

Facilitators' News

The most recent training event in Leeds was attended by 30 new volunteers who will be facilitating across nearly all our Northern groups. This is the first time PeerTalk has run a training event with the purpose of strengthening our groups' volunteer numbers.



The clinical input was provided by Dr Gary Sidley who emphasised that depression is not a disease 'like any other' but most often the result of emotional distress.



Taking part in the group work was once again received with both apprehension and hilarity.

Huge thanks to all those who support our work.
For further information about groups, volunteering and donating go to www.peertalk.org.uk

Trustee Profile



Kate Chartres is a Nurse Consultant with Newcastle Psychiatric Liaison Team within the Northumberland, Tyne and Wear NHS Foundation Trust and she is also the Network Clinical Lead for NHS-England. On World Mental Health Day in 2017 Kate was invited to Buckingham Palace to celebrate the work of the UK mental health sector with the Princes William and Harry.

New Group to start at Bordon in Hampshire

Following the training event to be held on Saturday 6th April PeerTalk's 11th support group will commence on Tuesday 30th April at the Forest Community Centre in Bordon, Hampshire. This group has come about through the initiative of community worker Janet Heys.



In February **PeerTalk's twitter account** @peer_talk passed the milestone of 2 000 followers. Many thanks for following us.

All change in Gateshead

The room we use at Whickham library is to be developed into a bistro. This and low numbers has led us to decide to move the meeting to the Bensham Grove Community Centre in Gateshead from Monday 13th May. To enable this to happen we are training new volunteers on evenings 18th & 25th March and 1st April.



Securing funding is a constant challenge. Thanks to some supportive Trusts and some very generous individuals we are OK for 2019. Next year will soon be upon us and the quest to complete that budget is ongoing. We are developing relationships with Clinical Commissioners to foster sustainable funding streams but every donation of whatever amount is very welcome. Please help.
Thank You!