



Peer support in your community
Cymorth gan gymheiriaid yn eich cymuned



THE WEST WALES PEER SUPPORT SHOWCASE REPORT

THE PICTON CENTRE, HAVERFORDWEST

16th October 2019

Presented by Side by Side Cymru, a project delivered by Mind Aberystwyth, led by Mind Cymru and funded by the Welsh Government.



INTRODUCTION

A huge thank you for attending the West Wales Peer Support Showcase at the Picton Centre, Haverfordwest on Wednesday 16th of October 2019.

The team at Mind Aberystwyth were encouraged and inspired by the stories from the community based peer support advocates, the enthusiasm of the delegates and the input and feedback in the workshop element of the event.

There were 22 delegates at the Haverfordwest event resulting in a total of 50 delegates when combined with the Aberystwyth event the preceeding week.

Delegates in Haverfordwest represented the following groups and organisations:

- Mind Cymru
- Mind Pembrokeshire
- Hywel Dda University Health Board
- Pembrokeshire Association of Voluntary Services (PAVS)
- Pembrokeshire County Council
- Arts & Crafts
- Friends Get Together
- Kilgetty Arts & Crafts Group
- Kilgetty Friendship group
- Tenby Memory Café
- Friends of the Mount
- Musical Memories
- The Tanyard Project
- Bespoke
- The VC Gallery
- Alzheimer's UK

SPEAKERS

Delegates were welcomed to the Showcase by Tracey Price, CEO of Mind Pembrokeshire. Tracey spoke on how important community groups and peer support are and how she was enthused to see so many people supporting the event.



Mind Cymru Evaluation Officer Erin Mee presented Side by Side Cymru: the National Perspective. This presentation explained the rationale behind the project in Wales, how it is delivered by four local Minds including Aberystwyth, and the outcomes to date.

Next to speak was Mind Aberystwyth's Project Worker for Side by Side Cymru, Rob Allen, presenting slides on the local perspective and the outcomes achieved in West Wales to date.

Rob introduced three peer support speakers representing member groups of the West Wales peer support network. Each speaker spoke on the histories and activities of their groups, the benefits of peer support and, if a recipient, how they had benefitted from a Side by Side Cymru grant



JERRY LONG – KILGETTY FRIENDSHIP GROUP



STEPHEN PORTWOOD – ARTS & CRAFTS



ROSITA ROLES – MUSICAL MEMORIES

Tarek Robertson, Business Development and Sustainability Manager of Mind Aberystwyth completed the programme of speakers. As a member of the Side by Side Cymru grant panel he talked about his experience of assessing applications for funding and the outcomes and benefits for peer support groups.



Rob Allen introduced a workshop exploring peer support in West Wales. The delegates split into small groups with each group discussing three topics and reporting their ideas back to the meeting.

- The best of peer support currently in West Wales
- Imagining what peer support could be in the future
- Choosing one idea and the steps required to achieve it

The groups were asked to think in terms of the Community, the Third Sector, Mental Health Services and Commissioning.

The results from the workshop are as reported below.



PART ONE - THE BEST OF WHAT IS

Across all sectors social media and spreading messages

COMMUNITY

Kilgetty Friendship Group / Tenby Memory Café / Hubberston Community Centre / Tenby Friendship Group / Friends of the Mount / Steps2Health working group / Gentle Exercise Group in Tenby / "Give the Boys a Lift" Group / Buzzing Bees / Breakfast Clubs / St Davids Memory Café / Narbeth Living Memories Group / Musical Memories / Veterans Groups in 2 locations / Time Out / Dementia Café Haverfordwest / Dementia Choir / Tea & Chat

Use of our building for other groups to use

Energy and motivation of local people who take action and ownership

Transport is not an issue

Local in peoples own community

THIRD SECTOR

Side by Side Cymru / Two carer peer support groups and "Side by Side" befriending from the Alzheimers Society / Royal Voluntary Society / Mind Pembrokeshire / Milford Youth Matters / Sandy Bear/ Bespoke Group at the Tanyard in Pembroke / PAVS Community Connectors starting conversations

MENTAL HEALTH SERVICES

Gorwellion, Aberystwyth Community Mental Health Centre – 24 hour 7 day a week drop-in with peer support workers

GP Mental Health Practitioner

Aspirations to develop a one stop shop contact number, part of the Transforming Mental Health Programme

