

## ARRS Peer Support

### (North East & North Cumbria)

#### Background

Our population is being impacted more and more by complex, long term conditions. There is a growing concern about areas of longstanding unmet health needs and the social determinants of health are playing a bigger role than ever before.

We want to be able to provide additional support for roles which fall into the Additional Roles Reimbursement Scheme (ARRS) through interactive Peer Support sessions.

#### Programme Outline

We are offering short, themed, online sessions to help build a community of support. They are facilitator led, interactive spaces, for people to come together, share their experiences and be heard. The aim of the sessions is to reduce any feelings of professional isolation and to create greater levels of connection, collaboration and support

Wellbeing will be a strand running throughout all the sessions and the key focus of the sessions is:

- Starting well and keeping going
- Finding my place
- Understanding how change impacts on me
- Next Steps/The Future

#### Dates

You will need to select your preferred cohort from the list below and participate in four peer support sessions on the relevant dates:

Cohort 13 - 05 May | 19 May | 2 Jun | 16 Jun - 12.30 to 1.30pm

Cohort 14 - 05 May | 19 May | 2 Jun | 16 Jun - 1.45 to 2.45pm

Cohort 15 - 05 May | 19 May | 2 Jun | 16 Jun - 3.00 to 4.00pm

Cohort 16 - 11 May | 01 Jun | 15 Jun | 29 Jun - 12.30 to 1.30pm

Cohort 17 - 11 May | 01 Jun | 15 Jun | 29 Jun - 1.45 to 2.45pm

***Once you have been allocated to a cohort, you will need to remain in it and not be able to swap.*** This will aid relationship building and greater psychological safety. There will be up to 10 people in each group.

All sessions will be delivered via MS Teams.

**Next steps**

If you are employed within North East and North Cumbria ICS and wish to apply for a place on this programme, please click on the following link:

<https://forms.office.com/e/BJL4FLN149>

If you have any queries, please contact [jackiekerr1@nhs.net](mailto:jackiekerr1@nhs.net) or [cdda-tr.nelacademy@nhs.net](mailto:cdda-tr.nelacademy@nhs.net)