



## The Future is Peer

The Future is Peer – Live on Air event took place online on Wednesday 20 March 2024. With the fabulous Viv Gee presenting, we welcomed special guests, had some great discussions and shared lots of examples of peer support in action!

Don't worry if you missed the livestream as we've created a recording of the full event including all the films featured on the day. If you don't fancy watching the full event, we've created a list of time stamps taking you to different content and films.

### Time (approx.)

- |                        |                                                                                                                                                                                                                                 |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3:02-7:24</b>       | What is peer support? (chat).                                                                                                                                                                                                   |
| <b>7:25-11:40</b>      | A look at The Future is Peer in-person event and why we're celebrating and championing the power of peer support (film).                                                                                                        |
| <b>16:54-52:45</b>     | Embedding peer support in services. Mel Ball, Director of Lived Experience at Midlands Partnership University NHS Foundation Trust, shares learning on why and how they developed a peer workforce (chat / film / reflections). |
| <b>53:26 – 1:22:00</b> | <b>Main studio:</b> The Awesome Power of Community-based Peer Support featuring Held in Our Hearts, PawPalz, Women's Wellbeing Club and Bipolar Scotland (intro chat and film choice 1).                                        |

**Room 2:** Working Together. Peer Support in Primary Care featuring Penumbra South Angus Peer Service (intro chat and film choice 2).

- 1:22:00 – 1:30:05** Special guests Heather, a Bereavement Counsellor from Held in our Hearts and Shona, a Peer Worker from Bipolar Scotland talk about their work in peer support (chat).
- 1:35:40-1:44:11** A performance from Joyous Choir who are part of Maryhill Integration Network (film).
- 1:44:13- 1:55:35** Drum 4UR Life session. This includes an introduction from Jeanette of North Ayrshire Wellbeing and Recovery College and a short recovery story from John (film).
- 2:30:18** Maree Todd, Minister for Social Care, Mental Wellbeing and Sport talks about the Scottish Government's commitment to peer support and launches Scottish Recovery Network's new Peer Recovery Hub! (film).
- 2:41:00 – 2:49:00** Mark Soanes, Operations Manager at Scottish Recovery Network talks about the PeerRecoveryHub.Net (chat).
- 2:49:03- 3:08:16** **Main studio:** What Makes a Successful Peer Support Network with Iain, a Peer Recovery Development Worker, with Dundee Volunteer and Voluntary Action (intro chat / film).

**Room 2 (time stamp of 23:24 for film):**

Investing in Peer Pathways with the team from Health in Mind (intro chat / film).

**3:08:33- 3:19:30**

Peer support works! Viv talks to Louise Christie, Director of Scottish Recovery Network (chat).

Please note: As this is a recorded version of the event the Mentimeter activity and the chat box have closed.

However, you can still have your say on our question of the day **‘What needs to happen to enable peer support to grow and to bring it to more people and places?’** by posting on Facebook and Twitter using **#ILovePeerSupport**

## Get in touch

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**Scottish Recovery Network**

Together we can make mental health recovery real