

# Peer-led learning and the difference it makes

## A Peer Connects Conversation Starter Kit for services and organisations



# Hello!

Scottish Recovery Network collaborate with organisations and services who are passionate about peer-led learning and the positive difference it makes to people's lives.

Peer-led learning is a mutual exchange of skills, knowledge and experience. Peers learning from each other.



This Conversation Starter Kit is for organisations and services who want to think differently about what they do to support mental health recovery. It's the result of the fabulous ideas and insights you shared with us at one of our Peer Connects events.



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The best way to find out about future events is to sign up to our newsletter or keep an eye on our website and social media channels.



# How to use this kit

The Conversation Starter Kit is a great way to frame discussions at your team meetings or team development sessions. To make it easier we have split the kit into four bitesize conversations and provided example session outlines for you to use and adapt to suit your needs.

- 1: What does peer-led learning mean to you and your team?**
- 2: How to involve people with lived experience**
- 3: The peer learning space**
- 4: Embracing creativity**



We know that you're busy but even if you only have a 20-minute window there's still lots you can cover. Pull all the conversations together in one session or separate them across shorter sessions. It's up to you!



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# Support materials

North Ayrshire Wellbeing and Recovery College and Moray Wellbeing Hub are two examples of organisations who are passionate about the role of peer-led learning and the difference it makes.

This short North Ayrshire Wellbeing and Recovery College film and this 'In Conversation With' from Moray Wellbeing Hub provide lots of inspiration for your conversations and the peer-led theme.





**Click me**



**Click me**



It's been a great journey. The highlight is coming into a room and seeing people who are just coming in for the first time.



Just seeing that moment where they go, 'Oh... it's not just me'..and the pressure just kinda lifts off them.

-John, Paid Peer Champion, North Ayrshire Wellbeing and Recovery College



# Conversation 1

## What does peer-led learning mean to you?

- What does peer-led learning mean to you / your team?
- What would it bring to you as a service or organisation?
- How do you see it developing as an approach you use?
- Does anything else stand out from the support materials?



## Conversation 2

# How to involve people with lived experience

Lived experience engagement doesn't have to be formal. In fact, some of the best ideas come from informal conversations.

Our Run Your Own Recovery Conversation Café Toolkit supports you to engage with people in a meaningful way to find out what is important to them.



VOX Scotland's Making Co-Production Work is another tool that supports mental health professionals and service providers to implement co-productive practice.



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Think about how you will involve people with lived experience at all stages of the planning, development and delivery of your peer-led learning activities.

- What steps do you need to take to ensure opportunities are peer-led?
- What opportunities can you offer for people to increase their knowledge and develop new skills? (think about what you currently deliver or would like to deliver).



# Conversation 3

## The peer learning space

Peers can create a unique learning space.

- What do peers contribute to learning space?
- What role do you play as an organisation or service in creating the conditions for peer learning spaces?
- What steps do you need to take to create this peer learning space?



## Conversation 4 - Embracing creativity

Creativity encourages learning and recovery by giving people space to discover themselves. Being creative in your approach is about being bold and doing things differently.

- What might this look like for you and your team?
- Is there anything you are doing that you could adapt or change to be more creative in your approach?
- What existing creative skills can you to draw on?
- Are there partner organisations you could work with?



## Turning conversations into action!

Through your team conversations you have explored some of the different elements involved in taking a peer-led approach to learning.

If you have identified opportunities for your service / organisation, what key steps do you need to take as a team to make these changes?

It might be useful to create a timetable of actions and to check in regularly on progress.



# Taking action examples

- Finding out the skills our members / people we engage with already have.
- Identify and create opportunities for people who take part in - insert activity / group - to be involved in planning and delivery.
- Bring facilitators and participants together for a conversation to shape what this will look like in practice.



Interested in peer-led learning?

Want more free peer support resources?

[www.scottishrecovery.net](http://www.scottishrecovery.net)

(Word version of this booklet available on our website)



**#PeerSupportScot**

