



Peer Connects

2025/26

Inspiration

Community

Learning



**Scottish
Recovery**
Network

Hello!

Peer Connects is back for 2025/26 as we continue to collaborate with you to support, champion and grow peer support in Scotland!

Building on your fantastic inputs and feedback from last year we're excited to present this new programme of twelve free learning events and webinars, featuring guest contributors, networking opportunities, new tools and a chance to share practice with other people passionate about peer support!

The Peer Connects programme has three overarching themes:



Sharing what's possible

- Peer support in services: integrating the approach
- Going the distance: making peer support sustainable
- Transforming Scotland's mental health system
- Transforming Scotland's mental health system: insights and actions



Growing peer support

- Peer support: getting started
- What helps peer support thrive? Exploring enablers and barriers
- The power of peer: reality vs myth
- Creating safe spaces and having hopeful conversations



Supporting peer leadership

- Peer leadership in health and social care
- The Future is Peer: opportunities and impact
- Evaluating peer support: tools, tips and taking next steps
- Peer Supporters practice exchange

In line with our funding commitments many of our events are for people living and/or working in Scotland, however our webinars are for everyone!

Learning and resources from events will be shared in our [newsletter](#) and on [PeerRecoveryHub.Net](https://www.peerrecoveryhub.net)

How to book



The events are in date order. 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. Further event information will be emailed to you ahead of the event.

Accessibility

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

If you have any further questions or need this information in a different format contact **0300 323 9956** or info@scottishrecovery.net - Sign Language (BSL) users can contact us directly by using [Contact Scotland BSL](#)

{My highlight} The demonstration that valued peer roles can actually be meaningfully framed in established recognised pathways



Peer support: getting started



17 June 2025, 10:30 - 12:00

Online event (Zoom)

Are you a grassroots group or small organisation interested in starting a peer support group or just curious to learn more?

Join us for an introductory session with Q&A, exploring the foundations of peer support. Emma Jackson, Founder of [Keep The Heid](#) will also be on hand to share her experiences of setting up and facilitating successful peer support groups.

Practical tips, free resources and examples of Peer Support in Action to help you get started on your peer support journey!

For grassroots groups, small organisations, and individuals who are interested in starting a peer support group or learning more about peer support.

Book

Growing peer support



Peer leadership in health and social care

28 August 2025, 11:30 - 15:00

In-person event, Glasgow

Are you passionate about embedding different types of lived experience leadership roles across communities, organisations, and services?

Deb Owen, Peer Support Lead at [Sussex Partnership NHS Trust](#) joins us for a deep dive into lived experience leadership within health and social care settings.

Join us to explore what this looks like in practice, and what we can do to create sustainable leadership pathways that influence and shape mental health systems in Scotland.

For People in Lived Experience and Peer Roles, Policy - makers, Commissioners and other professionals interested in peer leadership in health, social care, and community settings.

Book

Supporting peer leadership

Peer Supporters practice exchange



16 September 2025, 11:00 - 14:30

In person event, Glasgow

Are you a Peer Supporter based in Scotland? This practical event is an opportunity to learn from different peer leaders who are paving the way for peer support.

Joining us are Paul Byrne, Peer Recovery Development Worker at [Dundee Volunteer and Voluntary Action](#), Maja Mitchell-Grigorjeva, Delivery and Development Manager from [Bipolar Scotland](#) and Donna Paterson-Harvie, Director from [Neil's Hugs Foundation](#). This is a chance to deepen your peer practice and connect with other peers as we continue to build a thriving peer support community.

For people in a Peer Support role who want to connect, share learning, and strengthen their practice.

Book

Supporting peer leadership

The Future is Peer: opportunities and impact



30 September 2025, 10:00 – 11:00

Webinar (Teams)

With growing recognition in national strategies like [Creating Hope Together](#) and the [Mental Health and Wellbeing Delivery Plan](#), there's a renewed commitment to embedding peer support across Scotland's mental health system.

Drawing on insights from The Big Scottish Peer Support Survey, we'll consider how peer support is being delivered to support mental health recovery and the impact it's having. We'll also explore the need for a shared understanding of peer support and reflect on its potential to transform mental health services and support in the future.

For anyone with an interest in the role of peer support, including Peer Workers, Service Providers, Policy-Makers, Planners, Commissioners, and People with Lived Experience.

Book

Supporting peer leadership



Peer Recovery Hub

Looking to develop and champion peer support for mental health recovery? Check out the Peer Recovery Hub, it's full of free tools, events and opportunities to inspire and support you!

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



www.PeerRecoveryHub.Net



Going the distance: making peer support sustainable

7 October 2025, 10:30 - 12 noon

Online event (Zoom)

Peer support is most effective when the right conditions are in place. What does it take to make peer support sustainable within your group, service, or community?

This participative event will explore the key elements that help peer support thrive. We'll hear from Emma Watson, Service Manager, about the innovative [Hope Point](#) (Penumbra) in Dundee.

