

Community Peer Support in
West Wales



Peer support in your community

Welcome to the March issue of the West Wales Peer Support Newsletter from Side by Side Cymru.

CORONAVIRUS (COVID-19)

In accordance with local, national, and UK Government advice, Mind Aberystwyth have made the decision to temporarily close our offices to members of the public.

The changes to the services we offer, and access to our offices, will be regularly reviewed. We have made these initial changes until 31st March 2020 and continue to work within UK and Welsh Government public health advice and guidelines.

The [Public Health Wales statement](#) on coronavirus is updated at 11.00am daily.

Please go to [our Facebook page](#) for regular updates on Mind Aberystwyth and Side by Side Cymru services.

NEWSLETTER
MARCH 2020

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Facebook – Side by Side
Cymru at Mind Aberystwyth



Ariennir gan
Lywodraeth Cymru
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FINAL GRANT PANEL REPORT

The grant panel met for the last time on Monday 9th of March. Nine applications were approved, for a total award of £1389. This was £900 more than the original £12500 fund, so we have re-allocated some of our own peer support budget to ensure that everyone who qualified was awarded a grant. In total, 64 community groups in West Wales have received £13350, an average of £209 per group!

Successful March applicants included Caffi'r Sgwar Craft Group, St Davids Befrienders, Preseli Art Group, the Camomile Art Group, Gwanwyn Aberystwyth, the Support Group for those affected by Suicide and the Pembrokeshire Carers Group. The groups will be buying arts and crafts materials, room hire, books, an online subscription and refreshments. Congratulations to everybody who was been successful over the past year, the panel have really enjoyed hearing your stories.



Pictured from left to right: Terry Davies, Tarek Robertson, Rachel Tyler and Emma Goldsmith.

ONE TO ONE ADVICE & GUIDANCE FOR COMMUNITY GROUP LEADERS

"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. Contact the Project Worker to arrange your appointment. Phone sessions are available.

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WEST WALES PEER SUPPORT SHOWCASES 2020

Bookings are now open for the two West Wales Peer Support Showcases, guest speakers and agendas to be announced. Maximum of two seats per community group. Free of charge and includes a vegetarian lunch.



Thursday 11th June

10.30am – 2.00pm

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

<https://aberystwythwestwalespeersupportshowcase.eventbrite.co.uk>

Wednesday 17th June

10.30am – 2.00pm

The Picton Centre, Haverfordwest, SA61 1UG

<https://haverfordwestwestwalespeersupportshowcase.eventbrite.co.uk>

We will have three slots at each event for representatives to talk about their groups and the benefits of peer support. If you would like to speak at one of the 2020 events, please contact Rob (details in side panel). Keep an eye on the Side by Side at Mind Aberystwyth [Facebook page](#) for further 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

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