

# Interested in Peer Support?

## Join an introductory workshop to find out more



**We run a half day workshop for people who are interested in learning more about peer support and/or who think they might like to train as an Intentional Peer Support Worker.**

### **What is Intentional Peer Support?**

Intentional Peer Support is a way of using our experience of mental distress to support others in difficult times. Through working together, we seek to learn and grow as equals, by drawing on our own and each other's knowledge, skills and experience.

### **Our Workshop**

This free workshop gives participants an introduction to Intentional Peer Support, its key principles and practices. It also gives a flavour of our 10 week Intentional Peer Support Worker training course.

### **What are the benefits of Intentional Peer Support?**

Intentional Peer Support allows us to use our own experiences in a positive way, and focus on what we want to achieve. Intentional peer support is non judgemental, informal and mutually supportive; it benefits everyone; all can learn and grow together.

### **Intentional Peer Support at Sutton Mental Health Foundation**

SMHF has been using Intentional Peer Support to great effect in the local community for many years. We are currently looking to train people to join our team of Intentional Peer Support Workers working in the London Borough of Sutton. This can be in a variety of settings, including in A&E, at Springfield Hospital and in the wider community as well as on a one-to-one basis.

**Workshops run on periodically on a Wednesday afternoon at our centre at 63 Downs Road, Belmont, SM2 5NR.**

**For more information and upcoming dates, contact Carol Jacques**

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