creativity, asking questions about characters and the story. This leads us to writing, creating and sharing imaginative and creative ideas.



The creative sessions are very much influenced by what the participants are interested and passionate about. We may focus on writing, animation, visual art, photography...the possibilities are endless! Above all, it will be creative, supportive, and a lot of fun.

The group runs on Monday evenings 6.30-8pm. The next run of six sessions begins on 11th November and will take place each Monday until the last session on 16th December.

If you are interested in joining The Long Group please speak to your counsellor or support worker, or contact Oliver at oliver@acta-bristol.com