

Community Led Peer Support



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Greater
Manchester
Integrated Care
Partnership

Community Led Peer Support as an effective resource for women experiencing health inequalities in Wigan

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Project Aim



- This project looks at how community based peer support could be beneficial for people at risk of poor mental health and health inequalities in Wigan, with a particular focus on women.
- Discussing what peer support is, what role community can play in good mental health, and what benefits community based peer support can have for women locally.
- Showcasing different practices from the UK and globally, alongside our local community groups that are delivering meaningful impact.
- Gathering stories from women involved in peer support spaces
- Collating learning and evidence from projects to create a resource for groups wanting their own peer support practice to thrive



Context



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In Greater Manchester:

People from deprived areas have a higher use of secondary MH services than those from less deprived areas.

Females also have a higher referral rate into secondary MH services than males.

People from deprived areas have worse talking therapy outcomes than those from least deprived areas, as do women.

Could giving communities more power to support themselves through peer support work to address this inequality?

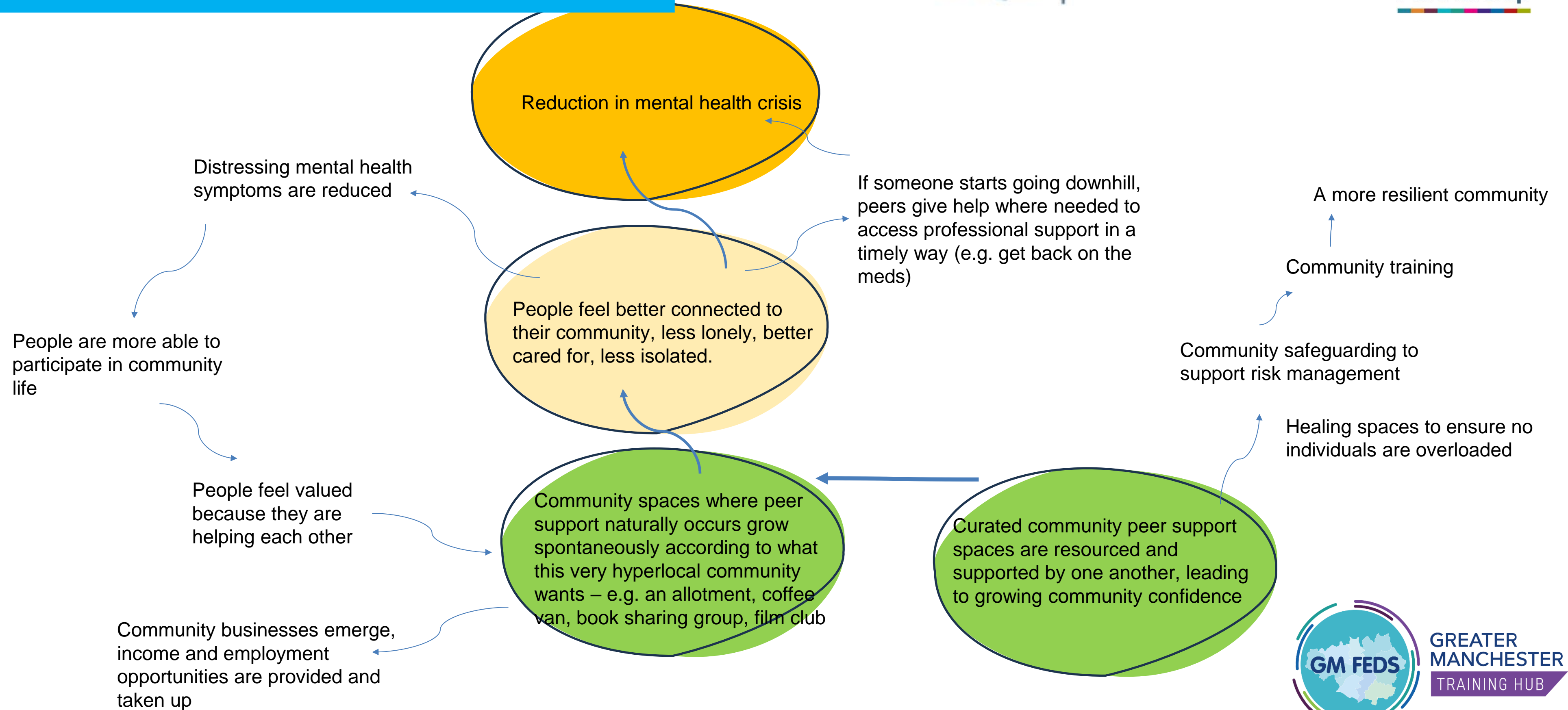


What could the impact be?



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Learning so far



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- There's LOTS of evidence to back up the use of peer support in mental health contexts.
- There are some best practice examples of peer support led by communities both close to home and further afield:



People Focused Group
the home of peer support



- Working alongside the Peer support network in Wigan
- With ABCD network in Wigan (completed ABCD practitioner course)
- Hosting Community Safeguarding reflection session on a monthly basis



Learning so far



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- Lots of conversation with women at Remade, Community Corner and PFG (lots of positive stories with tangible outcomes)
- Thinking about other spaces where things might not have gone to plan, where conflict has arisen, funding has meant the end of spaces, or leadership has drifted.
- Co-commissioned training in Ripple Mapping from People's Voice Media to support an asset based evaluation piece (starting in October)

Conversations still to have:

Complete Kindness, Epic Hope, Living Well peer support lead





- Using an asset based approach embracing the strengths and insights of people living in our communities: inviting people to hold power and make the changes they want to see.
- Holding conversations in spaces that feel safe and making sure that women are looked after.
- Doing a scope of existing literature and being aware of what's in the room, and what's not. Listening to resources that aren't exclusively traditional, ensuring that the understanding of the community remains a priority.
- Collecting information on asset based evaluation methodologies that may be suited to evaluating the impact of community based peer support.
- Bringing together community input and learning in a practical and helpful way, that's accessible to people outside of traditional services.

Next Steps

- Continue the conversations:
Involve Epic Hope, Middleton Women's Coop, Complete Kindness, Living Well Peer Facilitators, CLI Peer Supporters...
- Keep having those conversations with women and being mindful of the positional imbalance
- Beginning the ripple mapping evaluation project using Remade Wigan workshop
- Keep reading and researching on the socio economic influences on commissioning of preventative interventions
- Look more at how devolution and broader policy initiatives such as Live Well could be leveraged to create more opportunity for small grassroots group to take up peer support functions.