

# #PeerTalk

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## Peer Support Networking Launch Event

As the Peer Support Hub for Kensington and Chelsea, we met to launch the Peer Support Network. A big thank you to our delegates who braved the blustery day to come out and join us to make the launch such a great success!

## Welcome

Welcome to the first issue of 'Peer Talk,' Kensington and Chelsea Mind's Peer Support Network newsletter. This edition marks the launch of our Peer Support Network and in future editions we will be keeping you up to date with the Side by Side project and the latest developments in Peer Support, locally and nationally.

Throughout the day we worked to create a dynamic learning environment, of presentations, action planning and networking; and to set our agenda for the next 15 months.

We were joined by local organisations interested in getting started with peer support or expanding the work they were already doing.



Zohra from Al-Hasaniya at our Networking Launch Event

**“Peers use their own experience of overcoming mental distress to support others who are currently in crisis or struggling.”** Julie Repper & Timothy Carter



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Our aim was to bring organisations together to launch the event and create a local peer support network, introduce the Peer Support programme, Side by Side and inform our community what Kensington and Chelsea Mind will be doing over the next 15 months.

We also wanted to present real examples of peer support in action and had a host of speakers to present their work on the day.

Dominic Walker from National Mind, outlined the two year peer support programme, **Side by Side...** Funded by the Big Lottery Fund, the programme aims to increase access to and evaluate peer support and bring this to the attention of commissioners.

Kensington and Chelsea Mind presented on what we would be doing locally over the next 15 months; our principle aim is to help organisations set up or expand peer support, highlight best practice, support small organisations with infrastructure, inform commissioners about the benefits and value of peer support to influence future commissioning practice. We will be doing this by acting as the Peer Support Hub for the Kensington & Chelsea, Queen's Park and Paddington area, holding regular HUB events, expert advice clinics, training and workshops.

Liz Duff and Louise Jones from Depression Alliance explained their role as the strategic partner and their peer support project "Friends in Need," while Andreja Mesaric

from McPin summarised the research and evaluation part of the project.

K&C Mind's Peer Development Worker presented Peer Support 101 – everything you needed to know about setting up peer working.

Diana Hofler from Brent Mind gave a great presentation on their Peer mentoring projects.

In the last part of the morning, we heard from Seaneen Molloy-Vaughn, representing Mind's online peer support forum, 'Elefriends.'

Throughout the morning we shared our knowledge, experience and tips to help organisations get started. A big THANK YOU to all our speakers for sharing their time and expertise so generously.

**"Sometimes it's about realising the value of what you already have."**

Quote of the day from Raksha

After a networking lunch, we held our first **Expert Advice Clinic** to conclude the event, where organisations began action planning their vision for peer support. It was exciting to hear of all the different plans, and we look forward to seeing these unfold in the near future!

If you missed out this time, don't worry – our next networking event will take place in February 2016 – watch this space for further information.

## Next Steps ...

Following on from the success of the launch, we will be providing:

- **Monthly Expert Advice Clinics**  
Sessions for local organisations to set the agenda, identify goals and problem solve alongside us and other organisations
- **'So you want to be a peer worker?'**  
Workshop for individuals interested in becoming peer workers
- **Recruiting and Employing Peer Workers**  
Workshop for managers to consider policy and procedure when it comes to recruiting paid or volunteer peer workers
- **Supporting Peer Workers in the Workplace**  
Session for managers / supervisors to consider how to support peer workers and considerations for supervision
- **Peer Worker Training**  
Series of 4 training sessions for prospective or existing peer workers to cover aspects essential to the role and successful peer support

As we have limited space for each of these workshops, please register in advance with

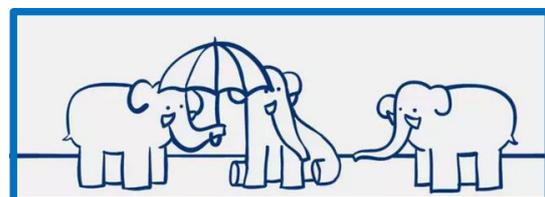
[zoe.copeland@kcmind.org.uk](mailto:zoe.copeland@kcmind.org.uk)

## Steering group – call for members!

A key part of the way that we work is **co-production** – this means working in partnership with beneficiaries. As such, we are creating a steering group to 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. In particular, we want to make sure we have representation from the local area, including minority groups.

