

## SCPT Peer support groups



### What is peer support?

Peer support is made up of activity groups, with the aim of being peer-led, sustainable and flexible. These groups are designed to maintain recovery, prevent social isolation, and help people to develop and re-engage in their interest. Based on the premise of self-help, the groups bring people together who know what it's like to experience mental health difficulties and to get involved in a range of social activities and events.

### Who is this for?

Peer support is particularly helpful for people who are isolated or have limited social support, as we all know that community support is the key for maintaining good mental health. Peer support is also helpful for people who would like to improve their interpersonal skills or simply just want to build new interest or re-engage in activities they like doing. We welcome people who have no active self-harm and suicidal risks.

## What peer support groups do we have?

### 1. Mindfulness

This group are available online via Zoom and face-to-face at 151 Blackfriars Road. We practice 4-5 different mindfulness activities every session.

### 2. Art

This group runs every fortnightly on Mondays between 1pm and 4pm at 151 Blackfriars Road. In this group, people can have fun with arts and crafts. In the past, we created mosaic using glasses and marbles, cards and masks using fabrics and glitter.

### 3. Women's

This group are available online via Zoom and face-to-face at 151 Blackfriars Road. In this group, people may do activities following different themes. For example, we made pancake on the pancake's day and celebrated international women's day together.

### 4. Creative writing

This group runs every fortnightly on Mondays between 1pm and 2:30pm at 151 Blackfriars Road. In this group, people can write freely and creatively. In the past, we wrote poem, created a short story and paragraph.

## Who runs these groups?

Groups are run by volunteers who may have their own lived experiences of mental health. They are empathetic and are passionate about the topic of the group they are running.

## How to make a referral?

We are only able to take referrals for clients who are with Lambeth Secondary Care Psychological Therapies (SCPT). **You can follow the normal referral route to SCPT** if you are working with the Living Well Centres (STS and FS), IAPT or SPA. SCPT will screen and triage the client and discuss best options.

SCPT staff: to make a referral, please complete the peer support referral form and send it to [flora.cheng@slam.nhs.uk](mailto:flora.cheng@slam.nhs.uk).

For further information, please email [flora.cheng@slam.nhs.uk](mailto:flora.cheng@slam.nhs.uk).