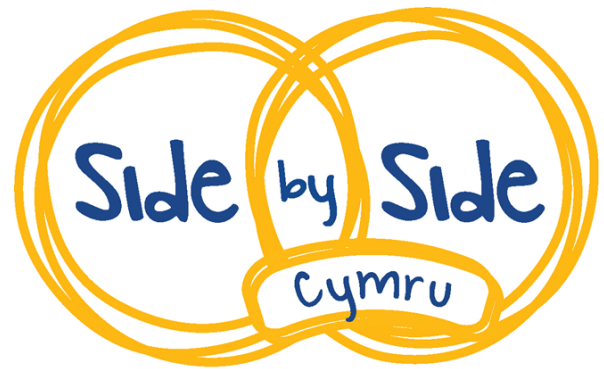


Side by Side Cymru
Mind Aberystwyth Newsletter
APRIL 2019



Peer support in your community

For many of us, arts and craft, sports or self-help groups can make a big difference to our lives – a coffee morning can be a real lifeline. Groups can be great for linking up people who've had similar experiences and this can really boost our health and wellbeing.



When people use their own experiences to help each other, we call this peer support.

If you are based in Ceredigion or Pembrokeshire and involved in a community group or interested in setting one, up please read on!

NEWSLETTER
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CONTACT:

01970626225
07958788172

sidebyside@mindaberystwyth.org

Facebook – Side by Side Cymru
at Mind Aberystwyth



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Peer support in your community

NETWORK MEMBERSHIP

Not joined the peer support network yet?



Go to: <http://mindaberystwyth.org/side-by-side-cymru/grants-and-membership/>

Fill out the membership form for access to free training and the opportunity to apply for up to £250 for your group. For any queries please contact our Project Worker, details in the blue box.

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Peer support in your community

NETWORKING EVENTS IN MAY

Let us know you're coming! Register via our Facebook page, search Side by Side Cymru at Mind Aberystwyth.

Friday 10th May, 11am - Haverfordwest

Taking place at the Paul Sartori Hospice at Home, Winch Lane, Haverfordwest. Ground floor access and nearby car parks.

Saturday 11th May, 10am - Tre'r-ddol

Taking place at Café Cletur in Tre'r-ddol. We will be looking at what Side by Side Cymru and peer support is all about and practical ideas on how to set up and run a peer support group. Each event will include more details on access to our free training events, and how to apply for up to £250 in grant funding.

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Peer support in your community

GRANT APPLICATIONS UPDATE

Two community based groups had funding applications approved in March, which will be used for venue hire and much needed equipment.

If you would like to apply for the grant funding, our next panel meeting is on Tuesday 21st May. We will need to receive your completed application by Friday 17th May at 5pm.

Head to 'Side by Side Cymru' on the Mind Aberystwyth website to download grant application forms and criteria.



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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