

# Common Ground

## Wellbeing Group

Community wellbeing groups for connection, reflection and support across Greater Manchester

DELIVERED BY:



ROOTS & RESILIENCE  
THERAPIES CIC

FUNDED BY:



## WHY “COMMON GROUND”?

The name Common Ground reflects the heart of this programme. While participants may come from different backgrounds, communities and life experiences, the programme is rooted in the idea that people can still find connection through shared understanding, support and humanity.

Common Ground aims to create safe and welcoming spaces where people can pause, reflect, feel heard and connect with others navigating similar pressures and experiences.

Rather than focusing on labels or diagnoses, the programme centres belonging, conversation, mutual support and community connection.



## ABOUT COMMON GROUND

Common Ground is a free community wellbeing programme for adults aged 21–40 living across Greater Manchester who may be experiencing:

- stress
- isolation
- low mood
- anxiety
- disconnection

The programme has been created particularly for people from culturally diverse and underserved communities, including those who may face barriers accessing traditional support services or who may not always feel seen, understood or represented within existing systems.

Through small facilitated group sessions held within welcoming community spaces, Common Ground aims to offer accessible, non-clinical and psychologically informed wellbeing support grounded in shared experience and meaningful connection.



## WHY THIS MATTERS

Many people are currently navigating increased stress linked to:

- isolation
- financial pressures
- burnout
- uncertainty
- wider social challenges

For some communities, cultural stigma, long waiting lists, financial barriers and previous negative experiences of services can make accessing support feel difficult or unsafe.

Common Ground was developed in response to these experiences, with a focus on early support, emotional wellbeing and strengthening community connection before difficulties escalate further.



## WHO THE PROGRAMME IS FOR

Common Ground is designed for adults experiencing mild to moderate wellbeing difficulties who may be navigating:

- stress, anxiety or emotional overwhelm
- loneliness or social isolation
- low mood or disconnection
- ongoing life pressures or transitions
- difficulties maintaining emotional wellbeing

The programme may be particularly helpful for people who:

- would benefit from early support before difficulties escalate
- are seeking connection, reflection and practical coping strategies
- face barriers accessing traditional support services
- do not meet thresholds for statutory mental health services but would still benefit from support



Participants do not need a formal diagnosis to access the programme.



## WHAT THE PROGRAMME AIMS TO SUPPORT

Through facilitated group sessions, reflection and peer connection, Common Ground aims to help participants:

- feel less isolated and more connected to others
- strengthen emotional wellbeing and self-understanding
- build confidence within social and community spaces
- develop practical coping strategies for stress and anxiety
- feel more supported whilst navigating everyday challenges
- build meaningful community and supportive relationships





## WHAT SESSIONS WILL INCLUDE

Sessions combine facilitated discussion, psychoeducation, reflection and practical wellbeing tools within a supportive group environment.

Sessions may include:

- guided group conversations
- wellbeing activities and reflection
- practical coping strategies
- grounding and self-regulation techniques
- discussions around stress, confidence and emotional wellbeing
- opportunities for peer connection and shared learning



## PROGRAMME STRUCTURE

- 5 facilitated group sessions
- Fortnightly delivery
- 2-hour sessions
- Small mixed-gender groups of approximately 10 participants
- Delivered within community venues across Greater Manchester
- Refreshments provided during sessions

Participants may also have the opportunity to stay connected through optional community groups and future meetups following the programme.



## WHAT MAKES COMMON GROUND DIFFERENT

Common Ground has been designed to feel warm, accessible and community-led.

The programme offers:

- small supportive groups to encourage psychological safety and connection
- culturally sensitive and psychologically informed facilitation
- non-clinical community-based spaces
- a balance of reflection, discussion and practical support
- opportunities for meaningful peer connection beyond the sessions



The aim is not only to support wellbeing during the programme, but also to help foster lasting connection and community afterwards.



## IMPORTANT INFORMATION

- Common Ground is a community wellbeing programme and is not therapy or a crisis support service.
- While sessions are facilitated by psychologically informed practitioners, the programme is designed as an early intervention and peer-based wellbeing space rather than a clinical treatment service.
- Where appropriate, signposting and support with accessing relevant services can also be provided.
- The same 5 week programme will be ran in Manchester, Salford, Bolton and Stockport, please state which area would suit you best



## REFERRAL PROCESS

Places are limited and participants will be selected through a referral and screening process to help ensure the programme is suitable and supportive for everyone involved.

Referrals can be made through:

- self-referral
- social prescribing teams
- community organisations
- VCSE organisations and local networks

Selected participants will be invited to a short onboarding conversation before the programme begins.



### CONTACT & REFERRALS

For enquiries, referrals or expressions of interest:

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