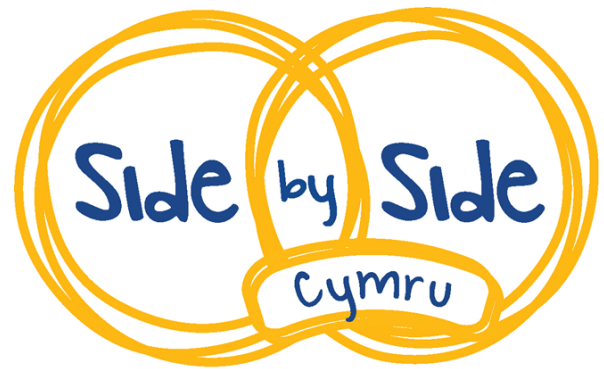


## Community Peer Support in West Wales



Peer support in your community

Welcome to the February issue of the West Wales Peer Support Newsletter from Side by Side Cymru. The project has four months left to run, so please don't miss out on your chance to attend a workshop, book a one to one advice and guidance session or to apply for a small grant (subject to availability).

### SMALL GRANT FUNDING

£2493 was awarded by the grant panel in January to community groups across Ceredigion and Pembrokeshire. This included hall hire for Headway Ceredigion, Tenby Townswomen's Guild and Our Voice Our Choice, equipment for Mencap Ceredigion; and publicity materials for the JOY Club at Penparcau Community Forum.

Side by Side Cymru has distributed over £11,000 out of the total available fund of £12500.



NEWSLETTER  
FEBRUARY 2020

CONTACT:

01970626225  
07958788172

[sideby-  
side@mindaberystwyth.org](mailto:sideby-side@mindaberystwyth.org)

Facebook – Side by Side  
Cymru at Mind Aberyst-  
wyth



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

## Community Peer Support in West Wales



Peer support in your community

### PEER SUPPORT EVENTS

*"Great networking and training for anyone in a community group who offers peer support."*

Councillor Lynne Turner, Friends of the Mount, Milford Haven

*Thank you to everyone who attended the peer support events in Aberystwyth and Llanelli last month. Due to popular demand, there is an additional workshop taking place next month:*

*Wednesday 4<sup>th</sup> March 10.00am – 12.30pm*

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

*This event will precede the Mind Aberystwyth AGM with lunch provided for those attending both. It would be great to see you there!*

Wednesday 1st April 10.00am—1.00p.m

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

Additional events are also being planned April through to May, more details on our Facebook page - search on the Side by Side at Mind Aberystwyth.



NEWSLETTER  
FEBRUARY 2020

CONTACT:

01970626225  
07958788172

[sideby-side@mindaberystwyth.org](mailto:sideby-side@mindaberystwyth.org)

Facebook – Side by Side  
Cymru at Mind Aberystwyth



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

## Community Peer Support in West Wales



Peer support in your community

### ONE TO ONE PEER SUPPORT ADVICE & GUIDANCE

*"If you want to know how to set up your own group, Side by Side can offer you support and guidance"*

Katy Braven, community group leader, 20% Recycled Llanelli

Pressing issues with your group that you would like to discuss face to face? Peer support related problems that you do not know how to solve? Do you wish to set up a new group but are not sure how to go about it? An informal chat with our Project Worker, Rob, could be the answer.

### WEST WALES PEER SUPPORT SHOWCASES 2020

There will be two further Peer Support Showcases in 2020. Both events are free of charge and will include a vegetarian lunch.



Thursday 11<sup>th</sup> June 10.30am – 2.00pm

The Morlan Centre, Queens Road, Aberystwyth, SY23 2HH

Wednesday 17<sup>th</sup> June 10.30am – 2.00pm

The Picton Centre, Haverfordwest, SA61 1UG

If you would like to speak at one of the 2020 events, please contact Rob.

NEWSLETTER  
FEBRUARY 2020

CONTACT:

01970626225  
07958788172

[sideby-side@mindaberystwyth.org](mailto:sideby-side@mindaberystwyth.org)

Facebook – Side by Side  
Cymru at Mind Aberystwyth



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

## Community Peer Support in West Wales



Peer support in your community

### EVALUATING SIDE BY SIDE CYMRU

Side by Side Cymru would like to know how your group is helping people. This will enable us to understand the impact work. Please ask members of your group to complete the following short survey using the following link:

Complete the Side by Side online monitoring survey by clicking [here](#)

Or use this QR Code to access the online monitoring survey on your mobile phone



### CONTACTING SIDE BY SIDE CYMRU

If you have any queries contact Rob on 01970 626225 / 07958788172 or write to [sidebyside@mindaberystwyth.org](mailto: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.

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.

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)

NEWSLETTER  
FEBRUARY 2020

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**