



## Section 2:



# Wellbeing



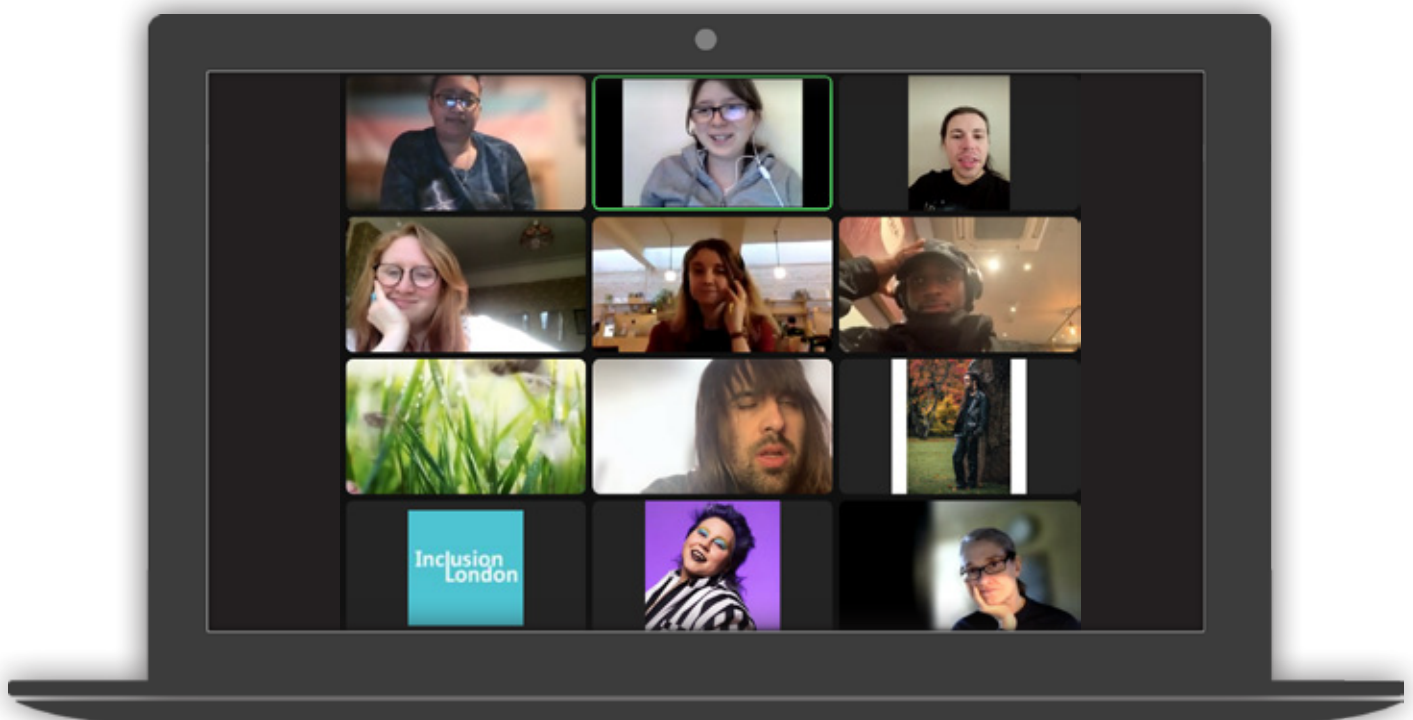
**Peer Support Group resources**  
for Disabled People's Organisations  
to use with Disabled job seekers



## Thank you

Thanks to everyone involved in the Peer Support Group team for making this resource possible:

- All the Disabled people who attended our Peer Support Group (PSG) sessions
- Paige Tribe, Ella Steeper and Charlene Salter (the PSG co-facilitators)
- Catrin Digby (PSG coordination, outreach and tech support)
- Maria Armanda Goncalves, Clive Silverman and Gelila Tekle-Mariam (providers of tech support)
- Annalees Lim and Raphael Harfaux (designers)
- Sarah Pickthall (our PSG development consultant, trainer and coach)
- Sian Williams (Making it Work project manager)





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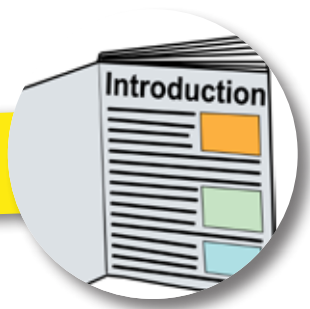
“

There was something that felt very nourishing and fun in finding solutions together rather than always trying to do it on your own with 'people like me' and people who understand what it's like and the difficulties sometimes.

