

## Peer Support in your community

Free workshops and coaching

Events to meet others and share learning

Small grants up to £250 for your group

Peer support is when people use their own experiences to help each other. It can happen on a one-to-one basis, online or in a group. It may involve a range of activities such as crafts, walking or meeting for coffee.

For further information contact koz Doherty on Oll3 305 5800 or email roz.doherty@leedsmind.org.uk



