

Join others to  
share your  
stories and make  
meaningful  
change



### **Social Effects**

Some of the social effects people are struggling with include; social anxiety, loss of social skills, loneliness, isolation and trust issues.

### **Psychological Effects**

Depression, trauma, grief, burnout, sleep disorders, substance abuse, cognitive fatigue, health anxiety, guilt and post-traumatic stress disorder.

### **Medical Effects**

Long covid, weight gain, cardiovascular issues, respiratory damage, metabolic disorders, reproductive problems, vision impairment, and delayed medical care.



## What is group analysis?

Group analysis is a method of understanding and examining the dynamics, behaviours, and interactions within a group setting. It focuses on how individuals influence and are influenced by the group, exploring patterns of communication, shared norms, roles, and conflicts. Rooted in psychoanalytic and social theories, group analysis is widely used in psychotherapy, organisational development, and social research. It examines both conscious and unconscious processes, highlighting how group context shapes individual behavior and vice versa. The aim is to enhance group cohesion, resolve conflicts, and foster deeper understanding of collective and individual functioning within the group framework.

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[www.groupanalysis.co.uk](http://www.groupanalysis.co.uk)

[support@groupanalysis.co.uk](mailto:support@groupanalysis.co.uk)

A support  
group for  
people  
affected by  
the pandemic



## Circle Support

Social - Psychological - Medical

# Connect with Others

This is a support group where people can come together and exchange ideas and experiences and offer support to one another in a friendly, supportive environment. No experience of group therapy is necessary, and everyone is welcome. If you are suffering from social, psychological or medical issues, or any after affects following on from the pandemic, this group could offer you the support you need.

## General Information

This small therapeutic support group is at least a 30 week in-person slow-open group, which means that people can join after it has started. It will take place in Stanpit. The group will consist of a maximum of 8 people who are struggling with various effects from the pandemic. Each session will be 90 minutes long, delivered weekly in terms. You can find dates on our website. The group conductor is currently training with the Institute of Group Analysis (IGA), the leading institute in group psychoanalysis.

## Contact



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## Specific Information

### Where do we meet?

Harbour View Room  
Stanpit Village Hall  
162 Stanpit  
Christchurch  
BH23 3NE

### What day and time?

Tuesday at 6:00pm - 7:30pm. I am aiming to start the group in May, but you can join after it has started. The group will start after we have 4 members, and will not exceed 8 members.

### Where can I park?

The venue is a short walk away from Stanpit Marsh Car Park. There is street parking in the area and one disabled parking space outside the premise.

### How much does it cost?

Each 90 minutes session costs £10, but I ask that you pay for ideally 5 sessions at a time to help me keep track of payments. See more on the website.

### How long do I need to commit for?

A high attendance rate is expected as well as an individual consultation with the group facilitator. The consultation is free of charge, but is required as part of the onboarding process.

I feel isolated from my family since we disagreed.

I'm struggling with anxiety and depression.

My heart has permanent damage.

Long covid is effecting my life.

