



CHARD WATCH CIC
 (WORKING ALL TOGETHER IN CHARD)
 Your potential. Your voice. Your way

**WATCH CIC working in partnership with
 Somerset Skills & Learning**

Learning Peer Support Course

**Have you experienced barriers to learning in the past?
 Would you like to know more about the value of
 Peer Support?**

**If so, attending this course with like-minded people and
 being part of a supportive group, you will learn together
 how to access and participate in local learning activities
 and opportunities, as well gaining new tools and skills.**

**The course is FREE to adults who wish to support their mental
 wellbeing by engaging in learning**

Course Dates: Friday 23rd, 30th Nov, 7th Dec and 14th Dec 2018.

Venue: St James Church Hall, St James Street, Taunton TA1 1JS

Times: 1.00pm to 3.30pm

| Course Content |
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| Understand the value of peer support |
| Learn tools to enable active participation in learning activities that support self management and recovery from mental health conditions |
| Recognise the benefits in peer support learning activities:- reducing feelings of isolation, improving confidence and independence, milestone setting, progression & achievement, moving on into further learning, voluntary work and job prospects. |
| We will explore Principles of Peer support and:- <ol style="list-style-type: none"> 1. Barriers to Change 2. New Ways of Learning 3. Mutuality 4. Equality and Diversity 5. Boundaries |
| How to form and maintain a Learning Peer Support group in your local community and progress to mentoring /supporting your peers. |
| To build confidence in working to your overall goals, in your own way. |

To apply complete the attached Booking Form or contact Ruth by e-mail ruthcrooks.watchproject@gmail.com or contact the WATCH project by phoning Paula on 01460 261264

Free places will be allocated on first come first served basis, so book now



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Booking Form

We would like people who are interested in the Learning Peer Support Course to complete this booking form. The form is for the purpose of making contact with you as the course approaches, to provide you with more course attendance details and confirm you still wish to attend.

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|---|--------|-----------|-----------|-------|
| Name | | | | |
| Contact numbers | | | | |
| Email Address | | | | |
| Postal Address | | | | |
| How would you prefer to be contacted? (please circle) | | | | |
| Phone call | Text | Letter | Email | |
| Which course location are you interested in attending? (please circle) | | | | |
| Taunton | Yeovil | Ilminster | Crewkerne | Chard |
| Do you have any additional support needs we need to be aware of? | | | | |
| | | | | |

Return via e-mail to ruthcrooks.watchproject@gmail.com or post to
Chard WATCH CIC, Forefront Community Centre, 42 Fore Street, Chard, TA20 1QA