



Peer support in your community
Cymorth gan gymheiriaid yn eich cymuned



PEER SUPPORT SHARED LEARNING WORKSHOP

The Cambria, Marine Terrace, Aberystwyth, SY23 2AZ

Wednesday 4th March 2020

TIME	ACTIVITY
From 9.45am	Completion of equality & diversity forms, feedback forms, registration and settle in.
10.00 – 10.30am	Welcome, aims of session, introductions, Side by Side Cymru presentation, ice-breaker and group agreement.
10.30 – 10.45am	What is meant by peer support? Introduction to the peer support core values pyramid.
10.45 – 11.15am	Skills & Qualities
11.15 – 11.30am	Comfort break and Networking
11.30 – 11.45am	Active listening
11.45am – 12.00pm	Boundaries & Signposting
12.00 – 12.15pm	Dealing with Challenges
12.15 – 12.30pm	Any questions, review of session and completion of event feedback forms.

Following the workshop, why not join us for a bite to eat before attending the *Mind Aberystwyth Annual General Meeting*, being held at the same venue, at 1.30pm. Ends at 2.30pm.

TO RESERVE SPACES

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

If staying for lunch please RSVP with details of any dietary requirements.

FOR FURTHER DETAILS

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