



# Peer Connects

February -  
May 2026

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](mailto: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 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](http://www.PeerRecoveryHub.Net)

# Embedding peer support in clinical mental health services



**5 February 2026, 10:00 - 11:00**

## **Webinar (Zoom)**

Peer support is increasingly recognised as a vital part of high-quality mental health support, but what does meaningful integration with clinical services look like in practice?

Join our webinar to hear from Kathryn Thompson, Peer Recovery Worker with Community Mental Health Team East, NHS Tayside, and Lucy Dill, Peer Worker in East Dunbartonshire Health and Social Care Partnership / NHS Greater Glasgow & Clyde.

Drawing on their lived and professional experience, they'll share practical insights into how their service is integrating peer approaches day to day, the learning emerging from this work, and the positive impact it is having for people using services, practitioners, teams, and the wider system.

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**



# The power of peer: reality vs myth

**19 March 2026, 11:00 - 14:30**

**In person event, Discovery Point, 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 (Zoom)**

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](mailto: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

