

Get people involved in your peer group



Running a peer group is a lot of work.

This document is about how to get people involved in organising and running your peer group.

Remember peer groups are about people coming together and sharing.

Getting people involved will help make sure you do not do everything.

It will help others learn new skills.

Think about who will do different jobs



Members of the group can help

- Run the group
- Fill in if someone is sick or cannot come to a meeting

You can share jobs around.



For example

- Different members can do different jobs
- 2 people can do jobs together

You can ask support people to help with some jobs.

Do not forget people might need training to get the skills to help.

Community organisations



Good community organisations can provide support.

Remember the purpose of your group and think about who in the community might help.

Organisations you could ask for support

- Local businesses
- Church groups
- Clubs
- Local council
- Members of Parliament
- Disability and other community service organisations

Tips for asking community organisations



Tell organisations what your group is about.

Think about how they can help.

For example

- Help your facilitator
- Give you a meeting place
- Help you get funding
- Donations of food, money or equipment

When you speak to the organisation make sure

- You are polite and respectful
- You are positive about your group
- You know about their organisation and what they do

Job list

Use this list to plan who you can ask to help you.

Job	Who can help
Tell people about the group	
Communicate with group members	
Organise when and where to meet	
Choose topics to talk about	
Prepare activities and equipment	
Set up the room	
Set out any food or drinks	
Run the meeting	
Support people in peer group meetings	

