



The Way Forward is an existing self-help group and is run by volunteers for people who experience depressive illness. Our aim is to share our various lived life experiences, re-assuring each other we are not alone in order to cope more positively with the impact of depression on our lives.

The current group has been running for over 3 years and have helped over 25 people and has a current membership of 10 with a facilitator and co-facilitator all our facilitators are trained and the group runs fortnightly on Monday evenings from 7pm till 9pm from Strathyre House.

Our aim is to set up a second group in the near future and we plan to hold 2 information evenings the first of these on Monday the 3rd of April 2017 at **Strathyre House 42 Prestwick Road Ayr KA8 8LB** at 7pm. The second 4 weeks later on the 1st of May at the same venue and time. At these information evenings we will give general information on how the group runs, we will also have current and former members in attendance to give their stories on how The Way Forward as helped them manage their depression.

If you feel this would be helpful to you, or require any information then please get in touch. Our email address is wayforwardayr@gmail.com. We can also be found on **Facebook**