”

Peer Support Group Participant

## Introduction



Making it Work was a five year programme which ran from 2017 to 2022. It aimed to:

- a) improve young Disabled people's chances of finding employment, and
- b) remove the barriers to getting into work

Inclusion London set up a Peer Support Group during Covid-19 to support young Disabled people seeking paid work. The aim was for the group to be run by its members for its members and help them to keep positive during lockdown. We also believed a Peer Support Group would help its members to continue to develop useful skills for the workplace, so they would be better prepared to apply for jobs in the future.

The Peer Support Group ran from November 2020 to June 2022. Every week an hour-long online session was co-facilitated by young Disabled people. The session focused on a different topic each week.

We created a factsheet for each session. The factsheet includes a video-link, things to learn, think about and discuss, suggestions of ways to develop new skills and next steps.

We hope that your Disabled People's Organisation (DPO) will use these factsheets to support young Disabled people to meet new people, increase their confidence and learn from each other. Most importantly we hope that this resource will also help them to develop useful skills for the workplace and provide a good start on their journey to find paid work.

Finally, we would like to thank everyone who attended our Peer Support Group sessions. Their thoughts and ideas have been included in these factsheets and will help many other young Disabled people seeking paid work.

Sian Williams, on behalf of  
the Making it Work Peer Support Group team

“

Sharing informally happens all the time -  
it's good to have gaps between  
formal sharing opportunities and  
less formal ones with peers...  
a mountain of new experiences and skills to share.

”

Guest speaker



# FACT SHEET 8

## Section: Wellbeing

### Topic:

## Managing life's ups and downs

### Video:

#### "Faime - Ups and downs"



Link to watch the video on YouTube:

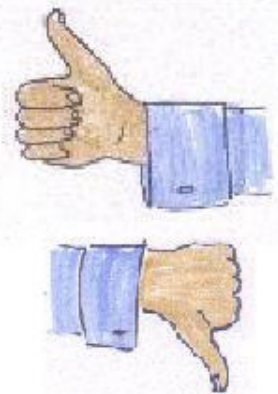
<https://youtu.be/y19Bsu450FE>



### Getting started:

#### Reasons we might feel down:

- Change
- A task going wrong
- Ongoing self-doubt
- Friendship troubles
- Family problems
- Your own health and others' health
- Money and housing problems





## Resources:



### Managing life's ups and downs...

- It's normal. It can't be the same all the time
- It's a wake-up call - things need to change
- There's usually an up after a down - like a rollercoaster
- It's a time to reach out
- Pick yourself up, brush it off!
- Vision up - make a plan!



### What to remember about the downs...

### A safe space for us to talk...



- What's shared in the space stays in the space
- Don't share something that will make you feel down again

### Where to go for more help through the ups and downs:

- ✓ **A Peer Support Group, to talk more about it**
- ✓ **Mind (<https://www.mind.org.uk>)**
- ✓ **Friends and family**
- ✓ **Watch videos online to help you**

## Key points:

- Remember that it's ok to have ups and downs
- Make a plan
- Be strong
- Reach out to your friends, family or professionals
- Look ahead!



### Session quote:

“ A down can mean that things need to change. ”



# FACT SHEET 9

## Section: Wellbeing

Topic:

### Health and wellbeing

Video:

“The 5 ways to wellbeing”



Link to watch the video on YouTube:

[https://youtu.be/\\_gJ5V525SCk](https://youtu.be/_gJ5V525SCk)



Getting started:

What can we do to improve our health and wellbeing?

