

Peer Support

What is peer support?

Peer support is when people use their own experiences to help each other.

Can the peer support service help me?

Peer Support is available to people aged 16 years and over, who are registered with a GP Practice in Kensington and Chelsea or the Queen's Park and Paddington areas of Westminster. The service is for people:

- with common or stable, long term mental health needs
- who are, or could be supported in a primary care setting
- who are carers of people who meet the criteria for the service.

Peer Support can help you to feel less isolated and increase your confidence. It gives you a chance to:

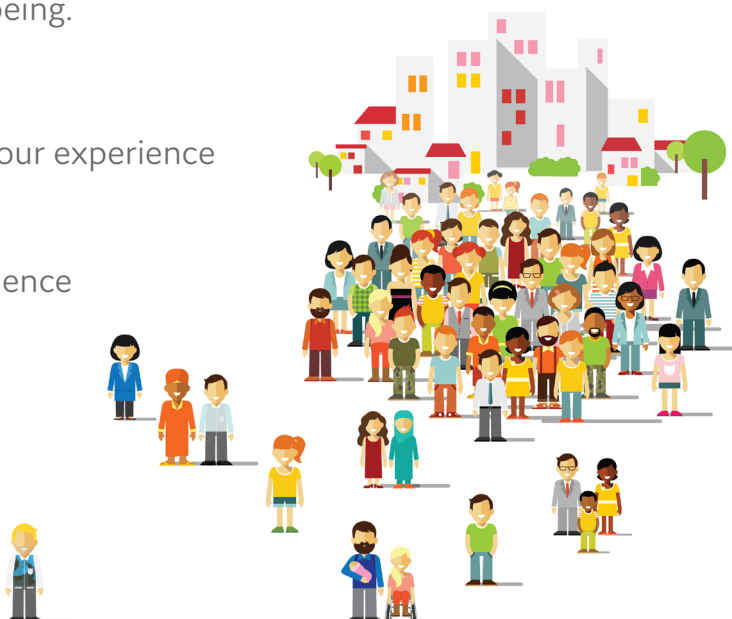
- gain knowledge about your mental health
- get or give support
- talk to others who understand your mental health problems through a shared experience.

What support can I get?

Peer Support offers both peer-led and peer-facilitated activities, which focus on your strengths, hopes and ambitions and can help you develop skills and strategies to manage and maintain your emotional and physical wellbeing.

Peer support can help you though:

- Feeling accepted by others who share your experience
- Developing and sharing skills
- Reducing feelings of isolation
- Building confidence and emotional resilience
- Building new relationships.



Types of Peer Support offered

Peer support isn't a one-size-fits-all model, it comes in all shapes and sizes. Community Living Well Peer Support provides a wide range of options.

Living Well Workshops

Living Well Workshops provide a safe and supportive space to develop skills to manage the stresses and difficulties in your life. Each session is different, covering a variety of subjects. Learn alongside peers who may also be experiencing similar difficulties.

Living Well Workshops are co-facilitated by a peer support trainer.

Peer Support Groups

Give and receive mutual support in a peer support group to manage daily stresses. Structured self-help peer support groups aim to bring people together who can share their experience of mental health.

It's your chance to talk about your mental health, an opportunity to learn about how others in similar situations manage their symptoms and connect with people who know what it's like to feel the way you do.

One-to-one

Meet with a peer worker, talk through emotional challenges and share coping suggestions. Talking helps, but not everyone is comfortable talking in a group and even if you are, sometimes it's nice to be able to sit and talk to someone on a one-to-one basis. Talking to a peer means you are with someone who is equal to you, not a professional therapist or counsellor. It's someone who can put themselves in your shoes.

Sometimes just having a safe space and time to talk is enough. Your peer will be there to listen, relate to how you feel and even offer practical tips they themselves have used to overcome similar difficulties.

Social Peer Support

Social peer support provides friendly meet ups where you can connect with others in a safe, supportive environment to join in an activity, or just spend time with people who have a similar interest and shared experience.

Social peer support activities include walking, culture, arts, cooking, singing, social trips and much more.

Online Peer Support

Online peer support is accessed through the Friends in Need peer-to-peer support community available at [friendsinneed.co.uk](https://www.friendsinneed.co.uk). This can be especially helpful if you find it difficult to leave the house or need support when other services are closed. The online peer support service is free, and is available 24/7.

Time Bank

The timebank is a network of peers who support each other, using time like currency. For instance you may support a person for one hour to go shopping. In doing so you have earned one hour which you can use to request support for yourself.



Do you need support to improve your mental health and wellbeing?

If you are 16 and over or caring for someone who is, then Community Living Well is a new mental health service that offers you a different kind of mental health support.

Community Living Well brings people together from your local NHS, voluntary sector and local community groups into one service which will work alongside you and your GP to help you access the support you need.

Community Living Well offers easy access to a range of wellbeing and clinical services including:

- **Primary Care Liaison**
support from specialist mental health workers
- **Psychological Therapies**
to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with long term conditions
- **Mother Tongue Counselling**
culturally appropriate one-to-one talking therapies and wellbeing workshops in Arabic and Farsi languages
- **Self Help**
access to self help resources.
- **Navigators**
practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information
- **Employment Support**
supporting you to find work, take steps to improve your job prospects or keep your current job
- **Peer Support**
wellbeing workshops, one-to-one support, peer support groups, social activities and online peer support with other people who have had similar experiences to you.

Get in touch...

Use the details below to get in touch or ask your GP or another health professional involved in your care to refer you into the service.

communitylivingwell.co.uk

email: cnw-tr.clw@nhs.net

tel: 020 3317 4200

Community Living Well hubs are located at:

- St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ
- Violet Melchett Centre, 30 Flood Street, London, SW3 5RR
- Gertrude Street, 15 Gertrude Street, London, SW10 0JN

