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 **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: Thursday 18th, 25th January and 8th, 15th February 2018**

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

**Times: 1.00 pm to 3.30pm**

**Tutors: Rosie Masters and Alice Smith**

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| **Course Content**  |
| 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:-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 phone Ruth on 07472756203

**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.

|  |  |
| --- | --- |
| **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 Ilminster Crewkerne  |
|  |
| **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