



PeerTalk®

Final Issue of Staying PeerTalk Connected

Week Twenty Seven
21st September - it's the last one!

Nearly all of our peer support groups have now reopened, offering face to face support and a place of welcome and stability. After 6 months of lockdown, I've noticed that what matters, and what doesn't matter, has become so much clearer. In a word, it's **connection**. When we've met with our volunteers to prepare for the restart of our groups they've all said, without hesitation, how brilliant it's been to see each other again. Being together, reflecting together, laughing and talking matters. So we move on, determined to honour what really matters. Thank you for staying with us through these strange times. We hope that these updates have helped in some small way to sustain your wellbeing. Please stay connected with each other. Take care...., Rosa and Stephen

PeerTalk Share our Vision!

The vision of PeerTalk is to establish a nationally trusted brand of 100+ support groups, facilitated by trained volunteers, for people living with issues related to depression, anxiety and emotional distress. We need help crossing the bridge from needing grant funding to having sustainable funding. If you can help email stephen@peertalk.org.uk

Why PeerTalk?

The need for PeerTalk is evident in the stories of those who attend our groups but see here for a fuller account. [Why PeerTalk](#)



Why Volunteer for PeerTalk?

Nabihah has been a PeerTalk volunteer for three years and shares her story here.. [Nabihah's Story](#)

Have you appreciated these newsletters?

We hope that the past twenty seven newsletters have been helpful in signposting support and good advice. Show your appreciation by texting a donation Text **PeerTalk5** to **70450** to donate £5 Or **PeerTalk** to **70450** to donate £10 [Other ways to support our work](#)



Find out more at:

- 📞 07719 562 617
- 🌐 peertalk.org.uk
- 🐦 @peer_talk
- 📘 @peertalk1
- ✉️ enquiries@peertalk.org.uk
- 📷 [peertalkcharity](https://www.instagram.com/peertalkcharity)

Our PeerTalk groups are meeting again! - check our website for details

www.peertalk.org.uk

Will local 'lockdown' restrictions or the 'rule of six' affect our support group meetings? - NO

The official guidance states: 'There are exceptions where groups can be larger than 6 people, including: support groups – formally organised groups to provide mutual aid, therapy or any other form of support'. Local 'lockdown' restrictions only apply to social gatherings and support groups are not social gatherings

We are following COVID19 secure guidelines

You can see how the group will look different [here](#) and our Risk Assessment Policy [here](#)