#PeerTalk

Peer Support Directory

Peer Support Directory
Kensington and Chelsea, Queen's Park and Paddington

Our Peer Support Directory is now available!

The Directory is a list of local peer support projects and services for Kensington and Chelsea and Queen's Park and Paddington.

You can find out what peer support available, who it is aimed at, the referral criteria / process, contact details and whether there are opportunities for peer workers / volunteers.

The Peer Support Directory is available on our website here for download.

Side by Side update

The Side by Side project started in February 2014, and comes to a close at the end of January 2017.

10 of the existing grant-funded projects were given the opportunity to apply for further funding to extend their projects to December 2016.

In September, the grant-funded projects attended a workshop to explore sustainability to help them continue the great peer support work they are doing.

The monthly wellbeing log which participants were completing to contribute to Side by Side's research is complete. 650 participants now marks this as one of the largest ever research projects in peer support.

The Mind website now has updated information on peer support, which will continue to be reviewed and updated.

The Making Sense of Peer Support booklet is now available for download on the Mind website here.

Side by Side

Improving mental health through peer support

Peer Work Opportunities

We are looking for people with personal experience of mental health difficulties to contribute to the Peer Support Network in meaningful ways.

Newsletter articles ~ write about peer support... this could be what it's like to be a peer worker / making the transition to becoming a peer worker / what it was like to receive peer support / why you think peer support is important / anything else you can think of!

Stories of Peer Support ~ write about your experience of peer support (or tell it to someone who can write it for you). Stories help people see how peer support can change lives ~ people are more likely to read about peer support when it's someone's story.

You can see some existing examples of these stories here and here and here.

These contributions to the Network will be paid or remunerated in vouchers.

We are keen to make these opportunities accessible for everyone, so please don't let a barrier stop you getting in touch!

The Marsh Award

The Marsh Award for Mental Health Peer Support recognises outstanding projects. This year, four peer support projects were shortlisted from 57 nominations:

Barnet Depression Alliance is a peer support group for people in Barnet experiencing depression.

Evolve is a peer support group for young people aged 13 – 19 who want a safe space to talk. It meets in Croydon but is open to young people from other areas.

Give Help Get Help ~ is a peer support group for local adults, run via Manchester Mind.

Greater Manchester Police PSN ~ This volunteer Peer Support Network started as part of the Blue Light Programme, following an officer's volunteer research by one to support identified staff mental health need.

The Marsh Award for Mental Health Peer Support was awarded to Evolve! Find out more about their great work, or (if you're aged 13 – 19) join in, via their Facebook page.

Peerfest 2016

Mind's annual celebration of peer support took place in London this October, organised by Sound Minds.

'People who've used services running it for themselves; that's powerful.'

Paul Grey (Keynote address)

There were a total of nine workshops to choose from for the two workshop slots:

- LGBTQ peer support
- Rants
- Intentional peer support
- Short talks
- Community and identity
- Support the supporters
- Co-counselling
- Funding
- Mindfulness and creative expression

Mind Out from Brighton gave an overview of providing support for LGBTQ people; how their project has built up to be national; ideas of overcoming barriers when working with LGBTQ people and how to make a group trans-affirmative.

'LGBTQ people often don't want to use mainstream services or have had bad experiences of using mainstream services.'

Mind Out

'Don't be afraid to be yourself, because every time you are, you give someone else freedom to openly be themselves.'

Helen from Give Help, Get Help

Self Help, a user-led charity from Manchester invited us to consider what support peer supporters need.

