

Kick Back Club...



I've dropped out of touch with lots of friends lately. I struggle with groups of people, I get anxious in crowds, I get overwhelmed by the speed of conversation, I can't think of what to say.

But I miss being around people.

That's where a Kick Back Club helps.



Find out more and stay in touch...



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What is a Kick Back Club?



A Kick Back Club is simple: A regular time and space for friends to meet.

Having something to do takes the pressure out of conversation, so we provide creative activities for people to pick up.

Whether you come with a friend, or come alone hoping to meet new people, it's a friendly, open place.

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Kick Back Club...

Kick Back Clubs require a little setting up - one or two people who promote it, organise it, provides the activities.

This could, of course, be you and your friends.

We can provide you with resources if you want to use the mindfulness/doodle theme and activities we've developed.

A £5 donation to Friendship Through Recovery will give you annual access to group resources. We will post them or email them to you.



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Kick Back Club...



Here are some tips if you'd like to try something similar in your local area

- *Find a venue.*

We asked a local coffee house, who are happy to host as long as we drink some tea and coffee. Local mental health teams, pubs or libraries are good places to ask if you don't have anywhere similar.

- *Pick a theme.*

This could be something simple, like having a cuppa, or something that you're particularly interested in, like the arts, or games. Having a theme helps set the group up with topics of conversation, and attracts people with something in common, which will make welcoming strangers in that much easier.



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Kick Back Club...

- Provide a range of activities.

People don't have to talk if they don't want to, and activities can stimulate conversation for those keen to chat but struggling to find something to say.

- Provide some background music.

Having something to listen to is great if the conversation dries up. As the group develops, members can place requests for next time.

- Publicise.

People need to know it's happening! Start small - perhaps just your own friends at first - but think of flyers for others who don't know you.



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Kick Back Club...



Share! We would love to hear about your Kick Back Club

- Use the Friendship Through Recovery website to promote your club.*
- Tell us about your themes and activities - this can inspire others.*
- Please “donate” by sharing your resources or activities - this will help others setting up their own clubs.*
- Send a quick photo or an update about your club using the Recovery Crew and Friendship Through Recovery social media.*



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