

Peer Support in Your Community

Tuesday 17 May 2016
11am to 3pm

Mind in Northamptonshire believe in peer support and understand its benefits and value. Join us during Mental Health Awareness Week to find out more about peer support, meet other local organisations and talk about peer support in rural communities

The day will include a presentation, guest speakers, open forum, market place and free buffet.

Daventry Mind
Old Gas Works Car Park, Brook Street
Daventry
Northamptonshire
NN11 4GG



LOTTERY FUNDED



Improving mental health through peer support



Side by Side - Improving mental health through peer support

Mind In Northamptonshire is part of Side by Side, a programme that aims to improve the lives of people with mental health problems by increasing access to peer support. Mind, Bipolar UK, Depression Alliance and grant-funded projects are working together, with support from the Big Lottery Fund, to increase access to peer support and research its benefits. In particular, we're working to ensure that people from Black and minority ethnic backgrounds and people living in rural areas have access to peer support.

What can we do for you?

As part of this programme Mind in Northamptonshire have an opportunity to support peer support in our communities. We can

- Provide free training on peer support
- Support any person or organisation who would like to set up their own peer support network
- Support local projects to deliver high quality peer support and develop their services
- Support local people to access local peer support
- Provide opportunities to network and talk about peer support

For more information come along to our events or get in contact with your local Mind.

Daventry Mind

01327 879416

www.northamptonmind.org.uk