



Scottish
Recovery
Network



Be part of Peer Connects
Programme of events 2024/25

Hello!



Peer Connects 2024/25 is a Scottish Recovery Network programme of free learning events to help you connect and share ideas with other people passionate about the power of peer support!

Exploring different themes and collaborating with a range of groups, organisations and services, we invite you to join us as together we celebrate, champion and develop peer support in Scotland.



Participative events

Participative events where people have the opportunity to connect, share and learn together.



Inspiration station webinars

60 minutes of peer support inspiration and ideas to kick start your day! Bring a cuppa and your questions!



Practice development sessions

Small group sessions, with people in similar roles, to discuss challenges, shape solutions and exchange ideas.

Learning from events will be shared in our [newsletter](#) and on PeerRecoveryHub.Net

How to book



Click on the button at the bottom of each event page and you will be taken to Scottish Recovery Network's Eventbrite channel to book your place. In line with our funding commitments our in-person events are for people living and / or working in Scotland.

For online events we will email out a link ahead of the event. If you would rather call into online events on your phone (audio access) we can accommodate this.

Accessibility

If you have any accessibility or communication needs that would help you take part, please let us know. To book BSL interpreters or Electronic Notetakers we need two weeks' notice.

If you have any further questions contact [0300 323 9956](tel:03003239956) or info@scottishrecovery.net - Sign Language (BSL) users can contact us directly by using [Contact Scotland BSL](#)

“I am blown away coming to these events and feeling empowered by it. It has a ripple effect.”



#PeerConnects

Events



The power of peer support during challenging times

30 April 2024, 10:30 - 14:30
Discovery Point, Dundee

Join us as together we explore the unique role that peer support plays in meeting people where they are – whether in crisis, feeling stuck or hopeless, or feeling that they need to do something to prevent crisis.

We'll be asking 'Just what is it about peer-led support that makes a difference for people?' as we hear different examples of peer support in action from [Hope Point Dundee](#) (Penumbra), [Man on Inverclyde](#), [Neil's Hugs Foundation](#) and [Living Warriors Project](#).

- **This event is for people, organisations and services planning and delivering peer support.**

Sold out

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Events



Resilience Collective, Singapore: Peer support an international perspective

22 August 2024 , 11:00 - 12:30

Online (Zoom)

For this online session we're excited to be joined by [Resilience Collective](#), a mental health charity in Singapore, powered by peers, for peers.

Sharing insights from their successful range of community-driven initiatives and engagement, this is a chance to explore and discuss peer support learning from further afield.

Join us for an opportunity to harness new learning and different experiences with a view to enriching peer support in Scotland.

- **For people, groups organisations and services planning and delivering peer support.**

Book

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Events



Local approaches to developing and delivering peer support

21 November 2024, 10:30 - 14:30

theStudio, Glasgow

In Dundee and Fife, the local Third Sector Interfaces (TSIs) play a key role in providing support and space to grow the local peer landscape.

Are you interested in how this could be done in your area? Maybe you want to look at the infrastructure needed for collaborative approaches that help peer support to thrive?

We're delighted to be joined by Lea Cooper, Peer Support Network Coordinator, [Fife Voluntary Action](#) and Iain Savage, Peer Recovery Development Worker, [Dundee Volunteer and Voluntary Action](#) to explore their local approach to making peer support a key part of the mental health support offer.

For TSI's and partner organisations, people looking to develop peer networks, and groups, services and organisations planning and delivering peer support.

Book

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Events



Demonstrating the positive impact of peer support

20 March 2025, 11:00 - 12:30

Online (Zoom)

How do we clearly demonstrate the powerful and nuanced role that peer support plays in supporting people's mental health recovery?

We know that as a busy group, organisation or service that it can be hard to find the time to plan and share the positive impact of the peer support you deliver.

Join this online session as we share learning, experiences, and tools that will help you to embed evaluation and demonstrate to funders, decision makers and stakeholders the life changing results of the peer support you provide.

For peer support groups, organisations and services looking to demonstrate the positive impact of peer support.

[Book](#)

#PeerConnects

We've launched a new online hub!



It's full of tools, events and opportunities to inspire you to develop and champion peer support for mental health recovery!

It's a space where we'll be shining a spotlight on your fantastic peer support projects, services and organisations. A place where we'll share ideas and learning from people planning and delivering peer support activities, to help you do the same.



PeerRecoveryHub.Net

Webinars



Embedding a peer support workforce

8 October 2024, 10:00 - 11:00

Online (MS Teams)

Are you interested in growing and embedding a peer support workforce in Scotland?

