Putting peer support into practice

Activity 3

Purpose: The purpose of these activities is to think about what poor practice looks like in the context of peer support and how to prevent it.

Activity

First watch this short animation of an example of poor practice in peer support.

The animation contains the voices of women with learning disabilities and is based on their lived experiences of seeking support and justice for gender-based violence.

Watch our video on Peer support - poor practice *(https://vimeo.com/1165979915)*

Now take some time to reflect and take notes on:

- How you would feel and what you might do if you were treated this way
- How this approach could increase isolation or discourage the woman from seeking support
- At what points in the interaction might the woman have felt dismissed, judged or put off from exploring peer support?

Now listen to what members of People First (Scotland)'s Equally Safe Group advise about supporting victim/survivors with learning disabilities to make decisions in this video.

Watch our Equally Safe Group video: peer support *(https://vimeo.com/1165980092)*

Activity 4

Purpose: The purpose of these activities is to think about what good practice looks like in the context of peer support and how to promote good practice in your organisation.

Activity

First watch this short animation of an example of good practice in peer support.

Watch our video on Peer support - good practice *(https://vimeo.com/1165979954)*

Now take some time to reflect and take notes on:

- What the worker did to help build trust and reduce the woman's fear of being judged or treated differently
- How peer support was explained in a way that respected the woman's autonomy and allowed her to decide what felt right to her
- What parts of this interaction you could realistically use in your own role or service.

Need some help?

Think about:

- What practitioners can do to promote peer support
- What organisations can do to reinforce peer support.

The peer recovery hub

For further guidance and advice about how to put peer support into practice, click here *(https://scottishrecovery.net/peer-support/)*