

If you would like to become a Peer Volunteer, attend one of our many groups or just want to find out more, please contact:

**Claire Blackburn**

**Peer Volunteer Officer**

Richmond Borough Mind

Richmond Healthcare Hamlet

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Richmond

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Richmond Borough Mind



For better  
mental health

Richmond Borough Mind has been providing mental health services within the Richmond Borough since 1958. For more information on what other services are available please call

**020 8772 5687**

E-mail: [info@rbmind.org](mailto:info@rbmind.org)

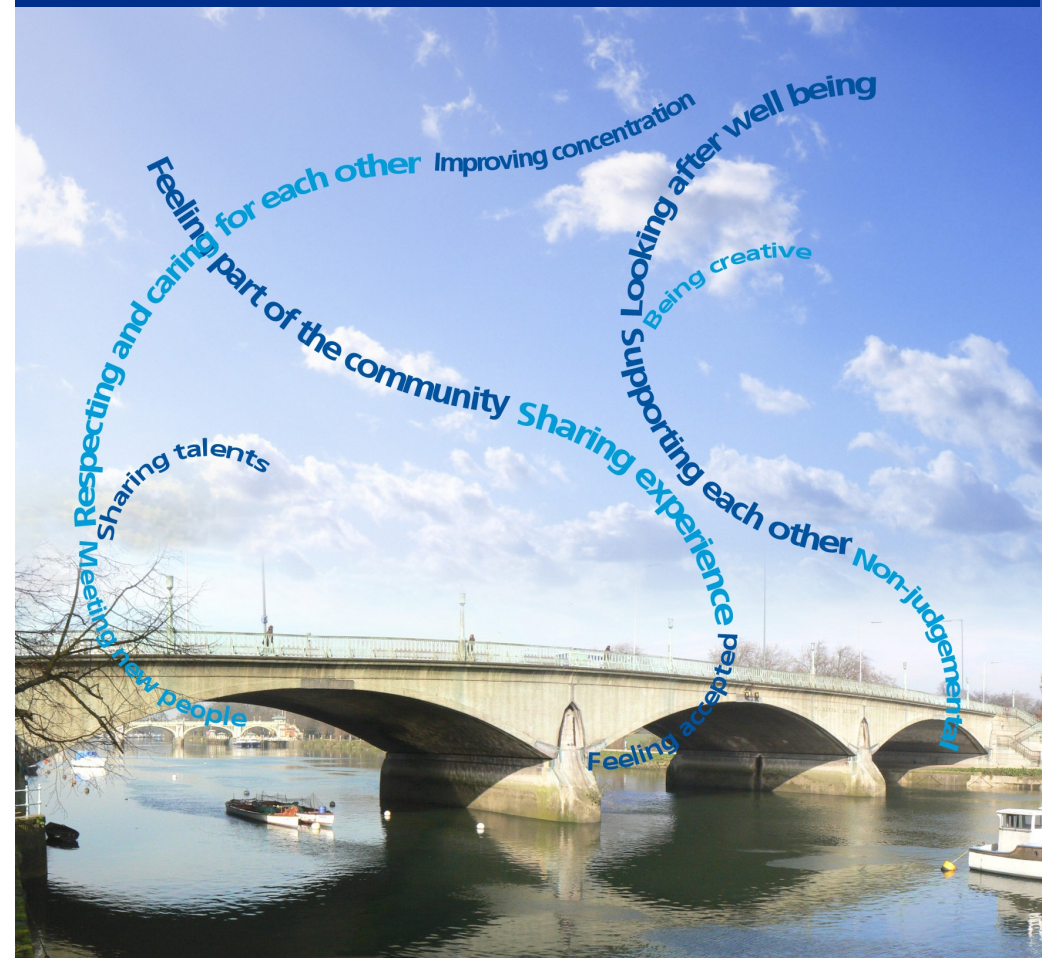
Website: [www.rbmind.org](http://www.rbmind.org)

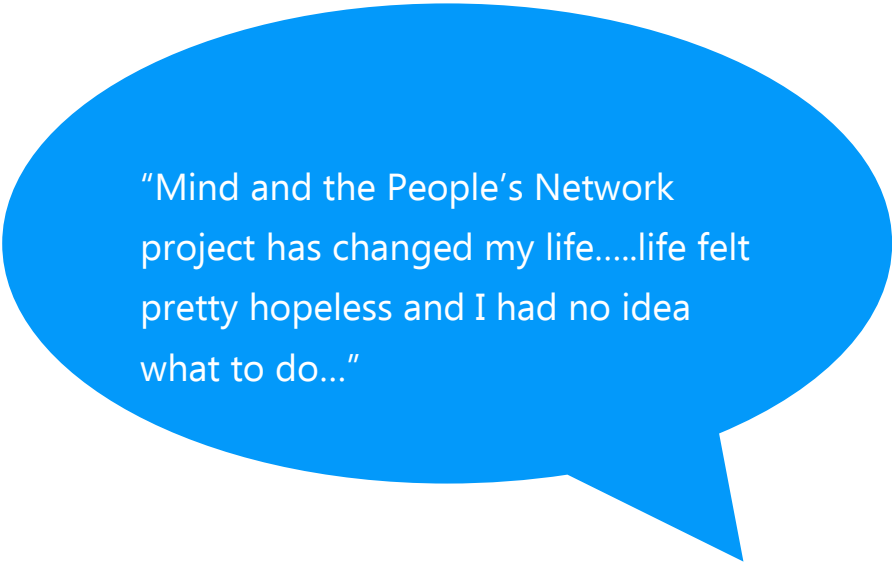
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# Richmond Borough Mind People's Network





“Mind and the People’s Network project has changed my life.....life felt pretty hopeless and I had no idea what to do...”

### **What is it?**

The Peoples Network is made up of groups run by and for people with experience of mental distress

### **Is the People’s Network for me?**

Yes, if you are feelings isolated and/or have experienced mental distress. Whether you have lived in the Borough of Richmond all your life or just moved in, whatever your cultural identity, gender, sexuality, or mental health background, if you are interested in joining a group or becoming a Peer Volunteer please get in touch.

### **What do you need to become a Peer Volunteer?**

Richmond Borough Mind will provide training and on going support that will help prepare you to run a group. Following your training there will be a graduation ceremony where you will receive a Peer Volunteer Certificate.

### **What kind of groups can I run?**

The groups can be on any subject that would contribute to your well being and the well being of your peers; this could be having fun, making friends, moral support, sharing your culture, sharing a skill or learning a new one. They can run for years or for months – part of their very nature is that they are what people want them to be, when they want them.

### **“Empowering people to run groups”**

Peer Volunteers experience their own mental health issues and therefore are in a unique position to offer support to others in order to improve the quality of their lives.

### **Current Peer Led Groups Running**

#### **Creative Mind**

- Art group facilitated by Jo and Michelle

#### **Readers Mind**

- Reading Group facilitated by Martin

#### **Karaoke**

- Facilitated by Ron, Malcolm and Martin

#### **Games**

- Facilitated by Peter and Ann

#### **Women’s**

- Women’s group with massage facilitated by Ann and Michelle