Mel Ball, Director of Lived Experience at [Midlands Partnership](#) University NHS Foundation Trust, joins us to share learning on why and how they developed a peer workforce.

We'll also be welcoming Dr Linda Irvine Fitzpatrick, Strategic Programme Manager with [Thrive Edinburgh](#). Linda will share learning from the Thrive Welcome Teams who have peer support roles to guide people to the right support for their mental health.

This webinar is for local and national policy leads working in mental health and wellbeing, third and public sector organisations, and service leads and managers.

Book

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Webinars



Peer support in early intervention

3 December 2024, 10:00 - 11:00
Online (MS Teams)

Are you passionate about the role of peer support in early intervention mental health and wellbeing support?

This webinar will focus on peer-led support as an early intervention approach to helping people stay mentally well.

We'll be talking about where peer support sits in the wider strategic approach to mental health and wellbeing support and what these types of services look like in practice.

We'll be hearing from Wendy Callander, Executive Director at [Wellbeing Works](#) in Dundee and sharing examples of approaches that are supporting people in their communities. Approaches that are providing alternatives to an over-whelmed, medical focused mental health system.

- **This webinar is for strategic thinkers who are interested in the role of peer support in early intervention.**

Book

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Webinars



The role of peer support in mental health crisis services

4 February 2025, 10:00 - 11:00

Online (MS Teams)

Mental Health crisis support is changing. We're starting to see innovative approaches that are peer-led, strengths based and recovery focused.

It's time to be ambitious and courageous, building on the amazing work that's evolving in Scotland as well as collaborating and learning from examples internationally.

Tune in to hear from [Penumbra's crisis services](#) who, with a focus on peer support, are taking a different approach to helping people in distress.

More guests to be announced!

This webinar is for strategic thinkers interested in different approaches to mental health crisis support. People driving forward the implementation of mental health and wellbeing strategy and delivery.

Book

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Creating Hope with Peer Support



Peer support has a significant role to play in suicide prevention. We're collaborating with local and national mental health and suicide prevention partners to boost community-based peer support groups across the country.

Find out more about getting involved and the launch of a new resource on the [Peer Recovery Hub](#) or scan this QR Code.



#CreatingHopeTogether

Practice development



Supporting you to support peer workers

18 June 2024, 10:00 - 11:30
Online (Zoom)

Are you looking for new ways of approaching management of and supervision with the peer workers / volunteers you support? This could be individuals or a whole team as part of your organisation or service.

This session creates a space where people in similar roles of responsibility can share their experiences and develop new ways of working. As a group we'll be looking at the key aspects of supporting people in peer roles, exploring the barriers and shaping potential solutions.

We're delighted to be joined by Maja Mitchell – Grigorjeva, Impact and Development Manager at [Bipolar Scotland](#). Maja brings her experience of building and supporting peer teams within mental health services.

- **This session is for managers, supervisors, co-ordinators and anyone with responsibility for supporting peer workers.**

Book

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Practice development



Fine tuning your peer facilitation skills

10 September 2024, 10:00 - 11:30

Online (Zoom)

Are you interested in developing your peer facilitation practice? Peer facilitation can be described as people with lived experience of mental health challenges facilitating peer-led support opportunities.

This is a chance to explore some of the key ingredients and skills that enable facilitators to create a safe and supportive space where the magic of peer support can happen.

At this session, as a small group, we'll come together to explore the role of the peer facilitator and creative ways to navigate any challenges you face.

- **This session is for people who are currently in a peer facilitation role whether in a group, service or 1-1 setting.**

Book

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Practice development



Developing intentional peer practice

14 January 2025, 10:00 - 11:30
Online (Zoom)

Are you in a peer support role and would like to develop your peer practice? This is an exciting opportunity to dig a little deeper into how we create intentional peer relationships of equals, where we walk alongside others on their recovery journey.

At the session we'll be sharing the values that inform our peer practice; asking what makes peer support different and exploring what an empowering peer space and relationship look and feel like.

Join us to connect and share learning with other people in similar roles as together we build our capacity to deliver intentional peer relationships in our teams and with the people we support.

- **This session is for people who are currently working in peer roles (paid or voluntary), across sectors, looking to develop their practice.**

Book

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Get in touch



- Email: info@scottishrecovery.net
- Tel: 0300 323 9956
- [Contact Scotland BSL](#)
- [PeerRecoveryHub.Net](#)



“There is a great deal of strength gained in knowing someone who has walked where you are walking and now has a life of their choosing”

Peer Worker (Review of Peer Support)



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