

Community Peer Support in Ceredigion and Pembrokeshire



Peer support in your community

WHAT'S BEEN HAPPENING?

We've run two successful events since our last newsletter, networking in Saundersfoot and a workshop in Borth. The topics we focused on were running a peer support group, active listening and dealing with challenges, and it was great to meet some many new members. We're looking forward to everyone's grant applications!

UPCOMING EVENTS!

BORTH FAMILY CENTRE CARNIVAL FUN DAY: Tuesday 30th July 10am - 2pm
BORTH FAMILY CENTRE, HEOL CLARACH, BORTH

TAI CEREDIGION BIG DAY OUT: Wednesday 31st July 11am – 3pm
PLASCRUG LEISURE CENTRE, LLANBADARN ROAD, ABERYSTWYTH

We'll be at the Borth Family Centre Carnival Fun Day and the Tai Ceredigion 'Big Day Out' at the end of the month. Come and chat to us about how to access free training and apply for up to £250 in grant funding (subject to availability).

We also have two local learning events planned for the autumn: Wednesday 9th October at 11am in The Morlan Centre, Aberystwyth and Wednesday 16th October at 11am in The Picton Centre, Haverfordwest.

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.

NOMINATIONS OPEN FOR THE MARSH AWARDS!

The Marsh Awards 2019 recognise excellence in mental health peer support in England and Wales. You can nominate your peer-led support group for an award in the following categories: doing it for ourselves, innovative peer support and peer support in marginalised communities.

Every project chosen will receive a cash prize, download a nomination form here: <https://www.mind.org.uk/news-campaigns/marsh-awards/>

Nominations close on **31st July 2019**.

NEWSLETTER
JULY 2019

CONTACT:

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Facebook – Side by Side
Cymru at Mind Aberystwyth



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Lywodraeth Cymru
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JUNE GRANT PANEL RESULTS



The panel awarded a further 7 grants last month. A total of £1950 was allocated to groups that applied, including £250 for the Lampeter Ukulele Club to buy an amp, and £250 to Menter Silian to buy plants and flowers for a community initiative.

Our project worker, Rob, was also able to deliver quoits, skittles and a giant Connect 4 to Cake and Clonc in time for their garden party, and litter picking equipment to Neyland and District Environmental Enthusiasts, who meet monthly to clean up their local area and enjoy a plastic free lunch provided by the church.

Our next panel meeting is due to be held on Thursday 29th of August. 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 23rd August.

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. Rejected 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 and attended a networking event. If you have any queries please contact our Project Worker - details in the side panel.



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