

## Community Peer Support in Ceredigion and Pembrokeshire



Peer support in your community

### UPCOMING EVENTS!

**CEREDIGION FREE MEMBER TRAINING - THURSDAY 30TH MAY,  
6PM-8PM, VICTORIA HALL, LAMPETER SA48 7EE**

Join us at our first 'shared learning workshop' to find out more about running a peer support group, active listening and dealing with challenges. Individuals and groups who are currently not members will be asked to complete membership forms at registration.

On the road car parking; car parks within ten minutes walk, street level access and refreshments available.

**PEMBS NETWORKING EVENT - WEDNESDAY 19TH JUNE, 11AM—  
1PM. REGENCY HALL SAUNDERSFOOT SA9 9NE**

If you are a member of a community based group, come and find out what we can offer, and how to join our network. We are pleased to welcome Liz Cook, Training and Development Team, from Pembrokeshire Association of Voluntary Services (PAVS) on local opportunities and funding.

Large pay and display car park next door, disabled access up a gentle ramp and refreshments available. Find out more and register your interest for either of these events on our Facebook page - search 'Side by Side Cymru' at Mind Aberystwyth.

### GRANT APPLICATION REMINDER

Our next panel meeting is due to be held on Tuesday 18th June. If your group would like to apply for grant funding of up to £250, then we will need to receive your completed application by 5pm on Friday 14th June. You need to be a member of the network to apply. You can download the forms in English or Cymraeg from the Mind Aberystwyth website or Side by Side Cymru Facebook page, where you will also find guidance on how to complete them.

NEWSLETTER  
MAY 2019

CONTACT:

01970 626225  
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[sidebyside@mindaberystwyth.org](mailto:sidebyside@mindaberystwyth.org)

Facebook – Side by Side Cymru  
at Mind Aberystwyth



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### SPOTLIGHT ON ABERYSTWYTH LEG CLUB / CLWB COESAU ABERYSTWYTH

The Aberystwyth Leg Club provides a warm and friendly welcome to people attending the community nurse-led leg clinic held at Llanbadarn Church, Aberystwyth on Mondays and Thursdays 9am to 3pm. The club are a lovely group of volunteers who understand the symptoms both physical and emotional that these conditions can cause. There is a strong social side to the club generated by the generous support provided by the volunteers. The club has been so successful that there will be a group starting in Lampeter soon.

If you are interested in finding out more about the club, or to volunteer, please go to: <https://www.legclub.org/leg-club-directory/search/United-Kingdom> and select the relevant Leg Club.



Pictured at a recent workshop (left to right) are Lottie, Side by Side Cymru's Project Worker Rob, Anita, Lyn, Samantha and Jenny. Topics included running a peer support group and dealing with challenges. Feedback was very positive with members saying that they found the experience "excellent", "very informative" and "helpful to hear others thoughts and experiences". We have been invited back to run a workshop on active listening and are looking forward to the welsh cakes and buttered bara brith.

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### FIRST PEMBROKESHIRE NETWORKING EVENT

Our first networking event in Pembrokeshire took place on Friday 10<sup>th</sup> May at Paul Sartori Hospice at Home in Haverfordwest. A big shout out to all those who attended - Kilgetty Friendship Club, The Art Group at Mind Pembs, Friends Get Together, Neyland & District Environment Enthusiasts, and the Shine Charity West Wales Support Group - and many thanks for coming together to explore peer support, it's value and it's benefits.



Pictured (left to right) are Stephen, Adam, Jerry, Melanie, Judith, John, Side by Side Cymru's Project Worker Rob and Suzanne.

Feedback was very positive, with participants enjoying "motivated and inspired networking", "the friendliness of attendees", "listening to people's experience and sharing info" and being reminded "to be more inclusive and listen more to others"

We will be hosting our next Pembrokeshire event at llam on the 19<sup>th</sup> of June at the Regency Hall, Saundersfoot. Head to our Facebook page for more details!

**CEREDIGION NETWORKING EVENT** – another shout out to Sue and Helen, who made a big contribution to our smaller networking event on Saturday 11<sup>th</sup> of May. We're looking forward to seeing everyone again for our free workshop at Borth Family Centre on the 10<sup>th</sup> of July (more details in June's newsletter). We'd also like to thank Café Cletwr who very kindly donated the room and the refreshments.

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Ariennir gan  
**Lywodraeth Cymru**  
Funded by  
**Welsh Government**

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## ONE TO ONE PEER SUPPORT LEADER SESSIONS

A reminder that Side by Side Cymru is able to offer one to one sessions to answer specific queries from group leaders or



from individuals setting up new groups, either over the phone or in person. Please contact our Project Worker to find out more (details in the side panel).

If you no longer wish to receive this newsletter, please contact  
Mind Aberystwyth on 01970 626225 or email  
[info@mindaberystwyth.org](mailto:info@mindaberystwyth.org)

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