

This pathway offers a guide to growing the skills you may find helpful to deliver quality Peer Practice in Fife

| Soil<br><i>Questions to ask myself</i>   | Seeds<br><i>What do I need to be ready?</i>  | Roots<br><i>Where do I start?</i>   | Shoots/Branches<br><i>What can I bring?</i>  |
|--|--|---|--|
| Pre Engagement & Preparation   | Informal Peer Relationships & Peer Groups  | Voluntary Peer Work & Peer Placements   | Formal - Employment  |
| So...  | To be able to...   | I could...  | I bring my...  |
| <p>Am I ready for Peer? Contact <a href="mailto:Trish@fva.org">Trish@fva.org</a></p> <p>Where am I at in my own recovery journey?</p> <p>How can peer practice be part of my recovery journey?</p> <p>What level of peer support do I want to offer? What might I need to achieve this?</p> <p>How have I already practiced peer? Supporting loved ones, sharing and connecting with others</p>  | <p>Share my <a href="#">recovery story</a> safely</p> <p>Walk with others on their recovery journey</p> <p>Become part of a peer led group (see where to go)</p> <p>Explore different ways of practicing peer</p> <p>Develop a peer relationship</p> <p>Practice <a href="#">Reflective journaling</a></p> <p>Share hope and belief with others on their journey of recovery</p>   | <p>Shadow a Peer Practitioner</p> <p>Co-facilitate peer groups</p> <p>Be part of a co-reflection group</p> <p>Support online and digital delivery</p> <p>Take part in Peer supervision</p> <p>Use my reflective journaling to further explore the impact of my peer relationships'</p>  | <p>Self</p> <p>Lived experience of mental health challenges</p> <p>Self-management skills</p> <p>Previous training and experience</p> <p>Peer Practice experience, skills and qualifications</p>   |
| <i>How can I do this?</i>  | <i>How can I develop my skills?</i>  | <i>How can I develop my practice?</i>   | <i>How can I develop my career path?</i>   |
| I can ...  | Find out about & sign up for...  | Find out about & sign up for...   | Find out about & sign up for...  |
| <p>Contact Fife's Peer Support Network Coordinator at Fife Voluntary Action – <a href="mailto:trish@fva.org">trish@fva.org</a> and join our Peer Support Network</p> <p>Chat to someone about my recovery journey</p> <p>Start a <a href="#">reflective journal</a></p> <p>Check out all things peer at <a href="#">The peer recovery hub - Scottish Recovery Network   Peer support</a> and sign up to their newsletter</p> <p>Check out the <a href="#">Moodcafe website</a></p> | <p>Join the Fife Mental Health Peer Support Network - contact <a href="mailto:trish@fva.org">trish@fva.org</a></p> <p>Developing my own Wellness Recovery Action Plan</p> <p><a href="#">Introduction to Good Conversations</a></p> <p>Peer2Peer course: 8 week course (3hrs/week) in understanding peer <a href="mailto:trish@fva.org">trish@fva.org</a></p> <p>Fife's Health Promotion <a href="#">Training Programme</a></p> <p><a href="#">Becoming Trauma Informed</a></p> <p><a href="#">Adult Basic Education courses</a></p> | <p>Peer2Peer course: 8 week course (3hrs/week) in understanding peer <a href="mailto:trish@fva.org">trish@fva.org</a></p> <p><a href="#">Social Care Skills boost course</a> - Fife College 6-week course</p> <p><a href="#">Developing your Trauma Skilled Practice</a></p> <p><a href="#">FVA Step into Volunteering training (Stages 1 &amp; 2)</a></p> <p>Facilitation/group work skills – <a href="mailto:trish@fva.org">trish@fva.org</a></p> <p><a href="#">Applied Suicide Intervention - ASIST</a></p> <p><a href="#">Mental Health courses - NHS Fife</a></p> | <p><a href="#">Good Conversations 3 day course</a></p> <p><a href="#">Wellness Recovery Action Planning</a> - 5-day Facilitator course</p> <p>Fife College <a href="#">Social Care courses</a></p> <p><a href="#">Developing your Trauma Skilled Practice 3:</a></p> <p><a href="#">PDA Mental Health Peer Support SCQF Level 7</a></p> <p><a href="#">Online and hosting digital delivery training</a></p> <p><a href="#">Certificate- Start here for Care &amp; Social Care</a></p> <p><a href="#">Intermediate Certificate: Pathway to Care</a></p> |
| <i>Where to go?</i>  | <i>Where to go?</i>  | <i>Where to go?</i>   | <i>Where to go?</i>  |
| <p>Examples in Fife:-</p> <p><a href="#">Andy's Man Club</a></p> <p><a href="#">Women's wellbeing group</a></p> <p><a href="#">Sam's Cafe</a></p>  | <p>Ask the Network Coordinator <a href="mailto:trish@fva.org">trish@fva.org</a>.</p> <p>Examples include, but are not limited to: <a href="#">Andy's Man Club</a>; <a href="#">Women's wellbeing group</a>; <a href="#">Sam's Cafe</a>; <a href="#">Fife Employment Access Trust</a>; <a href="#">Curnie Clubs</a>; <a href="#">Express Group</a>; <a href="#">Support in Mind</a>;</p>  | <p>Ask the Network Coordinator <a href="mailto:trish@fva.org">trish@fva.org</a></p> <p>Examples of organisations offering volunteer peer opportunities in Fife include: <a href="#">Andy's Man Club</a>; <a href="#">Women's wellbeing group</a>; <a href="#">Sam's Cafe</a>; <a href="#">Fife Employment Access Trust</a>; <a href="#">Curnie Clubs</a>; <a href="#">Express Group</a>; <a href="#">Support in Mind</a>; <a href="#">Families in Trauma &amp; Recovery</a></p>   | <p>Ask the Network Coordinator <a href="mailto:trish@fva.org">trish@fva.org</a></p> <p>Examples of organisations currently employing paid peer practitioners in Fife include: <a href="#">Sam's Cafe</a>; <a href="#">Curnie Clubs</a>; <a href="#">Express Group</a>; <a href="#">Support in Mind</a>; <a href="#">NHS Fife Veterans 1<sup>st</sup> Point</a>,</p>  |