

NOTES FROM THE PEER SUPPORT NETWORK MEETING

06/03/15

Agenda:

- Introductions and brief update on the Peer Support Network
- Manju Rajput leading on Social inclusion
- Patrick Nyikavaranda – New Paranoia and Beliefs group and update on Solidarity in a Crisis
- Lunch
- Daniel Campbell: presentation of Connect and Do online networking site.
- Networking Session

Social Inclusion was introduced to the group by a Peer supporter Manju Rajput. Manju spoke about what Social Inclusion means from her own perspective and personal experience and explored the different aspects on how to address social exclusion. We all shared and discussed our thoughts and ideas for a half hour session about what this means within the community and how it can be addressed to improve people lives. We discussed how best we can work co- productively to tackle these issues within the community and spread awareness of social inclusion and exclusion. People within the group shared their own personal experiences with social exclusion and how it effects or affected their daily life.

Paranoia and Beliefs: brief summary about the Paranoia and beliefs group launched in February. This is a peer led group which can be a nourishing and safe space for anyone identifying themselves as experiencing (or having experienced) what they would call paranoia. The peer facilitators feel there is great potential for this group in helping re-evaluate and come to terms with life experiences.

Solidarity in a Crisis Vision: To have out of hours crisis peer support widely and easily available to those in crisis

Mission: The service aims to support individuals in crisis by way of sharing empathy through similar lived experience, an opportunity to engage with like-minded people and sign-posting to relevant support. Peer supporters help to promote recovery, and enhance feelings of belonging and hope to those in distress; whilst helping to prevent people reaching crisis point. The service operates out-of-hours 7 days a week.

Community Connecting: A service utilising Asset Based Approaches in coaching people who are experiencing social isolation. It focuses on people's interest, skills and qualities to connect to others in their community outside of mental health services. The Community Connecting coaches coach people in time limited & flexible manner for up to 12 weeks in a way that is individual to them; having as much or as little face to face contact with them as they need and also providing coaching by phone and email.

Connect and Do: Daniel gave a presentation and Introduction to Connect and Do online tool and its benefits. This included:

- How to sign up and maximize your profile
- Creating events and Groups
- Using Connect and Do as a tool to encourage participation in the community and social networks

Connect & Do is a social networking website designed to help people connect with friends, groups and places in their communities outside of health and social care services. It was developed as an asset based tool to aid people to network and connect back into the community. The Connect & Do website was created in 2013 as a hub where people in Lambeth could find out and connect with local resources, individuals and groups. It is a platform that individuals and organisations can access and search for local resources, as well as promote and inform about their own available resources, groups and events and network with other people in the community.

Summary/ Networking Session: Summary of main points, brainstorming and reflection with contributions around access and design of some of the peer support services presented on the day.

If anyone has any queries about any of the above or would like further information on the services available please contact the teams on the details below:

1. Vocational Matters: vocationmatters@slam.nhs.uk
2. Community Connecting: CommunityConnect@certitude.org.uk
3. Connect and Do: Daniel Campbell: danielcampbell@certitude.org.uk
4. Solidarity in a Crisis and Paranoia & Beliefs Group: outofhours-solidarity@certitude.org.uk

If you would like further information on the Lambeth Peer Support Network, including network events, meetings, employment, learning and development, please contact Stephanie Karimi: peernetnetworklambeth@certitude.org.uk