- Eat well and healthily
- Get out into nature
- Take exercise
- Be kind and gentle with ourselves
- Spend time with friends and family





## Resources:

### Health and Wellbeing at home and work

### How can you improve your health and wellbeing?



- Get up/get your body moving
- Have a screen break
- Eat sensibly, make healthy choices
- Get fresh air, have a walk
- Chat to someone you trust

What else?



### THE EATWELL PLATE

A guide to the right balance of the five main food groups



- Fruit & Veg
- Carbs & Starches
- Dairy
- Protein
- Sugars & Fats



### Advice and tips for a healthy life



- Join your local gym
- Try out new walks in your local park
- Join a cooking group
- Try and cook healthily at home
- Be mindful of what you buy in the shops and when eating out

What else?

### Key points:

- Look after your wellbeing by being active
- Learn about healthy eating and learn how to cook
- Exercise with your friends or in a group
- Socialise and get to know new people



### Session quote:

“ Look at plants and pictures of animals. ”



# FACT SHEET

10

## Section: Wellbeing

Topic:

### Being happy

Video:

“The simple secret to happiness”



Link to watch the video on YouTube:

<https://youtu.be/qxrNCRhxgho>



Getting started:

What makes you feel happy?

- Making new friends
- Moving and doing exercise
- Dancing
- Spending time with loved ones
- Thinking positive thoughts
- Sharing and giving



## Resources:

### What makes you feel happy?



- doing art activities
- going to a Peer Support Group
- seeing friends and family
- shopping, cinema, eating out
- giving to others



#### What else?



#### Be yourself

Be happy in being yourself  
Spread joy and happiness – it will come to you  
Live in the moment and not in the past  
Be happy and think positive for a happy life  
Have a dream and reach for the stars  
Happiness is like a boomerang!  
Happiness is joyful

### Advice and tips for happiness



- ✓ think of the good times in the future or past
- ✓ plan a fun day out to look forward to
- ✓ socialise with your family and friends
- ✓ see a show or watch a show online
- ✓ volunteer and focus on other people's happiness

#### What else?

Happiness is a big plate of food  
Happiness is amazing  
Happiness is not worrying what people think about you  
Happiness is like a big box of chocolates  
Spread your smile around the world  
Keep on laughing  
Happiness is nice  
Happiness is like a garden of joy  
Happiness is laughing at a good joke

## Key points:

### Happiness ideas...

- Going to the gym
- Being creative
- Pampering yourself
- Seeing friends and family
- Having a nice meal
- Not stressing and doing your art
- Thinking about the positives



### Session quote:

“ Happiness is like a garden of joy. ”



# FACT SHEET

11

## Section: Wellbeing

Topic:

### Friendships

Video:

“Tips on making friends”



Link to watch the video on YouTube:

[https://youtu.be/MXP9XI\\_qZuw](https://youtu.be/MXP9XI_qZuw)



Getting started:

Why it's important to have friends:

- To talk to about life
- To share the same experiences
- To help each other
- To laugh with
- To back you up when you have a problem
- To celebrate achievements





## Resources:



### 5 tips for making friends:



1. Challenge yourself – step out of your comfort zone
2. Pluck up courage to speak to one person at a new meeting or event
3. Gently ask for contact details, if you feel safe to do that
4. Do new things together with friends
5. Always remember your old friends, as making new friends can take time. Don't feel rushed

### Good friends v toxic friends



### What more can you do to strengthen your friendships?

- Get in touch with your good friends
- See less of troublesome friends
- Strengthen work friendships
- Make friendly gestures (cards, gifts, calls, etc.)
- Do more things together, such as dinner and shows

### Key points:

- Value and make time for your friends
- Don't be afraid to speak to new people and create new connections
- Make suggestions of activities you can do together
- Be loving and giving to those who are loving and giving to you



### Session quote:

“ You don't need LOTS of friends... a few very good friends is often enough. ”





# FACT SHEET

12

## Section: Wellbeing

Topic:

### Planning our time

Video:

“Tips for effective time management”



Link to watch the video on YouTube:

