



Peer support in your community
Cymorth gan gymheiriaid yn eich cymuned



PEER SUPPORT SHARED LEARNING WORKSHOP

Letterston Memorial Hall, Station Road, Letterston, SA62 5RY

Wednesday 1st April 2020

TIME	ACTIVITY
From 10.00am	Completion of equality & diversity forms, registration and settle in.
10.15 – 10.35am	Welcome, aims of session, introductions, ice-breaker and group agreement.
10.35 – 11.00am	What does peer support mean to us and how is this different from going to the GP?
11.00 – 11.15am	Skills & Qualities
11.15 – 11.30am	Comfort break and Networking
11.30 – 11.45am	Empathy
11.45 – 12.00pm	Active Listening
12.00pm – 12.15pm	How We Connect: Boundaries & Signposting
12.15 – 12.30pm	Dealing with Challenges
12.30 – 1.00pm	Any questions, review of session, completion of event feedback forms and networking.

ACCESSIBILITY

Accessible facilities. On site car parking. Refreshments provided.

TO RESERVE SPACES

Please contact the Project Worker on 01970 626225 or 07958788172 or write to sidebyside@mindaberystwyth.org

FOR FURTHER DETAILS

Please go to the Side by Side at Mind Aberystwyth Facebook page or the Mind Aberystwyth website.

Groups new to the West Wales peer support network hosted by Side by Side Cymru will be asked to join the network at registration. Attendance at workshops and applications for grant funding only available to network members.