



Peer support in your community  
Cymorth gan gymheiriaid yn eich cymuned



# THE WEST WALES PEER SUPPORT SHOWCASE REPORT

## THE MORLAN CENTRE, ABERYSTWYTH

### 9<sup>th</sup> October 2019

Presented by Side by Side Cymru, a project delivered by Mind Aberystwyth, led by Mind Cymru and funded by the Welsh Government.



## INTRODUCTION

A huge thank you for attending the West Wales Peer Support Showcase at the Morlan Centre, Aberystwyth on Wednesday 9<sup>th</sup> of October 2019.

The team at Mind Aberystwyth were encouraged and inspired by the stories from the community based peer support advocates, the enthusiasm of the delegates and the input and feedback in the workshop element of the event.

There were 25 delegates at the Aberystwyth event resulting in a total of 50 delegates when combined with the Haverfordwest event the following week.

Delegates in Aberystwyth represented the following groups and organisations:

- Mind Cymru
- West Wales Action for Mental Health (WWAMH)
- Hywel Dda University Health Board
- Ceredigion Association of Voluntary Organisations (CAVO)
- Ceredigion County Council
- Llanwenog & Llanybydder Men's Shed
- Borth Family Centre
- Aberystwyth Starlings
- Our Voice Our Choice
- Aberaeron Community Friendship Group
- Gorsgoch Community Group
- Clwb Cledlyn
- Menter Silian
- Forget Me Knot Club
- RAY Ceredigion
- Pioneer Co-Op
- Llandre Heritage
- Mirus
- British Red Cross

## SPEAKERS

Delegates were welcomed to the Showcase by Professor John Williams, a trustee of Mind Aberystwyth. Professor Williams spoke on how important community groups and peer support are and how he was enthused to see so many people supporting the event.



Rachel Tyler, Community Connector at Mind Aberystwyth, briefly updated delegates on the latest services from Mind Aberystwyth including the Blue Light mental health and resilience training for police, ambulance, search and rescue (coast, cave and mountain) and fire services.



Mind Cymru Senior Programme Officer Rachel Wyatt presented Side by Side Cymru: the National Prosepective. This presentation explained the rationale behind the Wales wide project, how it is delivered by four local Minds including Aberystwyth, and the outcomes to date.

Next to speak was Mind Aberystwyth's Project Worker for Side by Side Cymru, Rob Allen, presenting slides on the local perspective and the outcomes achieved in West Wales to date. Rob introduced six peer support speakers representing member groups of the West Wales peer support network. Each speaker spoke on the histories and activities of their groups, the benefits of peer support and, if a recipient, how they had benefitted from a Side by Side Cymru grant



LYNDSEY WADE – MENTER SILIAN



JENNY HIGGINS – FORGET ME KNOT CLUB



BRYAN GLOVER – LLANWENOG & LLANYBYDDER  
MENS SHED



ANITA CLASBY – OUR VOICE OUR CHOICE



SALLY BATHURST – PAWS & PALS



HELEN WILLIAMS – BORTH FAMILY CENTRE



Terry Davies of West Wales Action for Mental Health completed the programme of speakers. A member of the Side by Side Cymru grant panel, he spoke about his experience of assessing applications for funding and his passion for peer support and its benefits in the community.

Rob Allen introduced a workshop exploring peer support in West Wales. The delegates split into small groups with each group discussing three topics and reporting their ideas back to the meeting.

- The best of peer support currently in West Wales
- Imagining what peer support could be in the future
- Choosing one idea and the steps required to achieve it

The groups were asked to think in terms of the Community, the Third Sector, Mental Health Services and Commissioning.

The results from the workshop are reported below.



## PART ONE - THE BEST OF WHAT IS

### COMMUNITY

Merched y Wawr / Arts 4 Wellbeing / Gordon Social Club / Gorsgoch Community Group / open mic at the music club / chapel and church groups / Cledlyn Club Womens Institute Llanwenog / Loose Ends Llanwenog / Capel Dewi village shop / John Club Cellenin, Capel Dewi / Llandre Heritage Group / Mens shed / Walk & Talk Groups Aberaeron & Llanon / Help 4 Heroes / Young Farmers Clubs / Aberaeron Community Friendship Group / Aberaeron Senior Citizens / Aberaeron Sports / Starlings Aberystwyth / RAY Social Club / Forget Me Knot club / Dyma Ni Group / Aber Surplus Food Project / brownies, guides, scouts, beavers & youth clubs / Gateway Club Menter Silian / Lampeter Food Project / Dyfi Gardens Project / All in Swim

Helped members and non-members of the club to re-apply for bus passes (approx. 50 people helped)

Encouraging community experience by reducing loneliness, involvement in common problems and sense of belonging. Participation and interaction with others.

