

#PeerTalk

This issue →

- Peer Fusion
- Review: Write to
- Recovery
- PS opportunities
- CPD Opportunities
- Peer Support news
- Dates for the diary



Photo from Google Maps

Peer Fusion!

Our final Side by Side information and networking event on peer support, Peer Fusion will be held on Monday 23rd January 2017 at the Tabernacle, 34 – 35 Powis Square, North Kensington.

The event is open for anyone living or working locally (in Kensington and Chelsea, Queen's Park and/or Paddington) with an interest in peer support. That includes service users, carers, peer workers and other professionals.

The event will open at 9.30am for a prompt 9.45 start, and will finish at 3.30pm. Mid-morning refreshments and lunch will be provided.

On the day you can expect:

- information on peer support (locally and nationally)
- information about local peer support services
- presentations on a variety of peer support topics
- to hear directly from local commissioners
- workshop
- designated networking opportunities

As part of the networking aspect, we will have a table available for information exchange. Any peer support services that would like to bring flyers to be left on the table for attendees are welcome to do so.

Tickets are free and are available for registration on [Eventbrite](#) now, where you can also view the provisional programme.



Write to Recovery



Write to Recovery

The Scottish Recovery Network has created a new website called Write to Recovery.

The site is designed to help people to help people affected by mental health problems on their journey to recovery.

It gives tools to help inspire you to write your story. If you click 'register now,' the website helps you to write your story.

You need to register with an email address, activate your account and then you're taken to a list of themes to get you started:

Quick Burst ~ if you have something in mind already, or only have a few minutes to note down your thoughts.

My Life: The Movie ~ to consider how you view your life, consider identity, and think about what you want to change.

Fresh Perspectives ~ to change the way you look at yourself and situation, and use inner wisdom.

**'Now I write all sorts,
something funny happens...
write it down... Something bad
happens; write it. Just get it
down.'**

'Writer, Write to Recovery

My Fabulous Future ~ where you can be anyone you want to be, to help you work out what you want.

Surviving, Thriving and Recovery ~ to explore your skills, strengths and abilities.

What Makes Me Happy? ~ to consider the things that inspire you and make you happy to build more happiness in your life.

What Makes Me Angry? ~ to consider what triggers your anger in order to channel it to making changes.

My Life: The Novel ~ to discover things about yourself which you may not already know.

Letters From The Wise One ~ to discover your wisdom through a series of letters.



Once you start writing on your chosen theme, you can click the 'hint' button for a series of prompts to help you keep going. It will give scenarios and short exercises to fire up your creativity.

When you've finished, you can either save your story as a draft, or submit it for publication onto the site.

You can also click on '[read stories](#)' to see what other people have written. These are moderated, but some of the stories may contain contents some may find upsetting.

Peer Support Opportunities



[Groundswell](#) is an organisation working with people experiencing homelessness.

Groundswell's Homeless Health Peer Advocacy Service trains up volunteers with personal experience of homelessness as Peer Advocates who support homeless people to attend and access healthcare.

The role involves taking people to health appointments, registering people with GPS, and making sure people experiencing homelessness get their health needs met.

Peer Advocates volunteer 2-3 days a week and Groundswell cover all expenses and offer support and ongoing training to develop in the role.

This opportunity is ideal for people who have had a personal experience of homelessness and would like to pursue a career in health or homelessness.

'Homeless people feel judged, that causes a lot of anxiety. A Peer Advocate can help, having someone by your side who won't judge you, someone who has been there as well'

Groundswell Peer Advocate

Many Groundswell volunteers have gone on to gain employment and this is a great opportunity to gain first-hand experience in the field.

Recruitment will begin in January for the next 6 week Peer Advocacy training program.

If you are interested contact Martin Murphy on 0300 0039 500 or martin@groundswell.org.uk for more information about Groundswell visit www.groundswell.org.uk



**Friends
in need**

Kensington and Chelsea Mind's Friends in Need service is starting a new **Web Group** in the new year.

The group will meet at Kensington and Chelsea Mind's computer suite on Tuesday mornings to log on to the Friends in Need online peer support forum to offer support to others.

