Recommendations for organisations

1. Recognise peer support as part of a support 'package' – embed peer support into service thinking, even if it's not 'what you do'.

2. Develop clear guidance on signposting – support staff to signpost safely and transparently to both formal and informal peer support, including how to explain boundaries and limits clearly.

3. Map local and national peer support options – maintain up to date knowledge of community, online and specialist peer support options, including those outside traditional service settings.

4. Make existing groups more accessible – review communication, structure and facilitation of current groups to ensure they're welcoming and inclusive for women with learning disabilities.

5. Value lived-experience in service development – involve women with learning disabilities in shaping how peer support is discussed, signposted and evaluated.

6. Create space for reflection and learning – encourage reflective practice through supervision, team discussions and training, recognising that improving peer support is ongoing work.