



# DELIVERING PEER SUPPORT

1. The value of peer support and the lived experience connection for people seeking to overcome substance misuse is well established. The need for quality training and support for those with lived experience to support others is vital. This course is informed by people with lived experience of recovery and of delivering peer support and mutual aid in the recovery community and in substance misuse treatment services. This comprehensive course aims to build confidence, awareness and provide practical skills for people with lived experience of substance misuse to support others to make and maintain positive change in the role of a 'peer'. It is designed for people who want to use their experiences to help others, learn new skills and engage in personal and professional development. The course includes skills and knowledge specific to offering peer support, as well as for volunteering or working in the substance misuse sector. It complements other training and induction processes.

## 2. TOPICS COVERED

This four day or 8 session online course covers a range of information grouped under the headings:

- Utilising lived experience
- You
- Setting
- Skills and techniques

3. Trainers Recovery Cymru courses are informative, interactive, practical and fun. They utilise the experience of people with lived experience and discussions are focussed on issues which are relevant to you. We utilise small group work, discussions, film, activities – and some surprises! Our experienced trainers are able to bring you best practice, tried and tested techniques and personal experience. Trainer bios available for each course.

## 4. BY THE END OF THIS COURSE YOU WILL BE ABLE TO;

- Know the different peer support roles
- Recognise the opportunities and challenges of peer support
- Share your experiences to benefit others
- Have skills to offer peer support to others
- Understand professional relationships and practices

## 5. PARTICIPANTS WILL RECEIVE:

- A pre-course intake conversation to ensure suitability
- Access to resources and online materials via the Recovery Cymru online training portal (coming soon)
- A certificate
- A further hour of one to one support for up to 3 months if required
- Discount on future courses

5. More information This training course is for people with lived experience of substance misuse and recovery who want to use their experiences and gain new skills to support others in making and maintaining change. It is for people who feel they are in a place of stability and are able to commit to the whole course. This course provides assurance and confidence to services who want to offer robust and accredited training to volunteers or staff with lived experience. You can spot purchase places or we can train a group. This training provides an excellent foundation for new staff recruited as recovery champions, recovery navigators or peer supporters as part of their wider induction and training.

"For me personally, completing the volunteer training with Recovery Cymru has given me the realisation that I do have the skills and confidence to volunteer and that I am good enough to do it. Being me is enough – I don't have to be anyone else. I used to look at other volunteers and group facilitators and think, "I could never do that" but with support and encouragement from my peers I have proved that I can."  
[Volunteer with lived experience]

"RC seem to have nailed it."  
[local provider]