

Bump, Birth & Beyond: peer relationships

Film transcript

Rosey

I think the biggest learning point from doing PND and Me over the last nine years has been boundaries. That's such an important thing. Boundaries keep you safe, they keep the person you're supporting safe.

Because we know the people who run peer support are coming from a lived experience point of view, so it's really about keeping yourself well. Boundaries cannot be overlooked.

I do think that connecting with others who are running peer support groups is incredibly important so you can share ideas and have that reflection time on what's working and what isn't, and to just keep yourself inspired and hopeful that what you're doing is making a difference.

With peer support, it's really important finding out what people you're supporting need and want from that group. Sometimes they might want a general discussion, sometimes they want more specific discussions, they might want to do crafts, they might want to go for a walk.

So, with PND hour, I've got a few friends that I've actually met through PND hour, who will cover it if I'm unable to do it for whatever reason. So, I do get breaks every now and then.

Yeah, it's not just me now, it's a community, so even if I'm not there you know, they know that if they log in at 8 o'clock on a Wednesday, there will be other people there too. It's so important that it's there consistently.

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