



## SESSION FIVE:

# CONNECTING WITH OTHERS

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Being with people who have similar experiences, who understand what you are going through and who don't need you to explain how you are feeling, can be a real support but if we do not tell people what support we need from them, they may not know. In this session we will think about what you want people like family and friends, health and social care professionals, members of the public or people from different organisations to know about your experiences, how you feel and what you need from them.

### **Activity: Message in a bottle**

You can write your own message in a bottle explaining the things that you want other people to know about how your condition(s) affect you and the support that you need from the people around you. Think about things people might not know about your condition(s). Don't assume that they will know a lot. Be as direct as you can in explaining what you need from them. You might use certain phrases, poems or song lyrics in your message.

# MESSAGE IN A BOTTLE

