

	<i>Group</i>	<i>Schedule</i>	<i>Access Requirement</i>	<i>Description</i>
1	CORE	12 weeks Mondays 6pm-9pm or Fridays 6:30pm-9:30pm (Times may be subject to change)	Assessment needed	Group to support survivors with experiences and trauma with Sexual violence/assault/abuse Break every 3 weeks/Ends after 4 months Clients cannot be engaged with 1-1 therapy to attend.
2	Tune In Tuesday	1 st Tuesday each month 6:30pm-9pm	Open to all-No assessment needed	Drop-in group with longer check in and small group discussions
3	Allies	1 st Saturday each month 10am-12pm	Assessment needed	For friends & family of survivors
4	BAM	2 nd & 4 th Friday each month 5pm-7pm	Assessment needed	For Black, Asian & Multi-Heritage survivors
5	CORE Ongoing	2 nd Saturday each month 1:30pm-4:30pm	Invite only-No assessment needed	For those that have completed CORE
6	Trans & Non-Binary	2 nd Saturday each month 10:30am-12:30pm	Assessment needed	For Trans, Non-Binary & Gender Questioning survivors
7	Clinic26	2 nd Monday each month 30 min appointments 2pm,2:30pm,3pm,3:30pm	Appointments	For Sexual health, wellbeing clinic and ISVA support appoint- ments
8	Young People's Group	3 rd Sunday each month 1:30pm-3pm	Assessment needed	For survivors aged 13-19
9	Get Together	3 rd Sunday each month 3:30pm-6pm	Open to all-No assessment needed	Informal group with themed breakout rooms
10	Speaking about Sex as a survivor	Each run to be confirmed	Assessment needed	2 session workshop with 4 additional follow up sessions
11	Surviving Chem Sex	Each run to be confirmed	Assessment needed	4-6 weekly sessions For survivors who have had a complex relationship with chem- sex
12	(Ongoing) Surviving Chem Sex	4th Wednesday each month 6:30pm-9pm	Invite only-No assessment needed	The ongoing group is run monthly for those that have complet- ed the 6 weekly session group
13	Creative Writing in Nature and/ or Online	Each run to be confirmed-In Nature-Saturdays 11am-2pm Online-Saturdays 5pm-7pm	Assessment needed	A space for survivors to express themselves through the crea- tive writing process.
14	Open Mic Night	Once a month-First Friday of each month	Invite only-No assessment needed	Where survivors can showcase their work from the creative writing group.
15	Wellness Wednesday	Wednesdays once a month Each run to be confirmed	Open to all-No assessment needed	Monthly online or Face to face sessions covering different topics to improve wellness