

Community Peer Support in West Wales



Peer support in your community

THE WEST WALES PEER SUPPORT SHOWCASES



A big thank you to everyone who came along to the Aberystwyth and Haverfordwest Showcases in October. Speakers from local community groups inspired us with their stories and helped us to understand how vital it is to recognise the volunteering and peer support that takes place every week and every month across West Wales. The Side by Side Cymru team will be presenting further Showcases in June 2020. In the meantime Mind will be drafting a peer support commissioning guide. If anyone wishes to contribute to this process please contact the Project Worker for details as to how to take part.

Winner of the Welsh basket raffle was Margaret from the Kilgetty Arts & Crafts Group. Many congratulations Margaret.

All of the photos from the Showcases can be found at the Side by Side at Mind Aberystwyth Facebook page.

As well as being the place to go to for all of the latest news of peer support events we are also pleased to share network member's events (subject to verification), part of the feedback received from the Showcases.

NEWSLETTER
NOVEMBER 2019

CONTACT:

01970626225

07958788172

sideby-side@mindaberystwyth.org

Facebook – Side by Side
Cymru at Mind Aberystwyth



Ariennir gan
Lywodraeth Cymru
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REMAINING SHARED LEARNING WORKSHOPS OF 2019



If you haven't already, then why not join us at a 'shared learning workshop' to find out more about Side by Side Cymru, running a peer support group, and how to apply for up to £250 in funding for your group?

THE MOUNT COMMUNITY CENTRE, LARCH ROAD, MOUNT ESTATE, MILFORD HAVEN:

Thursday 5th December 10.30am – 1.30pm

To find out more please go to the Facebook page. To reserve your place please contact the Side by Side Cymru Project Worker on 01970 626225 / 07958788172 or email:

sidebyside@mindaberystwyth.org

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REMAINING GRANT PANEL OF 2019

As reported at the Showcases 70% of the grant funding has been awarded. So if you or your group would like to apply now is the time to do it.

The last grant panel for 2019 will be sitting on Tuesday 26th of November. Grant applications should be received by Mind Aberystwyth by 5pm on Friday 22nd of November. Please see the Side by Side pages on the Mind Aberystwyth website for further details and downloadable documents in English and Welsh. Please contact the Project Worker if you require any support.

Amongst the successful grant applications received in September were requests for equipment from St Peter's Community Café, Ceredigion, and Gelliswick Community Choir, Pembrokeshire.



Come and join Mind at this year's Peerfest on 3rd December in Birmingham.

Mind has spent 6 months working together with peer-led groups to make sure Peerfest19 is set to give a nod back to its roots. You'll meet the Pitchees (peers who pitched an idea at PitchFest in May) to celebrate the diversity of peer support across communities, cultures, faiths, customs and beliefs.

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You'll have the opportunity to get moving with Bollywood dance, write poetry, learn about engaging BAME communities in peer support, join in with the Gospel Choir and much more.

Don't forget to share this free event with your networks and be sure to join us at Peerfest19 – it will be a lively, loud celebratory affair!

Go to www.mind.org.uk/news-campaigns/peerfest/ to find out more.

We strive to ensure everyone is able to attend Peerfest, whatever their circumstances. A limited number of bursaries are available to help with travel and expenses. For more information, email us at peerfest@mind.org.uk

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

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