We considered what is essential to the role and discussed the importance of 'contract/pay' and how this can add value and give credibility to the role and allow for routes for progression from volunteer to paid worker and beyond, as well as peer support not being the 'cheap option' because quality is important, which means organisations need to support peer supporters.
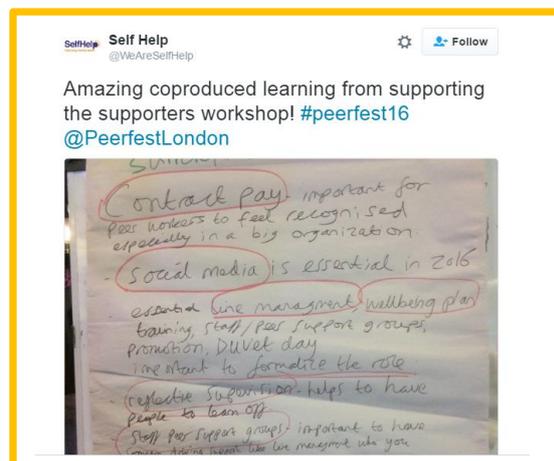
Stallholders kept a presence on the mezzanine, advertising peer support delivered in different ways in different areas of the country, and also peer support research (more on research below)

The event went on well into the evening with food and entertainment, but not before the presentation of the Marsh Awards.

Spotlight on research
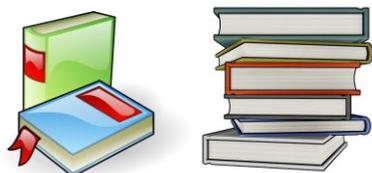
When it comes to research into peer support, there are various studies and papers, exploring different aspects of peer support.

Studies are either quantitative or qualitative.

Quantitative studies measure something They take figures, for example, to prove the effectiveness and efficiency of something.

Qualitative studies seek to understand something. They examine individuals' experiences, through anecdotal responses and feedback.

Literature reviews search and compare existing academic studies on one area of research to summarise and critically evaluate them.

Randomised Control Trials ~ (RCTs) allocate similar participants at random to receive one of a choice of clinical interventions, or no intervention at all. The outcomes are measured and the differences recorded statistically.

The validity of such studies can depend on:

The type of study ~ Some studies are more robust than others, and less susceptible to bias.

The range of diversity represented ~ for example, if all the people whose experiences were studied were from the same peer support group, the results would reflect the peer support group, not peer support in general. Similar considerations should be made for other areas of diversity, for example gender and age.

The size of the sample size ~ if a study only interviewed five people and they all said peer support helps, this would be 100% of the sample, but would not represent enough of the population to state that 'everyone' finds peer support useful.

Whether it's a blind study ~ if those taking part in the study are aware of what the study is aiming to achieve, this could leave the study open to influence by those who disagree with the purpose or aims of the study, or by those taking part who wish the study to succeed.

Potential bias ~ Research bias is when researchers influence the results and therefore outcome of the research. This can be due to personal belief, culture or the use of leading questions.

Bias can also come from research participants, either because through being agreeable or not wanting to be seen as controversial, or feeling led by the researcher, or due to awareness of who has funded the research.

Current studies on peer support include:

CHAMPS

CHAMPS ~ The **CH**ecking **A**greement on **M**ental health **P**eer **S**upport study aims to find out what peer supporters believe to be helpful and unhelpful in carrying out their role. You can contribute to their research here.

St George's
University of London

Enrich ~ This research programme is co-produced by service user researchers, a peer support lead from the voluntary sector, alongside a team of clinicians and other researchers. It is an RCT which aims to offer either peer support or 'usual care' when discharged from hospital, to find out which has been more beneficial.

Nesta...

The Power of Peer Support ~ This report has just been released and reflects the value of peer support, as well as practical insights from 10 organisations worked with as part of the research.

Side by Side
Improving mental health through peer support

Side by Side ~ The Side by Side programme has had a research strand running through it since it began in 2014, as producing formal and robust research to substantiate peer support is one of the main outcomes of the programme.

Three organisations are involved in the programme; Service user research organisation The McPin Foundation, the London School of Economics (LSE) and St Georges University of London.

LSE is examining the cost effectiveness of peer support, St George's is measuring the benefits of both giving and receiving peer support, and McPin is working to find the principles and values behind peer support to develop the best way to expand the sector.

'Listening to and learning from participants has been invaluable.'
Peer Researcher, McPin

Peer Research
Peer research is when people with 'lived experience' conduct the research.

