



Journaling Group - Week 1 (LS11)

Location: The Happy Yak Café @ Jamyang Buddhist Centre

Date: 20th August 2019

Your space, your ideas

Promoting health and wellbeing space and support by working together with communities in South and East Leeds



Background & Aims

The journaling group provides a space for reflection, birthing ideas, creativity, self-expression and friendship. Amareen and I felt this would be a good group to establish as we see journaling as an act of self care and the group offers a way of sharing practices and ideas. This can help people to understand themselves and those around them, explore hobbies and gain new skills as well as meeting other people in the area who have similar interests to them.

This relates to our objectives as the activity aims to:

- Promote self-care and resilience
- Reduce social isolation and loneliness
- Engage with the community through a new sort of activity not currently offered.

What Happened

We had 5 participants – 2 adults and 3 children.

We made our own A5 journals using some basic bookbinding techniques. We then decorated and personalise our journals, then in the final hour/ half hour we used the gratitude prompts to do some journal entries.

We provided hot drinks and cakes for snacks as well that went down well.

We talked to each other about the tasks and prompts and this lead to discussions about music, our homes and more.

Next Steps

We thought that it would be helpful to adapt our plans for the sessions to make sure that the children are engaged in an appropriate way (as some prompts were things like “how did you feel 10 years ago” or “think about your job”).

We also need to ensure that whilst kids are welcome the space is still relaxing and fulfilling to the adults who attend. We thoughts some music next week may work well.

Outcomes and Impact

Participants fed back that they felt their wellbeing was positively impacted by the journaling. They also said they felt closer to their community as a result of the session.

The group made a number of colourful and unique journals and there were positive conversations about the things we are grateful for, as well as common interests such as music we enjoy.

Images from the session were popular on social media.

When I looked on Leeds Inspired I noted that there are similar events listed on their website so our journaling group is now amongst these listings

One of our participants works for SLATE and is interested in bringing some of their volunteers to the session (if they are interested), and another participant seemed keen to invite friends, so we may well expand our numbers through word of mouth, which is fantastic!

Feedback and Comments

"my favourite part was getting engaged with a little activity and will keep you busy/ away from worry"

"love every part of it. Everyone was friendly, welcoming"

"great community activity""