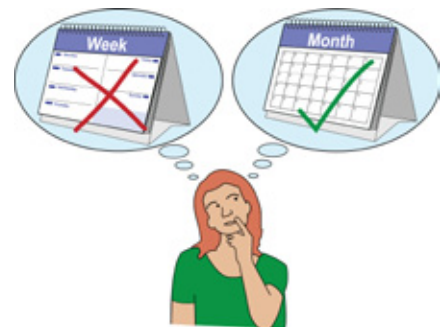
<https://youtu.be/Ril1NkaDXlQ>



Getting started:

Things that can help us manage our time better:

- An alarm clock
- A 'to do' list
- Going to bed on time
- Support of friends and family
- Planning ahead
- A diary
- Thinking about what is most important



## Resources:

### What can get in the way of good time keeping?

- Not setting your alarm clock
- Trying to do too many things
- Procrastination: putting things off
- Past disappointments / fear of failure
- Not looking after yourself well = low energy



### Ideas for a good and healthy evening routine

1. Set up a bedtime routine (including weekends)
2. Take a warm bath or shower before bed
3. Avoid heavy meals and fatty, spicy, or sugary foods just before going to bed
4. Avoid electronic devices for an hour before bed
5. Keep the bedroom dark and cool



1. Make a list of daily tasks – a 'to do' list
2. Eliminate unnecessary tasks
3. Limit time on tv, mobile and other media
4. Make an 'order of importance' list
5. Get up an hour earlier if you can



TIME MANAGEMENT

### What to do & where to go for more help with time management:

- Watch more time management videos on YouTube, such as: <https://www.youtube.com/watch?v=A9WFby4wbqg>
- Ask friends, family, support workers or job coaches for support
- Get a routine going, including exercise
- Use a calendar/diary to set reminders

## Time Planning...

### Key points:

- Go to bed earlier and get up earlier
- Make a list of priorities
- Set out a routine
- Be prepared
- Relax and recharge in the evenings before going to bed
- Don't stress or panic



### Session quote:

“ Manage your time well and you will have more time for the things you enjoy. ”



# FACT SHEET

13

## Section: Wellbeing

Topic:

### Preparing for Christmas

Video:

“Staying mindful at Christmas”



Link to watch the video on YouTube:

<https://youtu.be/zx2I8sKwzDE>



Getting started:

How can we be mindful at Christmas?

- Stay 'present'
- Feel compassion for ourselves
- Meditate
- Show gratitude
- Have a moment of silence
- Pause and reflect



## Resources:

### Christmas food quiz

- What's in Xmas stuffing?
- What is in a Xmas pudding?
- Name 3 Xmas vegetables?
- What's your favourite food or drink at Xmas?
- What do you like to leave for the reindeer and Santa? 😊



Over to you to ask questions?

### Reach out at Xmas – how to give back!

- Help out at a foodbank
- Take your clothes to a charity shop
- Help cook the Christmas dinner
- Send cards and gifts to family and friends
- Call an elderly neighbour for a warming chat!



What else?

### Topics for discussion

1. What makes a good team player?
2. What makes a bad team player?
3. How do you develop your confidence for job interviews and work?
4. Share 3 things you should put on your CV

### More topics for discussion

5. What makes a healthy diet so you can focus at work?
6. What are 3 body posture top tips?
7. How can you improve your communication skills?
8. What new things will you try in 2022?

## Key points:

When faced with disappointment...

- Reach out to friends and family
- Contact organisations you know well
- Keep busy
- Do something creative



Session quote:

“ In 2022, try out some new activities and make new friends. ”





# FACT SHEET

14

## Section: Wellbeing

### Topic:

## New Year's resolutions

### Video:

“New Year's resolutions tricks”



Link to watch the video on YouTube:

<https://youtu.be/PyLylq3yU2Y>



### Getting started:

How can we change patterns of behaviour and stick to them?

- Make a list of what you want to achieve
- Do one thing at a time
- Don't rush things
- Share your goals with friends and family, for support
- Keep calm
- Remove temptations and triggers





## Resources:

### New Year, New Resolutions

#### Tips for getting involved in the arts



- ✓ See shows online (e.g. HairSpray and Aladdin)
- ✓ Visit the National Theatre or the Tate galleries
- ✓ Attend a workshop to build your arts skills
- ✓ Do some creative gaming or arts livestreaming
- ✓ Listen to some online DJ sets or concerts

Other ideas?