Appetite to change cultural challenges

Memory Strategy Group and clinic – monthly peer support

One on one home visits

Community Mental Health Team – person centred, WRAP

(MHS) work closely with NHS with referrals and support

COMMISSIONING

Connecting conversations, developing partnerships and information

Pembs County Council Fund and Community Grant

Armed Forces Covenant Funding with a military peer mentor

Local authority / Welsh Government / Health Board



PART TWO – IMAGINE WHAT COULD BE

Money across all sectors

Joined up working to avoid duplication and everyone knowing what is available

COMMUNITY

More venues, more locations

Working towards Dementia Friendly Tenby

A friendship club in each village

Open access to support and peer to peer services

Enough volunteers to open drop-ins more days a week

Having fun, freedom - no red tape/paperwork

THIRD SECTOR

Able to refer to mental health services

Community connectors for mental health services

Regular networking and communication

More public awareness of what is on offer

Peer support directory

County wide peer support toolkit

Use learning and best practice to retain benefits of what has already been achieved

Pro-active not simply reactive

Accredited peer support qualification

MENTAL HEALTH SERVICES

More local services

GP/NHS referral to third sector & community groups

Maintaining strong voluntary presence

Info pack of leaflets given to people leaving reablement

Up to date website/domain/phone numbers

More community connector roles

Culture change at all levels with understanding of, and promotion of, value of peer support

Support for people least likely to access peer support due to barriers

COMMISSIONING

More professionals and more resources

Free transport

More public awareness of what is on offer

More funding to ensure continuity of support/services

Funding for dementia

Funding to improve communications to tell people what the community does, not everyone has access to the internet

Streamlined simple access to funds

Small grants to sustain existing groups and encourage new ones

PART THREE – DECIDING TOGETHER WHAT WILL BE

The groups were asked to choose one idea each and to identify the steps required to achieve.

HOLDING FUNDING DAYS

Whole community groups can meet commissioners to find out what services and needs are required. The groups can then be funded to deliver what is required.

PEER LEADER FORUM

Community

- Proactive connectivity using social media etc
- Arrange network sessions by area (local forum or county)

Third Sector

- Need to link different community groups together
- Need to provide a safe space for the forum

Mental Health Services

- Need to advertise what community groups are out there

Commissioning

- Need more funding

GOOD AWARENESS OF WHAT A COMMUNITY CAN DO AND WHERE TO GO FOR SUPPORT (PEMBROKESHIRE TOOLKIT)

Community

- Find out what people need
- Provide stories, successes, challenges

Third Sector

- Side by Side project evaluation
- Pembrokeshire toolkit developed in partnership with everyone
- PAVS development team

Mental Health Services

- Provide opportunities to people for growth that does not involve statutory services

Commissioning

- Commission an organization to develop the toolkit

MONEY & INVESTMENT

Community

- Crowd funding
- Fundraising events

Third Sector

- Experienced and trained staff needed
- Connect

Mental Health Services

- Lobbying

Commissioning

- Lobbying local MPs

ALSO

- Community benefit calculator to put a monetary value on peer support
- More research to build evidence for commissioners
- Commissioners who recognise the importance of the third sector
- Commissioners trusting place based support without professional oversight

- Peer support directory through Side by Side
- DEWIS directory funded by Welsh Government
- Commissioner visits to groups for more visibility
- Increasing face to face contact between third sector, the community and commissioners

UP & COMING PEER SUPPORT EVENTS

Side by Side Cymru is planning the following events for 2020:

- *Wednesday 24th January* *10.00am – 1.00pm*

Shared Learning Workshop at The Cambria, Marine Terrace, Aberystwyth, SY23 2AZ

- *Thursday 30th January* *10.00am – 1.00pm*

Peer support event at The Glenalla Community Centre, Glenalla Road, Llanelli, SA15 1EE

- Further events are being planned for all three counties February through to June.
- There will be a second Showcase in June 2020 to share findings of the Side by Side Cymru project evaluation.

Please see the Side by Side at Mind Aberystwyth Facebook page for all up to date details.

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.

Mind is working on an online Peer Support Directory. Any member of the network who wishes to be involved please contact the Project Worker for details.

EVALUATING SIDE BY SIDE CYMRU

Side by Side Cymru would like to know how your group is helping people. This will help us to understand the impact of our Side by Side Cymru work. Please can you ask people from your group to complete the following short survey using the following link.

Please complete M.E.L's online monitoring survey by clicking [here](#)

CONTACTING SIDE BY SIDE CYMRU

If you have any queries please contact the Project Worker on 01970 626225 / 07958788172 or write to sidebyside@mindaberystwyth.org. If you know of any community based organisations who would be interested in joining the peer support network please pass on our contact details.

IN CONCLUSION

Mind Aberystwyth wishes to acknowledge the support of Mind Cymru, Mind Pembrokeshire, Mind Llanelli, West Wales Action for Mental Health (WWAMH), Ceredigion Association of Voluntary Organisations (CAVO) and Pembrokeshire Association of Voluntary Services (PAVS) in the delivery of Side by Side Cymru in West Wales.

