

## Community Peer Support in Ceredigion and Pembrokeshire



Peer support in your community

### UPCOMING SHARED LEARNING WORKSHOPS

THE PICTON CENTRE, HAVERFORDWEST, SA61 1UG: Tuesday 3<sup>rd</sup> September 11am – 1pm

THE CAMBRIA, MARINE TERRACE, ABERYSTWYTH, SY23 2AZ: Wednesday 4<sup>th</sup> September 11am – 1pm

Join us at a 'shared learning workshop' to find out more about running a peer support group, boundaries, active listening and dealing with challenges. Also a chance to find out more about Side by Side Cymru and how to apply for up to £250 in grant funding for your group. Tyler and Rob will offer community groups and individuals the chance to share and learn, always a vibrant and stimulating event. Refreshments provided. Ground floor access. Nearby car parking. Individuals and groups who are currently not members of the peer support network will be asked to complete membership forms at registration.



Attendees have described the workshops as "engaging", "excellent" and "informative". They enjoyed "hearing others experiences and thoughts" and appreciated "laughing and learning together". Of those completing event feedback forms 91% found the event very useful and 63% increased their level of understanding of peer support.

Find out more and register your interest for this event on our Facebook page or contact the Project Worker on 07958788172 (usually working Tuesdays to Thursdays), or please write to [sidebyside@mindaberystwyth.org](mailto:sidebyside@mindaberystwyth.org). Please contact our Project Worker with any queries (details in the side panel).

### THE WEST WALES PEER SUPPORT SHOWCASES

This October we will be celebrating Side by Side Cymru and all of the amazing work carried out by community groups across West Wales. Two events will bring together these groups alongside peer support champions, regional commissioners and guest speakers. To date, the network is made up of over 50 community groups who support over 600 individuals every month. Lunch will be provided. Maximum of two places per community group due to limited space.

#### DATES:

THE MORLAN CENTRE, NORTH PARADE, ABERYSTWYTH, SY23 2HH: Wednesday 9<sup>th</sup> October 10.30am – 2pm

THE PICTON CENTRE, HAVERFORDWEST, SA61 1UG: Wednesday 16<sup>th</sup> October 10.30am – 2pm

To find out more please contact Rob, Emma or Tarek on 01970 626225.

NEWSLETTER  
SEPTEMBER 2019

CONTACT:

01970626225  
07958788172

[sidebyside@mindaberystwyth.org](mailto:sidebyside@mindaberystwyth.org)

Facebook – Side by Side  
Cymru at Mind Aberystwyth



Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**

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Ceredigion and Pembrokeshire



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JULY GRANT PANEL RESULTS

Seven grants and a total of £1700 were awarded by our panel in July. Successful applicants included Paws & Pals, a social dog walking group developed by Mirus, who received £225 to help fund their launch event on 30<sup>th</sup> July.



Pembrokeshire based Community Arts & Crafts and the Fishguard/Goodwick Repair Café each received up to £250 to fund their venue hire, and Ceredigion based Create! also received monies for venue hire. The Penrhiwllan Compassionate Community group and Ceredigion Animation Club each received funds for equipment. Of the original £12500 of funding available, only 50% remains to be allocated. If you want to apply, please don't leave it too late! Join the network and attend one of the peer support events happening in your area, our Facebook page has up to date details on all events.

You can download the form in English or Cymraeg from the Mind Aberystwyth website or Side by Side Cymru Facebook page, where you will also find guidance on how to complete it. Rejected applications will be returned with feedback and guidance on how to improve for future submission. If you have any queries please contact our Project Worker - details in the side panel.

If you are receiving this electronic newsletter and no longer wish to do so please contact Mind Aberystwyth on 01970 626225 or [info@mindaberystwyth.org](mailto:info@mindaberystwyth.org)

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