This is to allow Friends in Need members to focus on the **Give** and **Keeping Connected** aspects of the Five Ways to Wellbeing and build a team of Online Champions.

If you are interested in joining the Web Group and/or becoming an Online Champion, contact friends in need by [email](#) or by phone on 07908265186.

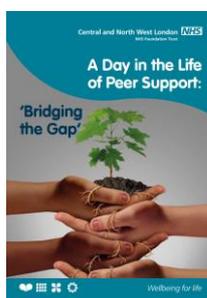
CPD Opportunities

Training / event	Date	Location	Content	Cost
Mental Health First Aid Lite	Wednesday 18th January Wednesday 15th February	Kensington and Chelsea Mind	Three hour introductory mental health awareness course	Free for those living and/or working in Kensington and Chelsea
Home or Hospital? Alternatives to CAMHS Inpatient Care Conference	Friday 6 th January	Borough	Exchanging ideas on alternatives to inpatient care with Child and Adolescent Mental Health Services across the UK and Europe	Free spaces for service users
Mental Health Practitioners' Reflective Group (NHS)	Tuesday 10 th January	Old Street	Following a survey showing that psychological therapists' wellbeing is less than that of other NHS staff, this is a confidential, safe space for those who want to share experiences	Free
MQ Mental Health Science Meeting 2017	Thursday 2 nd – Friday 3 rd February	Shoreditch	Keynote speeches from leading experts in the field, panel discussions and poster session	£50
DoH ~ Tackling FGM in mental health services	Wednesday 8 th February	Westminster	Workshop for NHS professionals to learn about FGM and safeguarding from the FGM Prevention team	Free

Other websites to check regularly for mental health / peer support training and events include:

[Young Minds](#) [Time to Change](#) [Eventbrite](#) [NSUN](#) (National Survivor User Network)

Peer Support News



New CNWL booklet

CNWL has just released its booklet 'A Day in the Life of Peer Support.'

It comprises personal accounts of what it's like to work as a Peer Support Worker.

'As a peer support worker, drawing upon my own experiences, I can help [service users] identify known obstacles and avoidable pitfalls'

Alan, A Day in the Life of Peer Support

The perspectives, including some from service users, carers and colleagues, come from inpatient, eating disorders, addictions, memory and community services, as well as an account from a Senior Peer Support Worker.

Download a copy from their website [here](#).



Peer Support Directory updates...

Our [Peer Support Directory](#), is continually updated as soon as we learn of any changes or new peer support projects. If you are aware of any new peer support projects in Kensington and Chelsea, Queen's Park and/or Paddington, [let us know](#) so we can keep everyone up to date!



Northern Ireland prison peer support

A peer support 'Listeners Scheme' in Northern Ireland marks its 10th anniversary. In Maghaberry and Magilligan prisons, fellow prisoners are trained by Samaritans to help fellow inmates. In the last year, the listeners received over 1,500 calls.



Peer Support for the hardly reached

a new [paper](#) in the American Journal of Public Health looked at existing studies examining the effectiveness of peer support among 'hardly reached individuals.' It found peer support to be a robust strategy for reaching groups which health services don't manage to, potentially due to the flexibility of the method. It suggests that peer support is considered for the benefit of those too often hardly reached.

'Peer support is a broad and robust strategy for reaching groups that health services too often fail to engage... Because engendering trust and respect was significantly associated with participant retention, programs should emphasize this [peer support] strategy.'

Peer Support for the hardly reached: A systematic review

Dates for the diary...

What is it?	Who is it for?	When is it?	Where is it?	How do I register?
Peer Fusion	All local people / workers interested in Peer Support	Monday 23 rd January 2017 9.30am – 3.30pm	Tabernacle	Expressions of interest to Zoe.copeland@kcmind.org.uk
Peer Support Training	Individuals with personal experience of mental health difficulties	February 2017	Kensington and Chelsea Mind	Email Zoe.copeland@kcmind.org.uk

‘Mind believes that our greatest achievements happen when we are working side by side’



Improving mental health through peer support



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