

#PeerTalk

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How can we help you?

Kensington and Chelsea Mind's role in the Side by Side project is as a local hub, to create a network and support local organisations start / expand peer support in the local area.

So far we have been holding advice sessions and running workshops and training for local organisations, aimed mostly at managers / supervisors of peer workers (paid or voluntary).

If you can think of any other way we might be able to help support your organisation with peer support - please ask!

It is important to share information with all relevant organisations and community networks to ensure everyone is aware of available support and services.

Feedback from our Networking Launch

Peer Support Fair

It's FREE. Book NOW!

Our Peer Support Fair will take place in Notting Hill on 2nd March and is open to everyone with a tie to the local area. The event is aimed at:

- Service users and carers
- Local organisations
- Peer workers and those looking for peer work locally
- Staff working with people who may benefit from peer support services
- Those interested in peer support locally

There will be talks, presentations and workshops and a designated networking opportunity with refreshments.

Local organisations who are offering a mental health / emotional wellbeing peer service are invited to have a stall at the event to promote their peer support services.

To book your free ticket to attend and/or to have a stall (organisations), please register through the Eventbrite link [here](#).



Improving mental health through peer support

Peer Worker Network

There will be opportunity for all peer workers who are **currently working in Kensington and Chelsea and/or Queen's Park / Paddington** to meet monthly as part of Kensington and Chelsea Mind's Peer Worker Network.

This will be a time where peer workers can come together to share experiences, celebrate successes, address challenges, problem solve and build a collective identity.

“The value of bringing all peer workers together for group supervision and mutual support cannot be over-estimated... As a group they gain strength and solidarity, they can support each other effectively and solve problems together.”

ImROC ~ Peer Support Workers – a practical guide to implementation

Meetings will last an hour and a half and will be facilitated by Zoe Copeland (*Peer Development Worker for KC Mind*) and Karen Nelson (*K&C Senior Peer Support Worker, CNWL*)

The first meeting will take place on **Tuesday 1st March** from 2 – 3.30pm, with subsequent meetings at the same time on the first Tuesday of the month. Please contact zoe.copeland@kcmind.org.uk of your intent to attend so we can ensure adequate seating and refreshments.

Peer Support Training

As part of our hub role in helping local organisations increase peer support, we offered peer support training in order to build up a knowledgeable workforce.

Our peer support training course started in January and is now past its half way point. Seven trainees have been working hard and creating very pertinent and topical discussions around the various aspects of peer support and the intricacies of peer worker roles. Certificates will be awarded to those who have completed the course, which ends on 4th February.

Benefits of Peer Support

as identified by our trainees...

- Developing potential
- Hope
- Reflecting on own recovery
- Trust in an equal relationship
- Quicker progress
- Empowerment for peer worker
- Equal partnership
- Peer worker sharing strategies
- Breaking medical model of illness
- Giving illness a meaning
- Intuitive understanding
- Diversity of roles in multi-disciplinary team
- Peer worker as a bridge between client and services

Side by Side Update

Research ~ Researchers at McPin have produced a Principles & Values Framework for peer support, based on copious evaluation.

Participation ~ Individuals attending peer services run by the grants projects are asked to complete a wellbeing log each month. This valuable data is already in the process of being compiled and will be analysed when the programme ends. This is a major contribution to the final research that will be produced from the project, to further support the case for peer support.

Social Media ~ The last week of January saw lots of activity from Mind across social media about Peer Support and the Side by Side project, including blogs and **#mentalhealthselfie**. If you're interested in being part of this campaign to spread the word about peer support... get in touch!

Information booklet ~ National Mind are in the process of creating an information booklet on Peer Support.

“Taking on an active role in the group has made me feel much more confident about sharing my diagnosis and talking about how my condition affects me. This has been really helpful, especially at work.”

Read more about Alice's experience on her blog for National Mind [here](#)

Peer Support Directory

Does your organisation provide peer support? To promote peer support, and raise awareness of the work carried out within the K&C and 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 for themselves
- Carers or staff wanting to signpost service users
- Those looking for paid / voluntary peer support work

If your organisation is offering peer support, please get in touch to help us build this directory.

Peer Bank

Update – the peer bank has had several new members who are looking for peer work – if your organisation is recruiting paid / voluntary workers, contact us to access the Peer Bank.

If you are looking for paid / voluntary peer work and wish to join the Peer Bank, fill out [this form](#) to supply basic contact details and work preferences so they can be made available to organisations in K&C / QPP. It will be the responsibility of the recruiting organisation to complete further paperwork, interviews, references etc.

Spotlight on LGBT ~

Suicide Prevention Conference

On 29th January National Mind held a national conference in Bristol on suicide prevention in Lesbian, Gay, Bisexual and Trans + communities.

Because LGBT people face multiple discrimination, they also face multiple barriers to accessing services. The day drew attention to the importance of language, and of reaching out to LGBT communities.

- **LGB people are at least twice more at risk of suicide attempts than the general population**
- **84% of trans people had considered suicide. This drops to 3% post transition**
- **Around a quarter of homeless people are LGBT**
- **Young LGBT people are the most likely of all age groups to have attempted suicide**

Mind Out

at Mind's *Suicide Prevention in LGBT+ Communities* conference

Stephen Fry opened the event with a video for the occasion, and an acronym for these barriers; **BIRDS**
Bullying
Isolation
Rejection
Discrimination
Stigma

Several pieces of research were drawn from throughout the day and several speakers shared personal

stories incorporating some of the specific struggles faced by the LGBT community. These factors all impact on one's mental health.

This included Queer Futures; research funded by the Department of Health on young people's distress and help seeking. This was presented by Lancaster University. Find out more at www.queerfutures.co.uk.

