

Community Peer Support in  
Ceredigion and Pembrokeshire



Peer support in your community

## UPCOMING EVENTS

**NETWORKING - WEDNESDAY 19TH JUNE, 11AM to 1PM**  
(registration from 10.45am) **REGENCY HALL, MILFORD STREET, SAUNDERSFOOT, PEMBROKESHIRE SA69 9NG**



Are you a member of a community based group, or an individual thinking of setting one up? Join us to find out about our peer support network, how to access free training and apply for up to £250 in grant funding. We will be welcoming Liz Cook, from Pembrokeshire Associations of Voluntary Services (PAVS) who will be speaking about local opportunities and funding.

There is a large pay and display car park next door to the hall and disabled access via a gentle ramp. Refreshments will be available.

NEWSLETTER  
JUNE 2019

CONTACT:

01970 626225  
07958 788172

[sidebyside@mindaberystwyth.org](mailto:sidebyside@mindaberystwyth.org)

Facebook – Side by Side Cymru  
at Mind Aberystwyth



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## UPCOMING EVENTS (CONTINUED)

**FREE MEMBER TRAINING - WEDNESDAY 10<sup>TH</sup> JULY, 6PM to 8pm (registration from 5.45pm), BORTH FAMILY CENTRE, CLARACH ROAD, BORTH, SY24 5NL**

Come along to our 'shared learning workshop' and find out more about running a peer support group, active listening and dealing with challenges. If you're not already a member of the peer support network, you can complete membership forms at registration. Disabled access is located at the side of building via the kitchen door.



Car parking available at the front of centre, in the old school yard area or on the road. To find out more and register your interest for either of these events, visit our Facebook page by searching 'Side by Side Cymru at Mind Aberystwyth.'

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### MAY GRANT PANEL REPORT

Our panel (pictured below) awarded an impressive 8 grants last month, split equally between Ceredigion and Pembrokeshire. A total of £1950 was awarded to the groups that applied, including £240 for venue hire for Kilgetty Friendship Club, £240 for equipment and refreshments for the Forget Me Knot Club at RAY Ceredigion, Aberaeron, £240 for venue hire for All In Swimming Club, Aberystwyth and £230 for litter picking equipment for Neyland & District Environment Enthusiasts.



From left to right - Rob Allen and Tarek Robertson from Mind Aberystwyth and Terry Davies of West Wales Action for Mental Health (WWAMH).

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## JUNE GRANT PANEL



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Cymorth gan gommunedd yn eidd cymuned

We have £250  
available to  
help fund your  
peer support  
group



Our next panel meeting is due to be held on Tuesday 18th June. If your group would like to apply for grant funding of up to £250, then we will need to receive your completed application by 5pm on Friday 14th June.

You can download the form in English or Cymraeg from the Mind Aberystwyth website or Side by Side Cymru Facebook page, where you will also find guidance on how to complete it.

Unsuccessful applications will be returned with feedback and guidance on how to improve for future submission. Please note that applicants need to have completed membership forms. If you have any queries please contact our Project Worker - details in the side panel.

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## SHARED LEARNING ACROSS THE COUNTY



Thursday 30th May was a busy day with shared learning workshops taking place in Ceredigion, the first at Kinora Wellbeing in Cardigan and the second at the Victoria Hall in Lampeter. Members discussed their experiences of running peer support groups, dealing with challenges and good practice in communication.

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SHARED LEARNING ACROSS THE COUNTY  
(CONTINUED)



A big thank you to everyone who took part: Yoga for Mental Health and Make & Create from Cardigan; Crafts 4 Wellbeing, Llechryd; Craft & Chat, Forget Me Knot and RAY Ceredigion of Aberaeron; Bird Farm Fibre Friends, the Ukulele Group, Health & Wellbeing and Health for Transition of Lampeter. A big thank you to the Garys at Kinora and Transition Llambled for arranging the venues and to Rachel Tyler who co-delivered the Lampeter workshop.

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**FUTURE DATES FOR YOUR DIARY**

We have two major networking events planned for autumn 2019.

Wednesday 9<sup>th</sup> October at 11am - The Morlan Centre, Aberystwyth

Wednesday 15<sup>th</sup> October at 11am - The Picton Centre, Haverfordwest



From left to right - Tarek Robertson, Emma Goldsmith and Rob Allen who make up the Side by Side Cymru team

We will be promoting the value of peer support to local services, groups and commissioners and sharing the project findings so far. All network members will be invited to take part so keep an eye out for further details. Lunch will be provided.

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