### THIRD SECTOR

CAVO / Mind / Side by Side Cymru / CAMHS, Lampeter / HUTS / Borth Family Centre / RAY Ceredigion / CAB Ceredigion / Age Cymru Ceredigion / Cross Roads / Care & Repair / British Red Cross / Mencap Ceredigion / Ceredigion Disability Forum RVS / HAHAV / Barnados / Margaret Pyke Trust / parent & toddler groups / Clynfyw Care Farm / Our Voice Our Choice / Mirus Wales

(Side by Side Cymru) helped our group by grant to cover rent enabling us to give to our member's trips and interesting talks

Side by Side is a helpful advisory group supporting training and awareness of other people's needs

### MENTAL HEALTH SERVICES

Hywel Dda UHB / NHS surgery in Lampeter & Llanybydder / peer support workers / Gorwellion arts & crafts / ACTivate courses / Carer Support Unit / Noddfa Aberaeron Integrated health centre Aberaeron / Pupil Referral Unit / PCSOs / Herbert Protocol WWAMH Tonic Surf Therapy / Flying Start / Community Mental Health Team Dementia Lead Nurse / Autism Club

Encouraging those with lived experience to apply for roles within Mental Health services

Peer support mentors employed by Gorwelion Community Mental Health Centre. Recruited and awaiting start dates

### COMMISSIONING

Hywell Dda UHB / Heritage Lottery Fund / Welsh Government / Side by Side Cymru Ceredigion County Council / Caring Communities Health Board Fund / Families First Older Persons and Children's Commissioner / Ty Ceredigion Communities Fund

Early stages of peer support training (supervision and help) Health Board funded.

Ensuring that on the monitoring of commissioning of services we include volunteers who are in effect peer mentors supporting third sector services.

"commissioning" is not getting into our knowledge on the ground

## PART TWO— IMAGINE WHAT COULD BE

In general all four sectors should work together

### COMMUNITY

Community pride & empowerment

Car share scheme

Encouraging more people to come if there is transport

Bigger premises and facilities with disabled access

Local schools and shops

Making knowledge of groups available

More funding to attract more people and other activities more cheaply

### THIRD SECTOR

Drop-in centre — activities and advice e.g. Wellbeing Centre, Aberystwyth — integrated with the other 3 sectors

Similar organisations working together and not against / not needing to compete for funding / third sectors actually combining on one project not what they have always done

Statutory services should acknowledge and respect the contribution of the third sector

Sustainability – longer term funding e.g. 10 years and continuation funding

### MENTAL HEALTH SERVICES

Peer support workers

More surgeries, doctors and dentists

Less barriers to get support

GP's to have more awareness and to listen

More individually focused support around the person and not confined by the "rules".

### COMMISSIONING

Cheap public transport / transport costs to overcome barriers to inclusion

Heritage lottery gives to more diverse groups

Government funds more groups in rural areas / recognition that rural activities have "hidden costs"

Funding for working phone and computer signals for communication between people and groups.

One stop shop making what is available accessible in one place

More communication

More people using services involved in the bigger decisions that affect them

## PART THREE – DECIDING TOGETHER WHAT WILL BE

The groups were asked to choose one idea each and to identify the steps required to achieve.

### CROSS GROUP COMMUNICATION

- Facebook group "Whats on in and around Ceredigion"
- Networking events
- Dewis (get google to sort out dewis search engine, very weak, google may do it for free if asked)
- Community connectors
- Web based group to share what is out there (lots of duplication)
- "Lampeter Grapevine" style paper across all areas

### COMMUNITY EMPOWERMENT

- Communication – schools, groups, questionnaires, GP surgeries
- Use what's already in the community – community assets, priorities, concerns, community audit
- Use local skills and knowledge e.g. community council plus enterprise group
- Bring people together with community fun days, gardens, services
- To be integrated, to look after each other, preventative and peer support



## UP & COMING PEER SUPPORT EVENTS

Side by Side Cymru is planning the following events for 2020:

- *Wednesday 29<sup>th</sup> January* *10.00am – 1.00pm*

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

- *Thursday 30<sup>th</sup> January* *10.00am – 1.00pm*

Peer support event at The Glenalla Community Centre, Glenalla Road, Llanelli, SA15 1EE

- Further events are being planned for all three counties February through to June.
- There will be a second Showcase in June 2020 to share findings of the Side by Side Cymru project evaluation.

Please see the Side by Side Cymru at Mind Aberystwyth Facebook page for all up to date details.

In the meantime Mind will be drafting a peer support commissioning guide. If anyone wishes to contribute to this process please contact the Project Worker.

Mind is also working on an online Peer Support Directory. Any member of the network who wishes to be involved please contact the Project Worker for details.

## EVALUATING SIDE BY SIDE CYMRU

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

Please complete M.E.L's online monitoring survey by clicking [here](#)

## CONTACTING SIDE BY SIDE CYMRU

If you have any queries please contact the Project Worker 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.

## IN CONCLUSION

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.

