

## Vision, Values and Aims – Peer Support Plus<sup>®</sup>



### Charitable Objects of Peer Support Plus C.I.O. See *Constitution*<sup>1</sup>

To relieve sickness and preserve health of persons suffering from mental illness of any description or in need of rehabilitation and support as a result of such illness, in the Leeds Metropolitan District, by the provision of:

- Peer to Peer support.
- Educational workshops and courses on managing mental health illness and rehabilitation.
- Advice and guidance on living with mental health illness.

Nothing in this constitution shall authorise an application of the property of the C.I.O. for purposes which are not charitable.

### Vision

By working together in a safe, kind and supportive environment, we will promote recovery and wellbeing, making a positive difference to the mental health of everyone who engages with us.

### Values

We believe;

*“Everyone has mental health, just as everyone has physical health.”*

*“It’s Okay not to be Okay.”*

*“Only you can do it but you don’t have to do it alone.”*

We consider that every adult living in the community is expert in their own mental health; and can take responsibility for their own behaviours.

In all our interactions we aspire to respect our *Guidelines for Behaviour*<sup>1</sup>.

Experience has taught us that adults, working together and applying the Peer Support Plus Group Work process, can learn how to better manage their mental health and wellbeing.

We nurture Diversity and practice Equality, valuing everyone’s potential and actual contributions.

Our activities are shaped by everyone who engages with us.

The charity is directed by Volunteers, most of whom have lived experience of managing their own mental health.

We conduct Governance and Leadership transparently and with integrity.

We practice Asset Based Community Development (ABCD)<sup>2</sup>.

## Aims

We will maintain a safe, kind and supportive environment where every Peer engaged in learning to better manage their mental health, and every Peer Support Plus Volunteer, can flourish.

Wherever possible we will simplify and add lightness to everything we do.

We will include adults who can attend a weekly face-to-face Peer Support Group but do not want to engage digitally.

We will offer a weekly live digital video Peer Support Group to adults who are unable to attend our face-to-face Group; and include adults who are digitally disadvantaged.

To sustain our activities, we will train and/or recruit sufficient Volunteers with lived experience to maintain a sufficient number of Volunteer Facilitators.

We will minimise our costs and finance Peer Support Group Work from donations, fundraising and grants.

## Notes

<sup>1</sup> available on our website [peersupportplus.org](https://peersupportplus.org)

<sup>2</sup> **Asset Based Community Development (ABCD)** is grounded in principles of empowerment, human rights, inclusion, social justice, self-determination and collective action.

It is an approach to sustainable community-driven development based on the premise that communities, such as Peer Support Plus, can drive their development process themselves by identifying and mobilising existing, but often unrecognised, assets.

Our community assets are those collective strengths, resources and potentials Peers, Volunteers, Supporters, Suppliers and Funders already have at their disposal which can be nurtured to develop effective policy and process, promote social inclusion and improve the health and well-being of everyone who engages with Peer Support Plus. Our assets include existing knowledge, skills, strengths, potentials and network links with other organisations and individuals.

Our asset-based approach helps us make visible and value the skills, knowledge, connections and potential available to us. It emphasises the need to achieve a balance between meeting needs and nurturing the strengths resources and potential of our people and community.

We use tools such as a Capacity Inventory to discover and document the assets individuals and our existing network of supporting organisations can offer. Whenever practical we develop capacity, trust and sustainability from within Peer Support Plus and our support network, rather than seeking resources elsewhere with the risk of becoming reliant on outside assistance and funding.

End