



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

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

### **Peer Support Awareness**

**This short course is FREE for adults working with or supporting people who have mild to moderate mental health issues and to provide insight into the benefits and value of Peer Support in managing and maintaining mental wellbeing**

**Venue: St James Church Hall, St James Street, Taunton, TA1 1JS**  
**Date: Monday 22<sup>nd</sup> October**  
**Times: 7.00 to 9.30 pm**  
**Tutors: Denise Hodgson and Rosie Masters**

<b>Course Aims &amp; Content</b>
To raise awareness of how peer relationships within groups can support individuals with mental health issues to become more self managing.
To understand and explore Principles of Peer support and:- <ol style="list-style-type: none"> <li>1. Barriers to Change</li> <li>2. New Ways of Learning</li> <li>3. Mutuality</li> <li>4. Equality and Diversity</li> <li>5. Boundaries</li> </ol>
Identify how empowering and supportive it is for individuals to be in a peer group as it enables self managing management and helps promote independence and recovery.

To apply complete the attached Booking Form and send to Ruth e-mail [ruthcrooks.watchproject@gmail.com](mailto: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 Peer Support Awareness Course to complete this booking form. The form is for the purpose of making contact with you as the course approaches and to provide you with more course attendance.

<b>Name</b>	
<b>Contact numbers</b>	
<b>Email Address</b>	
<b>Postal Address</b>	
<b>How would you prefer to be contacted? (please circle)</b>	
Phone call	Text Letter Email
<b>Brief overview of your role as supporter/worker of people with mild to moderate mental health issues:-</b>	
<b>Do you have any additional support needs we need to be aware of?</b>	

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