

## Peer Mentoring training day Wed 24<sup>th</sup> Aug 2016

We listened to what people say about getting information about Self-directed Support. People told us that as well as speaking to us at AILN they would like to speak with another person who uses SDS.

At our Focus Group in May people said they would like to help others understand the benefits that SDS can give. Our thoughts from the Focus Group were:

- To gather some people together who use SDS to help people new to SDS through Peer Support
- To provide training for the group and enhance knowledge and understanding of mentoring and to develop practical skills for this



### The Group would understand the value of their role in sharing experience of SDS

We set about developing this and asked The Scottish Mentoring Network to help us with that. 11 Ayrshire people took part and successfully completed the training and gained an 'Introduction to Mentoring Skills' certificate.

The aim of the Peer Mentoring Training was 'To develop an understanding of the role of a mentor and acquire skills and knowledge for the role'. The training dealt with:

- What is Mentoring?
- The role of the Mentor
- Benefits & Challenges
- Key Mentoring Skills
- Mentoring Conversations
- Mentoring Good Practice



## What next:

We will all meet up again and chat about how we go about introducing SDS Peer Mentoring Support in Ayrshire.

We would like to thank everyone involved in this for their valuable input. A big thanks also to Sarah from The Scottish Peer Mentoring Network.



'Remember we're just a call away'

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## Some Quotes from the day:

After the training, I know that you need to get the start right (mentor relationship), it makes life easier.

We can let people know that the pitfalls can be overcome, people with experience of SDS can help them turn their thinking around.

I found out more today from speaking to people about what I can do with my SDS. It just shows that we can help other from our experience.

Today wasn't what I thought it would be. I thought I was volunteering to help people. I would have invited people into my home for a chat but I now know I am too trusting and this has shown me that there needs to be structure to the mentoring to keep us safe.

It's paramount to have an SDS Peer Mentoring Service so that people can get help from other who get SDS'

I want to help people by using my communication aid. I want others to relate to me as there is a person in here.

It's important to take Peer Mentoring forward for SDS'

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