



# PeerTalk®

Find out more at:

📞 07719 562 617

🌐 [peertalk.org.uk](http://peertalk.org.uk)

🐦 @peer\_talk

📌 @peertalk1

✉ [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk)

📷 [peertalkcharity](https://www.instagram.com/peertalkcharity)

# Staying PeerTalk Connected

## January 2022

Click [here](#) for our [PeerTalk Support Groups](#)

The new Covid19 Omicron variant is a major concern but our PeerTalk support groups continue to meet. We provide face coverings and sanitiser, we place seats two metres apart and we do everything that we need to do to keep our meetings as safe as possible .



New Years offer new hopes and new opportunities but often aspirations soon wane which can lead to frustration with failure and exacerbate feelings of self doubt.

*“Resolutions tend to have us looking for magic wands and even when we can’t see them, we tend to believe in them”.*

[Psychology Today](#) [The Problem With New Year's Resolutions: What to Do Instead](#)

Charities Aid Foundation

**DONATE**

### PeerTalk are recruiting Volunteer Group Facilitators

For our groups in Preston, Warrington, Bradford, Huddersfield, Leeds, Batley, Skipton, Settle and a new group to start in Knowsley the next training day will be at **Manchester Conference Centre on Saturday 5th February.**

For our groups in Sunderland, Whitley Bay and Gateshead the next training day will be at **The Museum of Sunderland on Saturday 19th February.**

For our groups in Guildford, Bordon and Whitehill and possibly a new group to start in Farnham the next training day will be on **Saturday 5th March at a venue to be confirmed.**

**The new groups in Sunderland (Teesside) and Knowsley (Merseyside) are due to start in March.**

For further information and how to apply see [Volunteer with us](#)

### 9 tips to help if you are worried about COVID-19

It's been a worrying time for lots of us. As the situation changes, you might feel nervous about the future or frustrated by the way your life has changed. [See here](#)

**Better Health every mind matters**

### Mask anxiety, face coverings and mental health



Why masks or face coverings can cause difficult feelings. Practical tips on how to cope including information on exemptions for mental health reasons. [See here.](#)

### togetherall Togetherall is a safe, online community where people support each other

anonymously to improve mental health and wellbeing. No judgement. No stigma. This is a place where anyone can begin their journey towards better mental health. [See here](#)

### PeerTalk's plans for the coming year include:

- starting up to six new groups including Sunderland and Knowsley,
- to maintain and strengthen the current support groups and continue to equip and support all PeerTalk's volunteers in their commitment to facilitating,
- to develop our relationships with statutory agencies and funders and be included in the forthcoming Integrated Care Systems,
- to launch a major fund raising initiative along with mass media promotion of PeerTalk's work.



**Thank you** to the Coop at Ingol, Preston who presented us with a cheque for £3108.44 as part of their Coop members scheme that supports local charities. We were pleased to visit the shop and share in their Celebration Day.