

# #PeerTalk

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## Expert Advice Clinics

We are holding monthly expert advice clinics to support local staff / organisations setting up or expanding peer support. There is no set agenda as this is a space for you to set the agenda in accordance with your needs.

We are here to action plan, problem solve with you, providing guidance in areas such as recruitment and job descriptions. The sessions work on a drop-in basis – it would be helpful to register your intention to attend with [zoe.copeland@kcmind.org.uk](mailto:zoe.copeland@kcmind.org.uk) so that we can ensure adequate seating and refreshments.

**“Projects will offer support from December 2015, as well as taking part in our research into the effectiveness of peer support for mental health.”** National Mind

## Successful Grants Projects

At the beginning of the project, local organisations were able to apply for grants to start new peer support projects. Four organisations were successful in their applications in our locality: **The Migrant and Refugee Communities Forum's** project, Nice to Meet You, focuses on migrants and refugees who are isolated and experience mental health problems. **Westminster Mind's** project, Roads to Recovery, trains migrant and refugee communities as accredited wellbeing coaches to support others with emotional and psychological wellbeing. The **Thamesreach** Brent Peer Support Service provides 1:1 peer advice to service users who have experienced homelessness and mental health issues. **Midaye's** project will provide emotional wellbeing to women from Somali communities.

Congratulations to these successful projects; we look forward to working with you throughout the project. You can find out more details about all the funded projects on the National Mind website [here](#).



## PeerFest 2015

Peerfest began in 2013 in celebration of a peer support scoping study carried out by Mind, which led to the publication of 'Mental Health Peer Support in England: Piecing Together the Jigsaw.' The idea of Peerfest is to bring those interested and experienced in peer support together to learn and showcase what is going on in the Peer Support world.



This year, Peerfest is hosted by Lancashire Mind and will be taking place on 10<sup>th</sup> December at Preston Guildhall. It is advertised as a welcoming event for anyone involved or interested in Peer Support. You can book free tickets [here](#).

## Steering group – call for members!

The Peer Support Network steering group will help guide us as a hub, to ensure that we are, as far as possible, meeting the needs of you – local organisations, and local people.

Our first steering group meeting will be taking place on 27<sup>th</sup> January, and will include an introduction to the project, and purpose and aims of the steering group. We want to make sure we have representation

from the local area, including minority groups, and from organisations in our Peer Support Network as well as service users and carers.

If you would like to come along to find out more about the steering group, please email [zoe.copeland@kcmind.org.uk](mailto:zoe.copeland@kcmind.org.uk) to reserve a space by Friday 15<sup>th</sup> January 2016. The time commitment would be two hours a month.

## Peer Support Training

As you will have seen in our first issue of #PeerTalk, we are going to be providing Peer Support training for individuals currently working as, or looking to start working as peer workers.

This will comprise four sessions, addressing the following:

- [What is Peer Support](#)
- [Using 'Lived Experience'](#)
- [Professional Boundaries](#)
- [Communication](#)

This training will commence on Thursday 14<sup>th</sup> January and run weekly, ending with the last session on 4<sup>th</sup> February.

As we have limited space for all workshops and training, please register in advance with [zoe.copeland@kcmind.org.uk](mailto:zoe.copeland@kcmind.org.uk)

**"...A celebration of peer support, of all the hard work that goes on in small groups all over the country... to be a stepping stone to further work on how we can all espouse the qualities of peer support.." ~ Peerfest 2013**

## Peer Support News

@PNDandMe on Twitter has a hashtag #PNDchat which can be used to access online peer support for mothers experiencing Post Natal Depression. There is a live chat hour #PNDHour and to celebrate 100 of these, they are holding an event in January. #PNDchat is not moderated 24/7 but is checked every day. Find it [here](#).

The Blurt Foundation offer online peer support in the form of a closed facebook group which is moderated by trained volunteers. Find it [here](#).

The National Deaf Children's Society has a new project, Helping Hands, to set up peer support schemes in schools to support students aged 10 – 18 in London, the Midlands and the North East. One of the benefits identified is strengthening emotional wellbeing. For more information see their [website](#).

## Peer Support Directory

To promote peer support, and raise awareness of the work carried out within the K&C / QPP Peer Support Network, we are looking to build a directory of all the peer support being offered in the area, its referral criteria and contact information. The directory will be useful for:

- People looking to access peer support themselves
- Carers or staff wanting to signpost service users
- Those looking for paid / voluntary peer support work



## Elephants never forget!

Don't forget to check out Mind's online peer support forum, Elefriends - [www.elfriends.org.uk](http://www.elfriends.org.uk)  
For information on how Elefriends can complement your work, please email: [elfriends@mind.org.uk](mailto:elfriends@mind.org.uk)

Don't leave us out of your social media interactions; join us in raising the profile of peer support in using the following hashtags:

#SidebySide for the national programme, #K&CPeerTalk for our local project, and of course #PeerSupport. Follow us [@KandCMind](https://twitter.com/KandCMind).



Don't forget to join us to ensure you don't miss out on other opportunities available to network members... fill out our membership form on our [website](#) and return to [Zoe Copeland](#).

**'Elefriends and the Elephant feel like part of my healing family now and long may it continue to help me and help others with varying mental health, medical and life issues.'**

~ Angelo, author of this [blog](#) for national Mind

## Dates for the diary...

What is it?	Who is it for?	When is it?	Where is it?	How do I register?
So, you want to be a peer worker?	Individuals with experience of mental health / emotional difficulties	Friday 4 <sup>th</sup> December 10am – 12 noon	Mind Skills Development Service	Zoe.copeland@kcmind.org.uk
Peerfest	Anyone interested in Peer Support	Thursday 10 <sup>th</sup> December – all day	Preston, Lancashire	Eventbrite link <a href="#">here</a>
Steering Group Date changed	Steering Group members only	Wednesday 27 <sup>th</sup> January 2016	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
Expert Advice Clinic	Local organisations (K&C and/or QPP)	Tuesday 12 <sup>th</sup> January 2016 10am – 12 noon	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
Recruiting & employing Peer Workers (Paid or voluntary)	Managers - Local organisations (K&C and/or QPP)	Monday 18 <sup>th</sup> January 2016 2.30 – 4pm	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
Supporting Peer Workers (paid or voluntary) in the Workplace	Managers / supervisors - Local organisations (K&C and/or QPP)	Monday 25 <sup>th</sup> January 2016 2.30 – 4pm	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
Peer Support Training	Existing or potential peer workers (individuals with lived experience)	14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> January, 4 <sup>th</sup> February 2016 (4 sessions)	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk



**Kensington  
and Chelsea**



Improving mental health through peer support