Peer research can be carried out purely by people with lived experience, or could include peer researchers as part of a wider team.

This is particularly important to because peer researchers draw on their own experience to identify important research questions, carry out the research sensitively, and challenge assumptions that may exist around the research theme.

...being employed in mental health peer support can promote personal recovery, especially if posts are thoughtfully established within supportive services with ongoing financial renumeration and support to manage the dillemas inherent in the role...

Bailie & Tickle, 2015

CHAMPS

The purpose of the McPin Foundation is to ensure service users are at the centre of mental health research.

McPin does this by involving service users in its research, supporting other organisations to involve service users in their research, and raising awareness and sharing best practice of user-focused research.

You can learn more about peer research from McPin here and sign up for their newsletter on their website.

Very empowering and relevant

Student, CNWL Recovery College

CNWL's Recovery College has a course on Co-producing Research. All the courses are co-delivered by Peer Recovery Trainers.

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'...I knew straight away something was wrong. I had noticed that for the previous few months he was withdrawing from social situations at work.'

Rich, Blue Light Champion

Peer Support News

CNWL peer support update ~ CNWL now has at least one peer support worker on every acute ward at St Charles, and both the North and South Community Mental Health Teams.

Westminster vacancy ~ Look Ahead has a paid vacancy for a Peer Support Volunteer Co-ordinator in Westminster. Closing date 14th November.

Westminster: wealth, opulence and socially isolated new mothers

In an area where wealth and poverty sit side by side, a maternity project is tackling loneliness and mental health problems

Maternity Champions national news ~ Queen's Park's Maternity Champions were featured in the Guardian this month! Read the article here.

Blue Light Success ~ Hear from Dan and Rich, ambulance staff from Blackpool, who champion National Mind's Blue Light Programme. They shared their stories with royalty at an event. You can read them here.

CPD Opportunities

Training / event	Date	Location	Content	Cost
Mental Health First Aid Lite	Wednesday 7th December 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
CBT for Metacognitions and Worry	Friday 11th November	London South Bank University	Workshop covering the theory and clinical application of MCT to the treatment of Generalised Anxiety Disorder	£69
Suicide Prevention & Mental Health Talk by Jonny Benjamin & Neil Laybourn	Saturday 12th November	Hampstead	Conversation with suicide survivor Jonny Benjamin with his hero Neil Laybourn (the stranger on the bridge)	£5.90 £9.08
Intentional Peer Support ~ Open Dialogue	Wednesday 16th November	Dalston	Highly interactive exploration of the 3 principles and 4 tasks of Intentional Peer Support	Donation based
Women Changing Minds, Women Changing Worlds	Saturday 3rd December	Aldgate East	Conference by the Women's Therapy Centre. Women's mental health is shaped to a large extent by social, economic, political and environmental factors.	£48.11 – £74.51
Growing Health ~ food growing for health and wellbeing	Tuesday 6th December	Old Street	A conference on gardening & food growing for mental health and dementia, plus workshops on evaluating community growing projects.	£37.06 – £47.48

Dates for the diary...

What is it?	Who is it for?	When is it?	Where is it?	How do I register?
Peer Worker Network Meeting	Peer Workers (paid or voluntary) in K&C and/or QPP	Thursday 17th **November** 10 – 11.30am Thursday 8th **December** 2.30 – 4pm Thursday 12th **January** 10 – 11.30am	Kensington and Chelsea Mind	Zoe.copeland @kcmind.org.uk
Peer Support Training	Individuals with personal experience of mental health difficulties	Tuesdays 15th November - 6th December	Kensington and Chelsea Mind	Email Zoe.copeland @kcmind.org.uk
Peer Support Network Meeting	Local organisations offering/wanting to offer peer support (K&C / QPP)	Thursday 1st December 2.30 – 4pm	Kensington and Chelsea Mind	Zoe.copeland @kcmind.org.uk
Peer Fusion	All local people / workers interested in Peer Support	Monday 23rd January 2017	Tabernacle	Expressions of interest to Zoe.copeland @kcmind.org.uk