



Scottish
Recovery
Network



Be part of Peer Connects
November 2024 to March 2025

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

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 Participative events and Practice development sessions are for people living and / or working in Scotland. Our webinars are open to everyone. 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 week's 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



Local approaches to developing and delivering peer support

21 November 2024, 10:30 - 14:30, the Studio, Glasgow

This event is a chance to come together to share learning and hear from a range of organisations who are successfully developing and delivering peer support activities in their local communities.

We're delighted to be joined by Lindsey Williamson, Director at [The Hive, Fife's LGBT+ Centre](#), Lesley McWilliam, Service Manager, [Independent Living Support Dumfries](#) and Sue Lyons, [Discovery College](#) Manager, Centred. We'll be asking them: What are the key ingredients needed when it comes to having a local approach? What challenges have they faced and how have they overcome them?

Featuring activities such as 20 slides, 20 seconds, 20 images, Ask Me Anything! and group sessions designed to get you thinking about how you build on your own local approach, it's a chance to connect with others and get conversations, energy and ideas flowing!

This event is for anyone in Scotland interested in developing and delivering peer support activities in their local community.

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.

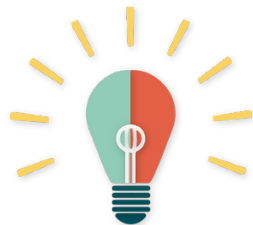
Join this online session as we share learning, experiences, and tools that will help you to embed evaluation and demonstrate to funders, decision makers and stakeholders the life changing results of the peer support you provide.

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

[Book](#)

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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



Peer support in early intervention

3 December 2024, 10:00 - 11:00

Online (MS Teams)

This webinar will focus on peer-led support as an early intervention approach to helping people stay mentally well and what these types of services can look like in practice.

Wendy Callander, Executive Director at [Wellbeing Works](#), a local charity in Dundee, will be sharing learning from the one-to-one support, and group activities they provide to promote mental health and wellbeing.

We'll also be hearing from Penumbra's successful [South Angus Peer Support Service](#), who operate out of three GP surgeries and provide over 100 peer-led appointments a week.

Join us for this chance to hear about innovative approaches that are providing alternatives to an overwhelmed, 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)

[Galway Community Café](#) is a free, out-of-hours mental health service designed and delivered by people with lived experience, in partnership with the local business community and mental health services.

We're delighted to be joined by Maria McGoldrick, Area Lead for Mental Health Engagement and Recovery, Community HealthCare West and Thom Stewart, Expert-by-Experience from An Ait Eile Cooperative, who will discuss their coproduction journey.

We'll also be hearing from [Penumbra crisis services](#) who, with a focus on peer support, are taking a different approach to helping people in distress.

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 download your free resource on the [Peer Recovery Hub](#) or scan this QR Code.



#CreatingHopeTogether

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.**

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Resources



A key part of the Peer Connects programme is to share learning and resources developed in line with the events. Here's a selection to get your started but check our [PeerRecoveryHub.Net](https://www.peerrecoveryhub.net) for more! Huge thanks to all our participants for their input.

Peer support works in crisis situations

This short film (6 min watch) was developed in collaboration with [The Neuk](#) Mental Health Crisis and Suicide Prevention Centre. It explores why peer support works in crisis situations, what this looks like in practice and why cross sector collaboration benefits all.



[Press to play](#)

In conversation with Resilience Collective, Singapore

Providing an international perspective on peer support, this 'In conversation with...' film features Justin Loo of [Resilience Collective](#), a mental health charity in Singapore, powered by peers, for peers.



[Press to play](#)

Peer support in services Conversation Starter Kit

This resource is handy way for services and organisations to introduce key peer support themes before going on to use our Let's Develop Peer Roles toolkit.



[Click to download](#)

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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