The study found that young LGBT people who are experiencing distress are much more likely to seek help from a friend and the internet than other sources. However 23% of those surveyed did not ask for help at all.

The support/advice/information that young LGBT people found the most helpful came from LGBTQ youth groups, the internet and friends.

The main reasons for those who didn't seek help was not wanting to be seen as attention seeking. However, shame, not wanting anyone to know about sexual orientation/gender identity and fear of judgment also featured highly.

"I use the internet to reach out to others, and to find a community. I have some friends online (mostly all LGBT) who I talk to regularly. They have always been really great if I've been in a bad place and needed to talk or support. [...] none of my friends or family are LGBT, so finding people online definitely helped me feel less alone and isolated"

Participant of the Queer Futures research

This is the most recent, but by no means the only research highlighting the value of both peer support and LGBT specific services.

A peer support workshop was run by Helen Jones, director of Mind Out, an LGBT mental health organisation from Brighton.

Mind Out started delivering peer support for the LGBT community in 2000 and has grown to providing many different peer support groups. One group member, Christine, shares her powerful story in the form of a [#mentalhealthselfie here](#).

Through discussion, the workshop highlighted several issues:

- The need for a standard method for evaluating peer support
- An awareness of not reproducing isolation when creating sub-peer groups
- The need to create a safe space for a huge diversity of people in a generic peer support group.

Attendees of Mind Out's peer support groups found benefit in attending specific / themed peer support groups as certain aspects were already implied and therefore out on the table for discussion e.g. suicide prevention and LGBT specific groups.

You can find out more about Mind Out on their website [here](#).

Keep up with the conversation that happened on the day via Twitter with the hashtag [#MindLGBT2016](#)



Blue Light Programme

People working in emergency services are more likely to experience mental health difficulties and less likely to get support.

The Blue Light Programme provides mental health support for emergency services staff and volunteers from police, fire, ambulance and search and rescue services across England.

Staff and volunteers who have their own personal experience of a mental health problem and are interested in how they can help people at work with their wellbeing have the opportunity to take part in our Peer Supporter training.

“Helping others helps me with my wellbeing, too. I’ve been putting the training into practice already.”

Ed ~ participant in first pilot of the training in October

There have already been 3 training sessions, with more scheduled for later this month. Trainees then take this learning back to their organisation to decide how to implement peer support, which will vary between organisations.

Find out more [here](#). Follow [@MindBlueLight](#) and use [#mybluelight](#) to keep up to date and spread the word on Twitter.

Peer Support News

Peer Work Opportunity ~ The Roads to Recovery Project delivered in partnership between Wandsworth & Westminster Mind and the Migrant Resource Centre is recruiting participants for a **FREE** accredited wellbeing coaching training course for Migrants, Refugees and Asylum Seekers with experience of emotional difficulties. See [here](#) for more details.

CNWL appointment ~ The Central and North West London NHS Trust have recently appointed a new Senior Peer Support Worker for Kensington and Chelsea.

Karen Nelson will be developing peer support for the Trust's inpatient and community services in the area.

Peer support related priorities for the Trust include continued recruitment to Peer Support Worker roles, and developing partnerships and networks with community organisations. For more information, contact Karen Nelson karen.nelson7@nhs.net

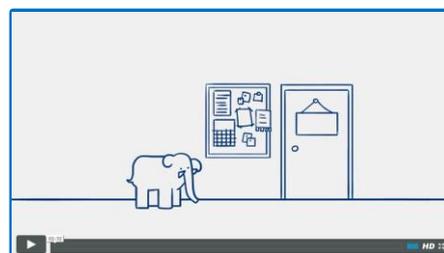
New peer support film ~ On 25th January, the Institute of Mental Health's peer support training team launched its new co-produced film on peer support.

This film follows on from their previous release 'A Shared Journey,' and acts as a second part. It was made in collaboration with Self Help Services, an organisation in the North West. Watch the film 'Peer Support: A Shared Journey – Second Installment' [here](#).

New Elefriends video!

Elefriends, Mind's online peer support forum has a new video! The focus of this video is finding local support. Check it out [here](#).

You can access support from Elefriends at www.elefriends.org.uk For information on how Elefriends can complement your work, please email: elefriends@mind.org.uk



Tweet all about it...

Help us raise the profile of peer support nationally via Twitter...

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



Mind is focusing on sharing people's experiences of peer support and helping to promote the different kinds of peer support involved in the Side by Side programme.

Would you like to share your experience of receiving peer support? Get in touch!

Dates for the diary...

| What is it? | Who is it for? | When is it? | Where is it? | How do I register? |
|--|--|--------------------------------------|--------------------------------------|--|
| Open Dialogue Conference 2016 | Those interested in the Open Dialogue approach | Tuesday 2 nd February | Euston | Via Open Dialogue UK http://ow.ly/XqaTg |
| Peer Worker Network Meeting | Peer Workers (paid or voluntary) in K&C and/or QPP | 1 st March 2 – 3.30pm | K&C Mind Meeting Room | Zoe.copeland@kcmind.org.uk |
| Peer Support Fair | Anyone interested in Peer Support in K&C and/or QPP (service users, public, staff, commissioners...) | Wednesday 2 nd March 2016 | Essex Unitarian Church, Notting Hill | Book via Eventbrite here For Queries: Zoe.copeland@kcmind.org.uk |
| Wellbeing Coach Training (via the Migrants Resource Centre) | Migrants, Refugees and Asylum Seekers who have experienced emotional difficulties, have managed them well and now are ready and would like to help others to get well. | TBC | Victoria | Contact Sylwia Lemanska on 020 7834 2505 or email: healthworks@migrants.org.uk |



Improving mental health through peer support



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