

#PeerTalk

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2016... it starts...

We would like to wish our readers a happy and prosperous new year!

Now that the festivities have passed, the New Year is underway; our local Peer Support grants projects have started delivery of their service, and others of us are taking action ready for the year ahead.

The Kensington and Chelsea Mind Peer Support Network have grand plans for the coming year! Whatever your peer support plans this year, keep us up to date and let us support you. We are excited to see what 2016 will bring!

“Together we're a dynamic duo... without each other we're only half as good.”
Belinda Laming at Peerfest

PeerFest 2015

Delegates arrived in Preston from across the country on Thursday 10th December to attend Peerfest, the annual celebration of peer support, hosted this year by Lancashire Mind.

Talks included examples of setting up peer support projects, how to engage BME communities, how to keep hierarchies flattened in peer support, and explored the transition from client to peer worker within the same organisation.



In the exhibition spaces, local organisations showcased peer support projects, and national organisations such as Time to Change promoted their campaigns.

Check out the [#Peerfest15](#) hashtag to see what ideas unfolded on the day...



Peer Support Fair

Our first networking event of 2016 will take place in Notting Hill on 2nd March. The event is open to all local people –service users, those working for local organisations, peer workers and those looking for peer work in K&C and/or QPP.

The aims are for people interested in peer support to network with each other – find out what services are available, promote your service, find out which organisations you may wish to volunteer / work for and organisations will be able to share ideas and resources and link up together. We will of course have a variety of speakers too.

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

Call for members!

Don't forget that our first steering group meeting will be taking place on 27th January, for those interested in being involved. 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 attend, please email your expression of interest to zoe.copeland@kcmind.org.uk by Wednesday 20th January 2016 so we can ensure adequate seating and refreshments. The time commitment would be two hours a month.

Peer Bank

As the Peer Support Network is building, we are experiencing an increase in the number of enquiries from individuals looking for peer support work – paid and voluntary.

We will be compiling a bank of peer workers, which will be made available to organisations in the local area (K&C and/or QPP) who are looking to recruit peer workers / peer volunteers. It will be the responsibility of the recruiting organisation to complete further paperwork, interviews, references etc.

There is now a form you can fill out to join the bank, available [here](#) under 'Peer Bank'. It includes basic contact details and work preferences. Please complete and return to zoe.copeland@kcmind.org.uk You can get in touch to remove yourself from the bank at any time should you wish.

“When co-production works best, people who use services and carers are valued by organisations as equal partners, can share power and have influence over decisions made..”

National Co-Production
Advisory Group

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 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.

Marsh Award 2015

The Marsh Award Scheme works with different charities to recognise outstanding achievement. This year, the Marsh Trust partnered with Mind to deliver the Marsh Award for Mental Health Peer Support to recognise excellence in peer-led peer support

The award was judged on seven principles, including whether projects were peer led by people with lived experience, inclusion, and how inspiring and empowering they are.

Nominations were accepted up until November, and the award was presented at Peerfest in December.

The winner of the £1,000 cash

award was EKTA, a community support group for South Asian community members living in Harrow who are experiencing mental distress. EKTA was formed in 2008 with 20 members; it now has 100 members.

Commended projects were:

- [The Bridge Collective](#)
- [Open House](#)
- [Mentally Sound Radio](#)

The Bridge Collective is a peer led collective run by its users, supporting a range of groups and activities in the South West.

Open House is a perinatal peer support group in the Midlands for those affected by depression, anxiety or any other maternal mental health problem. All women who facilitate the drop-ins, online support and additional charitable fundraising events have experienced perinatal mental health problems.

Mentally Sound Radio is a monthly radio show based in the North East and run in its entirety by a team of peers, from content sourcing, recording and editing, decision making, presenting, training, networking and even the admin.

- **Peer support group**
- **Group needs to operate in England or Wales**
- **Group's main focus needs to centre around mental health / supporting emotional wellbeing**
- **The group is peer led**

~ Entry Criteria for Marsh Award for Mental Health Peer Support 2015

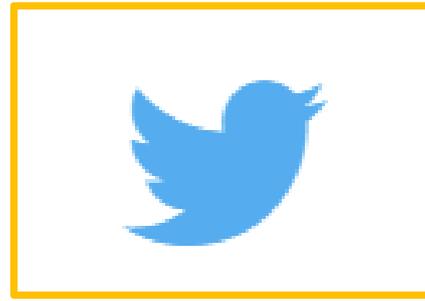
Peer Support News

Secure Setting Research ~ Together for Mental Wellbeing commissioned peer-led research on the use of peer support in secure settings. They found that different types of peer support do exist in secure settings, although this varies in format and quality. Various barriers to the implementation of peer support in these environments were found and examined. You can read the report [here](#).

Mind LGBT Conference ~ National Mind is holding a free National Conference on Suicide Prevention in Lesbian, Gay, Bisexual and Trans + Communities in Bristol on 29th January. One of the workshops during the day focuses on peer support for LGBTQ+ people. Find out more [here](#).

Open Dialogue 2016 Conference ~ Open Dialogue is a new approach to people experiencing a mental health crisis, developed in Lapland. It looks to ensure all those involved in the crisis – including families, social networks and professionals – are involved in dialogue together. There will be a focus on peer involvement at this year's conference on 2nd February in London. Find out more and book [here](#).

LGBT Online Peer Support ~ Mind Out is a Brighton based LGBTQ mental health charity. They run instant live support called 'Online Chat,' run by and for LGBT people with experience of mental health issues. It is open evenings and some weekends. Visit their website www.mindout.org.uk for details.



New Year's Tweets

Don't leave us out of your social media interactions; join us in raising the profile of peer support in 2016 by 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 check out Mind's online peer support forum, Elefriends - www.elefriends.org.uk For information on how Elefriends can complement your work, please email: elefriends@mind.org.uk



“Services should be alert to the value of both formal and informal support, and should facilitate informal peer support between patients as well as providing a range of formal peer support schemes.”

~ Peer Support in Secure Services
Together for mental wellbeing

Dates for the diary...

What is it?	Who is it for?	When is it?	Where is it?	How do I register?
Expert Advice Clinic	Local organisations (K&C and/or QPP)	Tuesday 12 th January 10am – 12 noon	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
Peer Support Training	Individuals with 'lived experience'	14 th January - 4 th February (4 sessions)	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
Recruiting & employing Peer Workers	Managers - Local organisations (K&C and/or QPP)	Monday 18 th January 2.30 – 4pm	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
Supporting Peer Workers in the Workplace	Managers / supervisors - Local organisations (K&C and/or QPP)	Monday 25 th January 2.30 – 4pm	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
Steering Group Meeting	Those interested in becoming steering group members (staff, service users, carers, etc)	Wednesday 27 th January 2 – 4pm	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
Peer Support Fair - Networking Event	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



Improving mental health through peer support



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