

# Peer 2 peer training

## Fife information sessions

### October 2018



Fife Employment Access Trust (FEAT) are excited to announce the pilot of the first Mental Health Peer 2 Peer free training course in Fife.

This course is for people with lived experience of mental health problems and recovery who would like to use this to inspire hope and assist others.

We are looking for people who are currently supporting their peers or who would like to volunteer in a peer role to:

- Participate in a free 8 week course and celebration event
- Commit to attending on the following Friday dates: Nov 16, 23 & 30, Dec 7 & 14, Jan 11, 18 & 25 from 10.30am until 3.30pm in Glenrothes
- Participate in a developing network of peer supporters
- Use their new skills in an established or voluntary peer role

## Information sessions

Register for one of our information sessions to find out more or contact FEAT.

### Glenrothes

Friday 19 October, 2pm - 3.30pm

Fife Employment Access Trust,  
6-7 Hanover Court, KY7 5SB

### Kirkcaldy

Tuesday 23 October, 10.30am -12 noon

Fife Voluntary Action New Volunteer  
House, 16 East Fergus Place, KY1 1XT

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[www.fifeemploymentaccesstrust.com](http://www.fifeemploymentaccesstrust.com)

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peer2peer

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