



# Heart and Soul on WhatsApp

## What we would like you to know

### 1 Who we are

- Heart and Soul volunteers in Cambridge have developed a WhatsApp group programme to support each other and guests, and to enjoy the same groups as are offered by them in ordinary times.

### 2 How you join our WhatsApp groups

- It is very simple. If you believe the Heart and Soul WhatsApp groups would be helpful to you, you're welcome to join us. There is no other expectation than that.
- If you would like to join us and try it out simply text John on 07984 260074, or email him at [john.nicholson@cpft.nhs.uk](mailto:john.nicholson@cpft.nhs.uk) with your name and contact details. He will call you and explain more about the groups and how they work.

### 3 When the groups meet and what they offer

- Each WhatsApp group meets at 3pm for about 40 minutes.
- Each group is a friendly, confidential place to share and explore the different ways in which we are living through the current crisis – focusing especially on what we find helps, what we enjoy, as well as what we worry about. And we also offer a chance to get away from it all, with a discussion group and a social group, for simple, friendly chat.
- Each group has a Heart and Soul volunteer hosting and they ensure we all help the text chat to run smoothly. They will be your guide.
- This is the current weekly programme:
  - Monday: discussion group
  - Wednesday: coffee club
  - Thursday: faith group [a general discussion, fed by the individual world views and beliefs of whoever leads off. E.g. humanist., Christian, Buddhist, atheist. . .]

Thank you for taking an interest in our WhatsApp groups. You would be a very welcome participant. And if you have any suggestions of your own you would like us to consider focusing on, do let us know.

*John Nicholson*

**Heart and Soul**

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