### Ways to change yourself:



- Make a realistic plan, with small steps
- Start with one goal – that's enough
- Give yourself a reward for making a change
- Make a 'to do' list
- Remove triggers and temptations



## Key points:

### Arts ideas:

- Creative writing
- Online arts
- Doing film reviews and radio work
- Drama
- Go to music or art venues
- Online gaming



### Session quote:

“ Surround yourself with positive and supportive people. ”



# FACT SHEET

15

Section: Wellbeing

Topic:

## Peer Support Group reflections

Video:

“What is peer support?”



Link to watch the video on YouTube:

<https://youtu.be/rd2wJ4GSY9k>



Getting started:

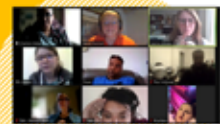
Important aspects of a Peer Support Group:

- Seeing friendly faces
- Talking through things that matter to us
- Being Disabled people together
- New skills to make life and work better
- Having a giggle
- Seeing each other shine as contributors and guests



## Resources:

### What's important in a Peer Support Group?



- Seeing friendly faces
- Talking through things that matter
- Being Disabled people together
- New skills to make life and work better
- Having a giggle
- Seeing people shine

### What is Peer Support?

Someone like you and different as well...

- companionship for the journey
- confidence building and supportiveness
- playfulness and safety
- being the same and not the same

### What goes into a PSG?

1. Take time to plan to be together
2. Warm up – settle in, smile, relax, get in the zone... people will open up more
3. Set up a safe, accessible space
4. Agenda and clarity about who leads what
5. Different media: YouTube, interviews, polls
6. Timings, not too long a session
7. Checking in and checking out

### Your PSG!

How has it been for you?



### Key points:

- Learning together
- Being supportive
- Understanding each other and sharing experiences
- Variation during sessions to suit all learners
- Being welcoming and relaxed



Session quote:

“ What a fab and inspirational resource the PSG has been! ”



## Section: Wellbeing

Topic:

### Moving on and being our own best friend

Video:

“How to start over in life”



Link to watch the video on YouTube:

<https://youtu.be/efFitX1VoWc>



Getting started:

How to move forward when something is at an end:

- See it as a new opportunity
- Fill the gap with a new activity
- Re-play the good memories
- Do something else, such as join a new club, workshop or class





## Resources:

### How to fill a gap in your week when something ends...



- Keep busy with other things
- Meet up with some people
- Be kind to yourself
- Pick up the phone or email someone
- Treat yourself to something nice
- Write your achievements in your CV
- Find another group to go to

### Looking back at guest speakers who visited Inclusion London's Peer Support Group



- Deen - Digital influencing
- Charlene - Animation / Digital
- Theo - Changing roles
- DJ - Dance
- Ella - Radio
- Alicia - Knitting
- Paige - Theatre ushering
- Cian - Poetry / Spoken Word
- Bromley X by X - Peer Support



### Things you might look into now:

- Deen Hallissey on Disability Arts Online
- Ella on Soho Radio - Heart n Soul
- Graeae - shows and podcasts
- Drama clubs / online workshops

## Endings



SAYING GOODBYE  
DOESN'T MEAN ANYTHING.  
IT'S THE TIME WE SPENT  
TOGETHER THAT MATTERS,  
NOT HOW WE LEFT IT.

TREY PARKER

## Key points:

- Endings mean new beginnings
- Be proud of yourself
- Embrace the changes and what you have learnt
- Look ahead in positivity



### Session quote:

“ We are supporting and learning from each other. ”



Making it Work

Inclusion  
London



Inclusion London promotes equality and inclusion for Deaf and Disabled people by supporting the development of Deaf and Disabled People's Organisations (DDPOs) across London. Our 'Making it Work' programme aimed to improve young Disabled people's chances of finding employment and remove the barriers to getting into work.

[www.inclusionlondon.org.uk](http://www.inclusionlondon.org.uk)

“

I went away feeling like what  
Inclusion London had already set up  
was incredibly useful  
for young people and building on skills.

”

Guest speaker

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