

Peer Connects webinar

The role of peer support in early intervention

Contributor Profiles

Steve Hardie

Currently Assistant Service Manager for Penumbra Angus Wellbeing Services, Steve has worked for the organisation for nearly 6 years. Since 2023 Steve has had a role in managing the services in Angus which provides him with an opportunity to help shape service delivery and continue to contribute passionately to the support offered in Angus. Originally starting his career as a Practitioner for Young people with Penumbra's Angus Nova service, Steve has also worked for the Young Person's Peer service, using his lived experience to support young people aged between 11 – 15 attending secondary school in the South of Angus.

Jim McEvoy

Currently a Peer Support Mental Health and Wellbeing Worker with Penumbra's Peer Support Service in South Angus. Jim also works as relief worker at the Hope Point Dundee, which offers round-the-clock peer-led crisis support.

For over twenty years Jim has devised and delivered wellbeing and motivational courses for Dundee and Angus College, delivering motivational behavioural change interventions to support individuals to engage with and benefit from services. He also provided emotional and behavioural support to students and people accessing the service while occasionally teaching social science and core skill classes.

Jim retired from the College two years ago and uses his lived experience of mental ill health and recovery to help support others to find their way forward.

Angus Adult Peer Service

This service is delivered from GP practices in South Angus, including Arbroath, Carnoustie and Monifieth. Using their own lived experience of mental health recovery, the team of Peer Workers offer authenticity and a unique insight that can enable and empower positive wellbeing.

Up-to 3 appointments are offered to explore self-management techniques and connect people with community resources or organisations that support wellbeing. A range of wellbeing workshops are also offered at each practice.

Individuals must be over the age of 16 years and registered at one of the above GP Practices to access this service.



Wendy Callander

Wendy is passionate about all things mental health and has worked in mental health roles for more than 30 years in public sector and third sector organisations.

Wendy joined Wellbeing Works in 2016 with a mission to create a service that meets the needs of those who face mental health challenges and develop an activity programme that supports people on a recovery journey.

Wellbeing Works is a mental health charity, formerly known as Dundee Association for Mental Health, and aims to improve mental health and wellbeing in Dundee. The team at Wellbeing Works consists of a Manager, a Volunteer Co-ordinator, three Support Workers, an Art and

Crafts Facilitator, a Peer Development Worker and two Peer Workers. They are currently supporting a caseload of around 120 participants.

The Peer Team was recruited in 2019 through Action 15 monies and are now funded as part of a commissioned service through Dundee Health and Social Care Partnership.

Historically, the organisation worked with people with severe and enduring mental health challenges in a 'day services' model. They have recently moved the focus of their work towards early intervention, working with people who are looking for opportunities to:

- Develop wellbeing skills that help them understand and manage their mental health
- Build social connections through attending group activities
- Learn some creative skills in art, crafts, photography, creative writing or music
- Get involved in outdoor activities including walking, gardening, conservation and noticing nature
- Connect with their local community through our supported volunteering programme

