

Staying PeerTalk Connected

January 2021

PeerTalk support groups are able to meet during the new Jan/Feb restrictions as they are recognised as an exempt activity by the UK Govt. However we recognise this could change and suggest people check our website for any updates.

Click [here](#) for our [PeerTalk Support Groups](#)

This newsletter aims to provide helpful information about support available and share something of the work of PeerTalk and its vision.



Anxiety about being vaccinated is normal for anyone. Despite reassurances that strict standards of safety and quality have been met and all clinical trials and safety checks have been made there is still nervousness about the thought of needles and being injected. Perhaps placing our trust in scientists and clinicians is most necessary to get us all through this Covid crisis.

For reliable info about the vaccine see [nhs.uk coronavirus-vaccine](https://www.nhs.uk/coronavirus-vaccine)

PeerTalk's vision for 2021 - 2022

Plans for the coming year might yet be thwarted by Covid19 but if we secure all the necessary funding our intentions include:

To maintain and strengthen the current support groups

To restart the groups at the University of Central Lancashire and in Settle

To start the previously planned new groups in the University of Sunderland, Leeds Beckett University and Huddersfield

To launch new groups in Farnham, Leeds Central, Wigan and Rochdale

To establish sustainable partnerships with statutory agencies and funders

To continue to promote PeerTalk as a national charity that is clinically credible and organisationally robust being there for people when needed



Calm have picked some of their favourite meditations, sleep stories, movement exercises, journals, and music. All of the resources are free to use and to share.

[calm.com take-a-deep-breath](https://calm.com/take-a-deep-breath)



Our PeerTalk Bradford group have adopted their own support mantra; **Pause, Observe, Proceed.**
'When faced with a problem, or something you find difficult to deal with - Pause, look about, decide what outcome you really want, then proceed down the best path'.
They even have made T shirts with it on!

If your child is worried or anxious about coronavirus, here is advice on what you can do

[talking-to-your-child-about-coronavirus](#)

YOUNGMINDS

"Let's Keep Talking"

This service offers to phone people up for a chat who are feeling isolated, frustrated or scared by their current situation, or about making the best of a difficult time.

workingconversationsgroup.org

Today's Parent

Being stuck at home isn't ideal, but here are 87 family activities to make dealing with isolation just a little bit more fun for the whole family

[fun-things-to-do-at-home](#)



PeerTalk

Find out more at:

📞 07719 562 617

🌐 peertalk.org.uk

🐦 @peer_talk

📘 @peertalk1

✉ enquiries@peertalk.org.uk

📷 [peertalkcharity](#)

Charities Aid Foundation

DONATE



HM Government

In partnership with

THE NATIONAL LOTTERY COMMUNITY FUND

PeerTalk appreciate the grant received to support our work until February.

Will you give £10?

Text PEERTALK to 70450

Since PeerTalk began in 2016 we have trained over 200 volunteers as group Facilitators. Some of these have since moved on for various reasons including shielding during the current crisis. I invite you to read about the experiences of our superb volunteers here: [why-volunteer-for-peertalk](#) If you are interested in volunteering with PeerTalk then email enquiries@peertalk.org.uk The PeerTalk Charitable Foundation Reg: 1169830