

From: Info - Peerpartnership <Info@peerpartnership.org>

Subject: The Peer Partnership Training - February 2025

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We have a series of online workshops available in February 2025 for VCSE, local authority and health sector workers. You can find all the details below or [on our Eventbrite page](#), where you can also book your place.

If you manage a newsletter or have any relevant contacts within the VCSE sector, we would greatly appreciate your help in circulating the details in this email.

If you are interested in organising a session exclusively for your organisation or on behalf of another organisation, please see details of our [Training for Professionals](#) on our website, which gives all the details of the workshops we can provide either in-person or online. If you would like to talk to us about this, please email us at info@peerpartnership.org or call us on 0117 955 5038.

- **How to Design Peer Support** [Tuesday 4th February 2025](#) 09:30-13:30

Peer support can be a hugely effective intervention for people going through complicated life circumstances. Being able to receive empathetic support from people who have been through similar situations can reduce feelings of isolation and not being understood. It can also help people improve their knowledge, confidence, and ability to take control of their situation by learning from the experiences of others who have overcome, or who may still be struggling with, the obstacles and barriers they are facing. This workshop is designed to support health organisations and voluntary, community, and social enterprises (VCSEs) to consider, plan, and troubleshoot the introduction of peer support programmes into their services.

Please click the above link to book your place via Eventbrite, or visit our website to find out more about the workshop: [How to Design Peer Support Workshop](#)

- **Group Dynamics and Facilitation** [Tuesday 18th February 2025](#) 09:30-13:30

Group support can be a valuable and effective intervention for people living with complex or difficult circumstances. The ability to share your knowledge and experiences with others while also learning from the knowledge and experience of others can lead to new ways of thinking and approaching situations, as well as supporting a reduction in feelings of isolation. Groups can be organic and unpredictable, with each instance bringing new personalities and new complications. By learning how groups form, engage, and resist, and by understanding how to create an environment that emphasises the needs of the group as well as those of the individuals within it, support groups can maintain focus, cohesion, and effectiveness. This workshop is designed to support staff and organisations in voluntary, community, and

social enterprises (VCSEs) to understand group dynamics within a support setting and to manage and coordinate groups or supervise volunteers to do so.

Please click the above link to book your place via Eventbrite, or visit our website to find out more about the workshop: [Group Dynamics and Facilitation Workshop](#)

- **Boundaries in the VCSE Workplace** [Thursday 20th February 2025](#) 12:30-16:30

Professional and personal boundaries are key to keeping service users, staff, and organisations, safe, effective, and professional. They help us to utilise our skills in the most appropriate way within our professional roles, and to ensure consistency of service and management of the expectations of service users. But what are boundaries, and what can make it difficult to maintain them? This workshop is designed to support staff and organisations in voluntary, community, and social enterprises (VCSEs) to consider, plan, and implement personal and professional boundaries in the workplace. We will explore the various aspects of boundaries in the workplace, using open discussion of our own boundaries, case studies of situations that can arise, and how we can manage the maintenance of boundaries through internal and external policies and personal accountability.

Please click the above link to book your place via Eventbrite, or visit our website to find out more about the workshop: [Boundaries in the VCSE Workplace Workshop](#)

- **Recognising and Responding to Challenging Behaviour** [Tuesday 25th February 2025](#) 09:30-13:30

Working with people with complex lives can be difficult, especially when service users might display strong defensive, aggressive, or disengaging behaviours that can interrupt constructive and meaningful engagement. This workshop explores challenging behaviour, how to recognise it, and techniques to work out when and how to intervene to try and de-escalate these situations.

Please click the above link to book your place via Eventbrite, or visit our website to find out more about the workshop: [Recognising and Responding to Challenging Behaviour Workshop](#)

Individual participation in our workshops can be booked for £50 per person on [Eventbrite](#). If you have any questions, please feel free to email us at info@peerpartnership.org or call us on 0117 955 5038.

For more information about The **Peer** Partnership, please visit [The Peer Partnership website](#).

Kind regards,

Louise Young,

Executive Assistant

Click to view [The Peer Partnership Services Catalogue](#)