We are looking for local organisations, and local individuals with lived experience of mental health / emotional difficulties. If you are interested in becoming a member of the steering group to help guide this process, we would very much welcome your voice! ...please contact [zoe.copeland@kcmind.org.uk](mailto:zoe.copeland@kcmind.org.uk) for more information. The time commitment would be 2 hours a month.

**CoProduction is a true meeting of minds and ideas from all sides, from the beginning...**



## Join Us!

The network is for organisations serving Kensington & Chelsea and/or Queen's Park/Paddington, who want support to start, implement or expand their use of mental health peer support. Mental health does not necessarily need to be the organisation's focus, but does need to be the focus of the peer support being offered.

Becoming a member of the Kensington & Chelsea Peer Support Network is free and will keep you up to date with the project.

*What you can expect from membership:*

- Invitation to events
- Access to training and expertise
- 'On call' advice
- Potential to be involved in current Peer Support research
- Opportunities to get involved and share your experience

To become a member, fill out our membership form on our [website](#) and return to [Zoe Copeland](#).

**Mind believes that our greatest achievements happen when we're working Side by Side.**

## Elefriends



Check out Elefriends, Mind's online peer support forum.

Elefriends is a supportive online community where you can be yourself. It's a safe place to share experiences and listen to others who know where you're coming from.

You can share anonymously, it's accessible 24/7, it's moderated to ensure safety and there is no commitment.

Find out more on the Elefriends website: [www.elefriends.org.uk](http://www.elefriends.org.uk)

## Tweet Tweet!



If you're up on your technology, follow us on Twitter [@KandCMind](#). The Side by Side project has a hashtag [#SidebySide](#), and we have created a hashtag for our local project [#K&CPeerTalk](#) get involved and start a conversation about [#PeerSupport!](#)

If twitter isn't your thing, you can keep up to date with new events and information through the Peer Talk newsletter and our website [www.kcmind.org.uk](http://www.kcmind.org.uk) or email [zoe.copeland@kcmind.org.uk](mailto:zoe.copeland@kcmind.org.uk) with any queries.

## Dates for the diary...

What is it?	Who is it for?	When is it?	Where is it?	How do I register?
<a href="#">Expert Advice Clinic</a>	Local organisations (K&C and/or QPP)	Tuesday 24 <sup>th</sup> November 10am – 12 noon	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
<a href="#">So, you want to be a peer worker?</a>	Individuals with experience of mental health / emotional difficulties	Friday 4 <sup>th</sup> December 10am – 12 noon	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
<a href="#">Peerfest</a>	Anyone interested in Peer Support	Thursday 10 <sup>th</sup> December – all day	Preston, Lancashire	Eventbrite link <a href="#">here</a>
<a href="#">Steering Group</a>	Steering Group members only	Tuesday 15 <sup>th</sup> December 2 – 4pm	K&C Mind Meeting Room	Zoe.copeland@kcmind.org.uk
<a href="#">Recruiting &amp; employing Peer Workers</a>	Managers - Local organisations (K&C and/or QPP)	TBC	TBC	Zoe.copeland@kcmind.org.uk
<a href="#">Supporting Peer Workers in the Workplace</a>	Managers / supervisors - Local organisations (K&C and/or QPP)	TBC	TBC	Zoe.copeland@kcmind.org.uk
<a href="#">Peer Support Training</a>	Existing or potential peer workers (individuals with lived experience)	TBC – 4 sessions	TBC	Zoe.copeland@kcmind.org.uk



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