

The Sexuality and Relationships Group

is run by the

Drama and Movement Therapy Service

The Clinical Health Team for people with Learning Disabilities



The weekly group is a space to explore and develop confidence around sexuality, gender identity and relationships. The programme brings together psycho-educational tools and creative exploration using Drama and Movement Therapy. It invites discussion and reflection, experiential learning and role play.

sessions run on Wednesdays 1:30-3pm and take place
at The Sutton Inclusion Centre,
Northspur Road. Sutton SM1 2BF

What it's about : a weekly group which offers workshops on the theme of 'sex and relationships' within the framework of Drama and Movement therapy. It provides a safe place to explore creatively , to talk about your feelings and ask questions. It is a place where you will be able to connect with other people living with Learning Disabilities, where you can exchange life experiences and your everyday feelings, no matter what those feelings may be.

EXPLORING SAFELY WITH SUPPORT : the group will support you to grow in confidence and feel safe enough to explore and reflect your feelings and life stories. Sharing is at the heart of the group but you share however much you are comfortable with . The group provides an always friendly space where your presence is always very much appreciated and your contributions always welcome.

WHO IS IT FOR : This group is for people living with mild and moderate learning Disabilities of all genders and sexualities, people who are gender fluid, transgender or questioning, over the age of 18 years old.

HOW TO JOIN : New members are always welcome. You can self-refer but also be referred by professionals such as social workers, therapists, GP's, care managers - or your parents.

REFERRALS TO SUTTON COMMUNITY LD HEALTH TEAM (Formerly Clinical Health Team)

VISIT: www.suttonhealthandcare.nhs.uk

Email: esth.shc-referrals@nhs.net

Phone: 0208 296 4111

Themes of exploration :

My body - how does it work?

My body - how do I feel ?

Who am I - what makes me, me? Gender identities

What are relationships?

Expressing my feelings around relationships

Friends vs. partners

Love, sex, romance

What is love? Have I experienced romantic feelings?

Dating safely and safety online

Being in a relationship

My feelings around sex

Giving Consent or Saying "No" when we don't want something

How do I find someone special?

ABOUT Dan Skili and Claire Burrell

Dan is a state registered and NHS contracted Dramatherapist and clinical supervisor with over 20 years experience working with young people and adults with LD. Dan has worked for London Borough of Sutton as a therapist for over 18 years.

Claire is a Registered Dance and Movement Psychotherapist, working across a broad spectrum of adult mental health services (NHS and Community Sector). She is a clinical supervisor and published author.

Facilitation by Drama and Movement Therapists Dan and Claire

Email: dan.skili@sutton.gov.uk OR claire.burrell@sutton.gov.uk

**We are now accepting referrals for the Autumn 2024 Group
REFERRALS TO SUTTON COMMUNITY LD HEALTH TEAM (Formerly Clinical Health Team)**

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