Book in for a chance to meet with other people passionate about peer support and explore practical tips and examples to help peer support flourish.

For anyone involved in developing, delivering, or supporting peer support.

Book

Sharing what's possible

Transforming Scotland's mental health system



4 November 2025, 10:00 - 14:30

In-person event, Edinburgh

How do we create and embrace big change within Scotland's mental health system towards a future that values lived experience and peer roles?

Julie Repper, Director at [Imroc](#), has been driving recovery-focused change, including developing a peer workforce, in mental health for 20 years.

She has a wealth of experience and insight into what enables change to happen and key knowledge on what helps to overcome and get around barriers to change. A fantastic opportunity to learn from her journey as we grow and nurture lived experience and peer support in Scotland.

For anyone involved in the mental health system in Scotland, including People with Lived Experience, Peer Workers, Service Providers, and System Leaders interested in driving change.

Book

Sharing what's possible

Evaluating peer support: tools tips and taking next steps



20 January 2026, 10:30 - 12 noon

Online event (Zoom)

How do we know if peer support is making a difference? If you're involved in peer support and looking for meaningful, practical ways to evaluate your impact, this event is for you.

We're working with a [wide range of partners](#) to make evaluation more accessible and useful for peer support organisations across Scotland.

At this event we'll be showcasing our brand-new co-designed 'Let's Evaluate Peer Support' tool, created to simplify the evaluation process and help you tell the story of your work with confidence.

For peer support groups, organisations, and practitioners who want to better understand and demonstrate the impact of their work.

Book

Supporting peer leadership

Peer support in services: integrating the approach



5 February 2026, 10:00 - 11:00
Webinar (Teams)

How can peer support be successfully embedded in mental health services? Practical strategies and lessons learned from those leading the way.

Joining us is Kathryn Thompson, Peer Recovery Worker & MyPLAN Facilitator, at Community Mental Health Team East, NHS Tayside. Kathryn will share how the service is effectively integrating peer approaches and the positive impact this is having.

60 minutes of ideas and inspiration to kick start your day!

For anyone supporting the design, development, and delivery of mental health services in Scotland, including Peer Workers, Service Managers, Team Leaders, and Commissioners.

Book

Sharing what's possible



What helps peer support thrive?

Exploring enablers and barriers

24 February 2026, 10:00 - 11:00

Webinar (Teams)

Peer support can be transformative, but only when the right conditions are in place. This webinar will explore the key enablers that help peer support grow and thrive, as well as the barriers that can make progress more challenging.

Sharing learning from our work on the ground and our Peer Support in Scotland: Insight Report 4, this is a chance to reflect on what we know and what needs to happen to make peer support sustainable in Scottish services and communities.

For anyone involved in developing, delivering, or supporting peer support in Scotland, whether in services, communities, or grassroots groups, including Peer Workers, Managers, Planners, and Commissioners.

Book

Growing peer support



The power of peer: reality vs myth

19 March 2026, 11:00 - 14:30

In person event, Dundee

Peer support is powerful, but misconceptions can hinder its full potential. Is it just a chat? Does it replace professional support? Can anyone do it?

Join us to explore the difference that peer support can make whilst challenging the most common myths. Through open discussion and shared experiences, we'll unpack misunderstandings and highlight what makes peer support unique.

An authentic look at this impactful approach to mental health recovery.

For anyone interested in peer support who wants to deepen their understanding, challenge misconceptions, and strengthen how peer support is communicated and practiced in communities, services, and groups.

Book

Growing peer support



Creating safe spaces and having hopeful conversations

14 April 2026, 10:30 - 12 noon

Online event (Zoom)

Join us for this practical session with a focus on building facilitation skills, creating safe spaces, and fostering hopeful conversations in peer support settings.

This is a great opportunity to come together with other Peer Practitioners to exchange ideas, explore new tools and to develop your peer practice in a supportive and collaborative space.

For Peer Practitioners looking to build confidence and skills in developing supportive peer relationships with people.

The peer community ”
is the best community

Book

Growing peer support



Transforming Scotland's mental health system: insight and actions

26 May 2026, 10:00 - 11:00

Webinar (Teams)

What does it take to truly transform mental health systems through peer support and lived experience leadership?

Through film and discussion we'll share key findings and powerful moments from our earlier event - Transforming Scotland's mental health system - with Julie Repper, Director at [Imroc](#)

This webinar is a chance to hear recommendations from the event, and next steps for embedding peer support and lived experience into the heart of Scotland's mental health services and systems.

For Peer Workers, Service Leads, Managers, Policy-Makers, Commissioners, and Lived Experience Leaders looking to influence or implement change.

Book

Sharing what's possible

Get in touch



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



#PeerConnects

United we stand in our aims of
supporting people PEER, PEER, PEER is
the way forward on so many levels

