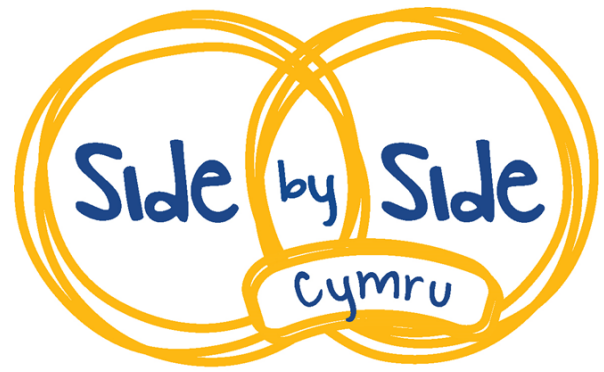


Community Peer Support in West Wales



Peer support in your community

Happy New Year from Emma, Tarek, Tyler and Rob at Side by Side Cymru! We hope you all had a great time over the festive period. With six months of the project remaining, we have got plenty planned to take us up to June and will continue to award small grants and deliver events for community groups and individuals across West Wales.



DEVELOPING PEER SUPPORT IN THE COMMUNITY TOOLKIT

The peer support toolkit is now online for you to download. Available in English and Welsh, simply click on either of the images below to access your copy.



Developing peer support in
the community: a toolkit



Datblygu cymorth gan
gymheiriaid yn y gymuned:
pecyn cymorth



NEWSLETTER
JANUARY 2020

CONTACT:

01970626225
07958788172

[sideby-
side@mindaberystwyth.org](mailto:sideby-side@mindaberystwyth.org)

Facebook – Side by Side
Cymru at Mind Aberyst-
wyth



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Community Peer Support in
West Wales



Peer support in your community

2020 GRANT PANELS



We have until Tuesday 31st March 2020 to allocate the remaining grant funds, so now is the time to apply! The panel will be meeting three more times (subject to funds being available) and application documents can be downloaded from the Mind Aberystwyth [website](#).

Panel Meetings

Dead-line for submissions

Tuesday 28th January

Friday 24th January

Tuesday 25th February

Friday 21st February

Tuesday 31st March*

Monday 30th March

*All monies allocated on the 31st of March will need to be spent by Friday 17th of April. Please remember when applying that you, or another member of your group, will need to have attended a networking or workshop event or taken part in a one to one advice session before any funds can be awarded.

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

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PEER SUPPORT EVENTS 2020

Wednesday 29th January

10.00am – 1.00pm

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

Thursday 30th January

10.00am – 1.00pm

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

Further events are planned February through to May, details in
future newsletters.

WEST WALES PEER SUPPORT SHOWCASES 2020



We will be holding two further West Wales Peer Support Showcases
in 2020, the first on June 11th in Aberystwyth and the second on
June 17th in Havrfordwest. Venues TBC, keep an eye on the Side by
Side Cymru Facebook page for further details.

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Peer support in your community

PEER SUPPORT DIRECTORY

National Mind have spent the last few months working on an online Peer Support Directory for Wales, which a lot of our network members have expressed an interest in accessing and being added to. If you wish to be involved, please speak to Rob (contact details in the side panel).

EVALUATING SIDE BY SIDE CYMRU

In order to improve our understanding of the impact the work we do has, Side by Side Cymru would like to know how your group is helping people. It would be very helpful if members of your group could complete a short survey by following the link below. We really appreciate your feedback!

[Complete the Side by Side online monitoring survey by clicking here](#)

Or use this QR Code to access survey on your mobile phone:



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.

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