

Community Peer Support in  
West Wales



Peer support in your community



The Side by Side Cymru team  
would like to wish everybody a  
very merry Xmas and a happy  
new year, we look forward to  
continuing to work together in  
2020!

NEWSLETTER  
DECEMBER 2019

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Welcome to our festive edition! We've decided to take a look back over the year to date, it's certainly been a busy one. As well as hosting over 20 events and workshops, we've met many inspirational, dedicated people providing peer support in their community and awarded almost £10,000 in grant funding. Here's a look back at what's happened in 2019:

**FEBRUARY:** we hosted our first event, which also happened to be the launch of Side by Side Cymru! In a room filled by organisations from across Ceredigion, we showcased some of the existing peer support activity and explored the opportunities available for community-based organisations and individuals to take part in networking, shared learning workshops and to apply for grant funding .

**MARCH:** we attended the West Wales mental Health forum to raise awareness of the project amongst frontline services. Our first networking events took place in Cardigan and Lampeter and we also held our first grant panel and awarded funds for venue hire and garden games, including a pretty enormous Connect 4 set.



**APRIL:** we ventured into Pembrokeshire to meet numerous groups, and held our first workshop for members of Clwb Coesau in Aberystwyth.

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**MAY:** a busy month! We attended 2 spring fairs, hosted a networking event in Ceredigion and another in Pembrokeshire, held 3 workshops and a bespoke training session and awarded a total of £1,950 in grant funding, including £230 for litter picking equipment for Neyland & District Environment Enthusiasts.



**JUNE:** We held 2 networking events in Saundersfoot and Aberporth, and ran stands at the Pembrokeshire Volunteering Fair and Ceredigion Council's Carer's retreat in Rhosygilwen. The panel awarded a further 7 grants 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.



**JULY:** We held a shared learning workshop at Borth Family Centre, and went back for the carnival family fun day at the end of the month! We also manned a stand at the Tai Ceredigion Big Day Out, and met with Llanelli Mind to discuss peer support in Carmarthenshire. Seven grants and a total of £1700 were awarded by our panel in July. Successful applicants included Paws & Pals, a social dog walking group developed by Mirus, who received £226 to help fund their launch event on 30th July.

**AUGUST:** We held a peer support workshop for members of BROSTA and a networking event for Gorsgoch Community Group. We also began working with the Arabic speaking community in Aberystwyth and our first community groups in Carmarthenshire.



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**SEPTEMBER:** Preparations were ongoing throughout the month for the West Wales Peer Support Showcases. We also ran two workshops in Pembrokeshire and Ceredigion and the panel awarded 7 grants. Amongst all of this, Rob somehow found the time to get married – CONGRATULATIONS!

**OCTOBER:** We celebrated Side by Side Cymru and all of the amazing work carried out by community groups across West Wales. Two events brought together these groups alongside peer support champions, regional commissioners and guest speakers. We also squeezed in two workshops and several one to one peer support sessions.



**NOVEMBER:** We attended the CAVO Volunteers Network, hosted a shared learning workshop in Tenby and the last grant panel for 2019 was held, with a total of ..... being awarded

**DECEMBER:** Our last workshop of the year will take place on Thursday 5<sup>th</sup> December at the Mount Community Centre, Larch Road, Milford Haven from 10.30 until 1pm.

As of November 2019 we:

- have 75 members of the peer support network
- are supporting 1000 peer support recipients every month
- have awarded 39 grants awarded, a total of £9170 (73% of the budget) and an average of £235 per award

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## 2020 GRANT PANELS UPDATE

Side by Side Cymru needs to allocate all grant monies by Tuesday 31<sup>st</sup> of March 2020. There will be three remaining panels (subject to funds being available) Application documents can be downloaded from the Mind Aberystwyth website.

Panel Meetings	Dead-line for submissions
Tuesday 28 <sup>th</sup> January	Friday 24 <sup>th</sup> January
Tuesday 25 <sup>th</sup> February	Friday 21 <sup>st</sup> February
Tuesday 31 <sup>st</sup> March*	Monday 30 <sup>th</sup> March

\*all monies allocated on the 31<sup>st</sup> of March will need to be spent by Friday 17<sup>th</sup> of April

- All monies will have to be spent within one calendar month or by Friday 17<sup>th</sup> of April (whichever is the earlier)

For support and guidance please contact Rob (details in the sidebar)

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### 2020 PEER SUPPORT EVENTS

We will be delivering events through to the end of June 2020, with networking and workshops currently in the planning stage. All events are subject to change so keep an eye out for further details in the new year.

January	Llanelli —30th	Aberystwyth - 29th
February	Pembrokeshire Networking	Carmarthenshire workshop
March	Ceredigion Networking	Pembrokeshire workshop
April	To be announced	
May	To be announced	
June	West Wales Peer Support showcases, dates to be announced	

Updates will be posted on the Mind Aberystwyth website and the Side by Side Facebook page.

Do you have any peer support or community group queries? Could Side by Side Cymru offer you some advice and guidance? Please contact Rob if you would like to arrange a one to one peer support session, either over the phone or face to face in a café local to you.

And finally....Mind Aberystwyth would like to acknowledge the support of 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 during 2019. We thank all of the peer support leaders, community volunteers and group members who have made Side by Side Cymru a complete joy. Here's to 2020!

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