



## Group sessions and workshops 2025

# Welcome

We are very pleased to be running new Peer Support sessions and workshops in 2025.

There will be Peer Support sessions every month. These are online and across Scotland. There is never any pressure to share your lived experience when you come to a Peer Support group. It is just about spending time with each other, connecting, meeting new people and building supportive relationships.

In this booklet, you will find the dates of all the Peer Support sessions. We also have some information about 3 workshops we will be running.

## Taking part

There are limited spaces at all sessions and workshops. So if you would like to come along, please let Mary know. Mary is our Peer Support Lead.

Mary, Peer Support Lead

Email: [peer-support@future-pathways.co.uk](mailto:peer-support@future-pathways.co.uk)

Phone or text: 07552 393 019

If you need support to arrange transport to your nearest session, or need help with the cost, please let Mary know. We may be able to help.

# Peer Support sessions 2025

At each session, we will talk about what Peer Support is and we will agree how we run the session. There will be time for socialising and we will provide lunch at all the venues.

## JUNE

### **27 June 2025, Edinburgh**

11:30am–2:00pm

Maximum number: 15 people

Out of the Blue Drill Hall

30–38 Dalmeny Street

Edinburgh EH6 8RG

## JULY

### **16 July 2025, Aberdeen**

11:30am–2:00pm

Maximum number: 15 people

Love Rara

6–14 Justice Street

Castlegate

Aberdeen AB11 5HR

### **29 July 2025, online**

10:00am–11:30am

Maximum number: 12 people

Online, on Microsoft Teams

## AUGUST

### **12 August 2025, Inverness**

11:30am–2:00pm

Maximum number: 15 people

Spectrum Centre

1 Margaret Steet

Inverness IV1 1LS

## SEPTEMBER

### **9 September 2025, Fort William**

11:30am–2:00pm

Maximum number: 15 people

Nevis Centre

Studio 1

An Aird

Fort William PH33 6AN

### **23 September 2025, online**

10:00am–11:30am

Maximum number: 12 people

Online, on Microsoft Teams

# Peer Support sessions 2025

## OCTOBER

### **2 October 2025, Perth**

11:30am–2:00pm

Maximum number: 15 people

Culture Perth & Kinross

A K Bell Library

2–8 York Place

Perth PH2 8EP

## DECEMBER

### **3 December 2025, Oban**

11:30am–2:00pm

Maximum number: 12 people

Corran Halls

54 Corran Esplanade

Oban PA34 5AB

## NOVEMBER

### **21 November 2025, online**

10:00am–11:30am

Maximum number: 12 people

Online, on Microsoft Teams

### **26 November 2025, Glasgow**

11:30am–2:00pm

Maximum number: 15 people

The Mitchell Library and Theatre

North Street

Glasgow G3 7DN

# Peer Support workshops 2025

We have 3 workshops about different topics. Not all the dates and venues are confirmed yet. But you can still let us know if you are interested. We will then contact you when the details are confirmed.

## **First Aid mini session**

### **August, Glasgow**

This will be run by St Andrew's First Aid. We will be learning about first aid and CPR. CPR is when someone gives chest impressions to a person whose heart has stopped beating. You can get involved with some practical activities like doing CPR or applying a bandage. Or you can just watch. It is up to you. This session will last 2 hours and take place in Glasgow.

## **Mindfulness and Stress Management Workshop**

### **October, online**

A local provider will run the workshop. They have worked with Future Pathways before. We will do a short breathing meditation and will learn about how to manage everyday stress. You can do the mindfulness exercises, or just watch and learn. This workshop will last 2 hours and take place online, on Microsoft Teams

## **Healthy Eating and Nutrition Workshop**

### **December, Aberdeen**

This workshop will be at the Aberdeen Science Centre. We will learn about why a healthy diet is important and how to eat a balanced diet on a budget. We will also learn about how healthy eating affects our mental health. This workshop will last 2 hours and take place in Aberdeen.



## Taking part and booking your place

There are limited spaces at all sessions and workshops. If you would like to come along, please contact Mary:

**Mary, Peer Support Lead**

**Email: [peer-support@future-pathways.co.uk](mailto:peer-support@future-pathways.co.uk)**

**Phone or text: 07552 393 019**

If you need support to arrange transport to your nearest session, or need help with the cost, please let Mary know. We may be able to help.

