

What is peer support?

Peer support is when people with lived experience of mental health issues support others with mental health issues.

Forms of peer support include:

- community groups
- mentoring
- befriending
- self-help groups
- online communities
- support groups

Support is based on sharing experiences and agreeing a reason for meeting. How you choose to meet up or connect with people is very flexible and depends on your personal preferences.

Peer support can improve your emotional health, wellbeing and sense of belonging.

A vital part of peer support is mutual respect; peer support aims to help both those giving and receiving support. Everyone's experiences are treated as equally important, so you might find this gives you a different experience to more traditional support options

“It’s not always about getting or giving advice. It’s also about having a safe space to get things off our chest and occasionally sharing a laugh about it all!”

We believe that people who have experienced, and who are living well with mental health problems, are often the most knowledgeable, skilled and inspirational supporters of others on the recovery journey

Do you have an interest to share? Have you got time to offer as a peer support volunteer? For more information:

peersupport@northkentmind.co.uk

Peer Led Services:

Advisory Panel

A panel of Live Well Kent Peer Service Representatives from across the Live Well Kent services meets bi-monthly for 2 hours to discuss an agenda of concerns, ideas and developmental variables. The meeting is hosted by the Peer Support Worker.

Service Forums

Each of our open services has a bi-monthly forum where information is disseminated to service users. It is also an opportunity for services to flag up ideas and raise any concerns or issues they may have. Usually one of the Live Well Kent Peer Service Representatives attends these.

Steering Group

The steering group is a wider group of people with lived experience of mental health problems, from across the organisation. This group meets quarterly and reviews the levels of peer involvement across the organisation. From this group sub groups can be formed e.g. to produce service user newsletter detailing trips and events organised throughout the year.

Options

Options is the title for social events and trips which are organised by and attended by people with mental health issues. These social outings and events are timetabled over the duration of each year and can include travel to various destinations. Please contact us for more detailed information.

The ‘Shed Project’

We also have a peer led allotment group know as the ‘Shed Project’. A fantastic opportunity to be involved in growing vegetables and learning about horticulture, while increasing your sense of wellbeing alongside your peers. The group meets weekly at the allotment in Gravesend. Please contact us for more detailed information

Open Drop in Group

Friendly, informal, supportive user-led group for those people with mental health issues. Held Mondays 11.30—1.30 at:

Riverside Community Centre,
Dickens Road,
Gravesend DA12 2JY

Saturday ‘meet up’

Break up the weekend with a chat & cuppa with other service users. Saturdays 10.30—12.30 at:

Centenary Room
Dartford Central Library
Market Street
Dartford DA1 1EU

Book Group

Feel better sharing a book & meeting new friends at Dartford Library. Contact us for further details.

Please keep an eye on our website for more groups and activities:
www.northkentmind.co.uk/peer-support-service

Peer Supporter Roles:

Peer Volunteers

Peer Volunteers are people who identify themselves as having lived experience of mental health issues and who volunteer to help us run and facilitate our services. They are supported by the Peer Support Worker but also receive input from service managers. These volunteers are usually not current service users within the same department as that in which they volunteer. These individuals must be screened, complete training and have references/DBS checks completed.

Peer Service Representatives

There are two types of Peer Service Representatives:

Live Well Kent Peer Service

Representatives: these are individuals who currently use Live Well Kent Services and who have been chosen by the Peer Support Worker to represent these services; usually there are at least 5 in place at any one time.

Organisation-wide Peer Service

Representatives: these are people who use our services within any part of the organisation who are prepared to represent the voice of other clients/service users. They attend steering group meetings and help with recruitment.

Champions/Experts by experience.

Champions are people who we ask to support us in training and awareness sessions or in public events. These people can be any of the above or they may be existing service users, or ex-service users.

The Peer Support Worker

We have a staff member in post to specifically support and aid development of all the services and roles mentioned in this leaflet.

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North Kent Mind's other services

Wellbeing Services:

A range of open and activity sessions, courses and groups.

Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £10.00 per session.

Supported Housing:

Long and short-term supported housing.

Education:

Placements for social work students, mental health nurse trainees and trainee counsellors. Mental health training sessions in various settings.

Training Services

Mental health training.

Springboard Employment Services

A range of services to support people into employment, volunteering or training.

All our leaflets are available in large print, Braille, or other formats, on request.

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.

01322 291380

www.northkentmind.co.uk

North Kent Mind

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Peer Led Services



Live well Kent
Community wellbeing