

ACT Based Peer Networks and
Supervision Groups Operating in the UK and Republic of Ireland

Name of Group	Location	Meeting details	Main contact	Other notes
The Edinburgh ACT Network	University of Edinburgh, School of Health in Social Science, Teviot Place, Edinburgh, EH8 9AG	Last Thursday of every month, 09:30 – 11:00, Room 4.1, School of Health in Social Science	David Gillanders David.gillanders@ed.ac.uk 0131 651 3946 07813 929 901	Free, open peer network run on an adapted Portland Model. Supported by a google group email ring, contact main contact if you would like to come.
Birmingham ACT Peer Supervision Group	University of Birmingham, Hills Building, Edgbaston, Birmingham, B15 2TT.	17:30 – 19:30, second Wednesday of alternative months (Jan, March, May, July, Sept & Nov)	Jim Lucas Jim@openforwards.com 0121 523 1108 actwestmidlands@gmail.com	Free, open peer network, run along adapted Portland Model. Guide available giving more detail on process. Email the gmail address FAO Karolina to be added to the group.
ACBS ACT Peer Consultation Group	Virtual group run via Zoom	11.30-13.00 and 15.00-16.30 on Fridays every fortnight	Em Perera em@enhanceliving.org actpeersupervision@gmail.com Contact the latter email address to register and gain guidance on the group format and Zoom access codes	Free to ACBS members. These groups are structured and adapted from the Portland model to suit a virtual global community of ACT practitioners, who want support and feedback from peers on their experiential practice of ACT.
ACT SIG Sheffield	Fulwood House, Sheffield, SHSC NHS Trust	Quarterly,	Annie Mason Michael Kremer Michael.kremer@shsc.nhs.uk	Unfortunately at present this SIG is only available for NHS staff. Contents include; Feedback from training and clinical practice , discussion focussed on specific topics e.g. group work and some time for case discussion. We allow time for coffee, tea and networking We also provide some ACT and Mindfulness training courses though

				again this is aimed at NHS staff with priority to those from the Yorkshire and Humber region.
Southampton ACT Peer Supervision Group	St Mary's Surgery, St Mary's Road, Southampton	Six weekly, dates set at each meeting	beverly@enhancepsychotherapy.co.uk 07947 067496.	It is an open group composed of clinical psychologists, counsellors and CB therapists. We bring cases, discuss theory and research and also do skills development each session.
ACT SIG (Child & Family)	Doctoral Training in Clin Psych, Cardiff University, Park Place Cardiff	Approximately every two months- dates set in advance	stevekillick@hotmail.com	We run as a closed group opening to new members twice a year. Members are interested in use of ACT with children and families and we discuss cases, skills and ideas related to ACT
Ayrshire ACT Peer Support Group	Ayrshire Central Hospital, Irvine	Every 6-8 weeks, Thursday 10:30-12, North Ayrshire PCMHT Meeting Room	Tom Nisbet tom.nisbet@aapct.scot.nhs.uk 01294 323 552	We use the Portland Model and this group is open to all Psychologists, Counsellors and CAAPS who are subscribed to the NHS Ayrshire and Arran Psychology Listserve. We advertise the group through the listserve and trainees are also welcome.
The London ACT S.P.A.C.E	University College London, Torrington Place (nearest tubes Warren Street & Goodge Street)	6pm - 8pm, second Wednesday of alternative months	Mike Sinclair Joe Oliver act-space@googlegroups.com	A free peer supervision, practice and connecting event open to anyone who uses ACT/CBS in their work, based on the Portland Model.
Bristol ACT Supervision Group	Fulcrum House (top end of Whiteladies Road) Room 3 http://fulcrumhouse.co.uk	9.30-11, every 3rd Friday of the month.	Andy Wilson andrew.w.wilson@btinternet.com Please send your email details to Andy.	This is a mixed group of ACT practitioners including Clinical Psychologists, Counselling Psychologists, Counsellors and Psychotherapists. Some working in the NHS and others in Private practice. Cost: £5 to cover room hire.

Non-therapeutic Virtual ACT Coaching Group	Virtual + London & High Wycombe Group	7pm-8.30pm via skype first Wednesday evening of the months: Jan, March, May, July, Sept, November	Deborah Tom Chartered Occ Psy & Master Coach AC deborah.tom@nhs.uk	A group of psychologists and / or accredited (by governing bodies) coaches. We share via a google hangout and meet virtually and sometimes, face-to-face in London. If you fit that profile, you are welcome, just email Deborah.
Newcastle ACT Supervision Group	NHS locations in & around Newcastle	Bi-monthly. AM/PM Next meeting: Nov 18	Peter Blackburn peter.blackburn@nhs.net peter.blackburn@nuth.nhs.uk 0191 213 8970 Andrea Luteran andrea.luteran@nuth.nhs.uk	Mixed group of clinicians (clinical & counselling psychologists; physiotherapists; counsellors; primary care mental health workers) with training in or interest in ACT. Open to NHS staff in the North East of England. Free peer supervision, practice and networking

York and Leeds peer supervision. Location TBC. Contact Sari Harenwall. 07545172607. Email sari.harenwall@hotmail.com.

I am hoping to start a peer supervision group in February 2019, modelling this on the Portland model. Please contact me if you would like to join.