

November

# **GAP Women's Group**

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Bluebell Addiction Advisory Group



# Over view

- 1 → BAAG
- 2 → Before GAP
- 3 → Development of GAP
- 4 → Program to date.
- 5 → GAP 2011
- 6 → Stats.
- 7 → Case studies.
- 8 → Evaluations.



# **Bluebell Addiction Advisory Group**

BAAG

**Establishment of BAAG – 2004**

**Securing premises and developing an addiction service.**



# The thinking behind and development of GAP.

*MOVING AWAY FROM DUPLICATION OF OTHER SERVICES AND FILLING THE GAPS.*

Observation  
&  
Conversations

- POLY DRUG USE
- RELATIONSHIP BUILDING & OUTREACH.
- ORIGINAL WORK CONSISTED OF ONE TO ONES, REFERRALS AND HOLISTIC THERAPIES.
- COMMON HEALTH AND SOCIAL ISSUES.

## NEEDS

The women regularly spoke with each other and myself about having "nothing to do".

They had similar complaints such as.

- No child care.
- Weight issues.
- Lack of energy, confidence and self esteem.
- Disturbed sleep.
- Depression.
- Being bored.
- Having no fun or hobbies.
- Little or no motivation.

The women generally had poor attendance at important health related appointments.



# GAP development of BAAG

- RESPONDING TO THE NEEDS
- Filling A GAP @ BAAG Cookbook & Tour.
- Community events & parties.



# Program content

## 2009/2010

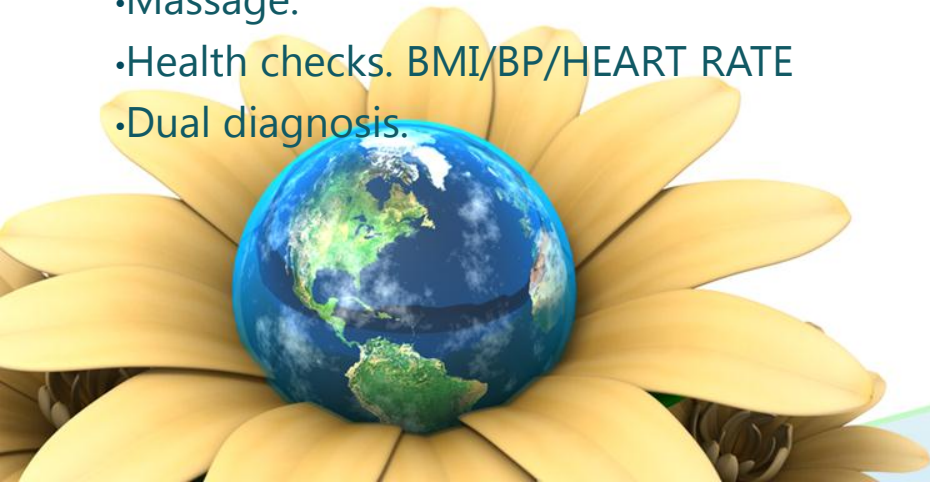
To date –

- Belly Dancing
- yoga
- Cookbook.
- Anger management.
- Walking/ Nintendo Wii
- Family days.
- Positive thinking.
- Movie mornings.
- Massage.
- Health checks. BMI/BP/HEART RATE
- Dual diagnosis.

The majority of the groups and program content is requested by the women.

Family days and events are to cater for the GAP women to be able to attend their program while kids are on school holidays.

:"Art-zone" were recently in during this years summer holiday and done joint workshops with adults and kids and individual classes.



# GAP plan's into the future

- Further training and education.
- Further develop a social economy / enterprise.
- Continue to focus on further improving physical and mental well being.
- Introduce other groups and women to the successes and benefits of GAP.



# Outcomes.

Evaluations.

- Case studies.
- Outcomes.
- Feed back.

