

Adult Learning - Course Information Sheet



SZZ2WA02 - HOPE Peer Support Group

Virtual Classroom - Zoom

<https://zoom.us/>

Start Date: 25 January 2022
End Date: 22 March 2022
Start Time: 2:00PM
End Time: 3:00PM
Day: Tuesday
Sessions: 8
Tutor: Mr Jude Taylor

ZZ99 9ZZ Room

Learn2b

Learn2b specialises in supporting people's recovery from mental health difficulties through learning and education. Learn2b is not therapy and the courses can run alongside any other form of help, support, education or training learners may be receiving. Learners are at the heart of every session; we recognise that some days we can feel unmotivated or low, and we accept that is okay. By attending our courses, people soon learn that they are not on their own; they will discover that other people experience similar things to themselves and find some common ground, often leading to a peer to peer support network. If you are new to Learn2b you will be contacted by our Learner Support Advisor to have a brief conversation with you prior to enrolling on to the course. Email alsreferrals@northnorthants.gov.uk if you would like some help accessing Zoom.

Course aim

Peer support exists in many forms, from informal sharing of experiences, to formal peer support roles. HOPE Peer Support is offering a safe and welcoming environment to encourage people to give and receive support founded on the key principles of respect, shared responsibility and a mutual agreement of the role we all play. The weekly group will give opportunity for sharing the good times as well as the not so good, with knowledge of acceptance and understanding, whilst also learning key skills around peer support. We keep the course open for new enrolments up to week 3, please do not worry that the start date has passed.

Course outcomes

- Identify strengths as a group and as individuals to use to support each other
- Define the groups intention and co-construct a framework for managing the group
- Take part in leading discussion on agreed topics drawing on your experiences and knowledge

How will the course be taught?

This course will consist of live virtual sessions using Zoom, a free to use video conferencing platform. A variety of teaching methods will be used which may include group discussion, worksheets, practical activities etc., relevant to the course subject. Handouts may be emailed to you after the session to support your learning.

What do I need to bring / have ready?

To join the live session you will need to access the internet via either a phone/laptop/pc/ipad/tablet, with your webcam and microphone switched on. The session is very interactive so please bring some headphones if you have them, to maintain confidentiality, if you have other people in your home during the restrictions. A notepad and pen may be useful if you wish to take notes.

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

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Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to https://safety.lovetoknow.com/internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>