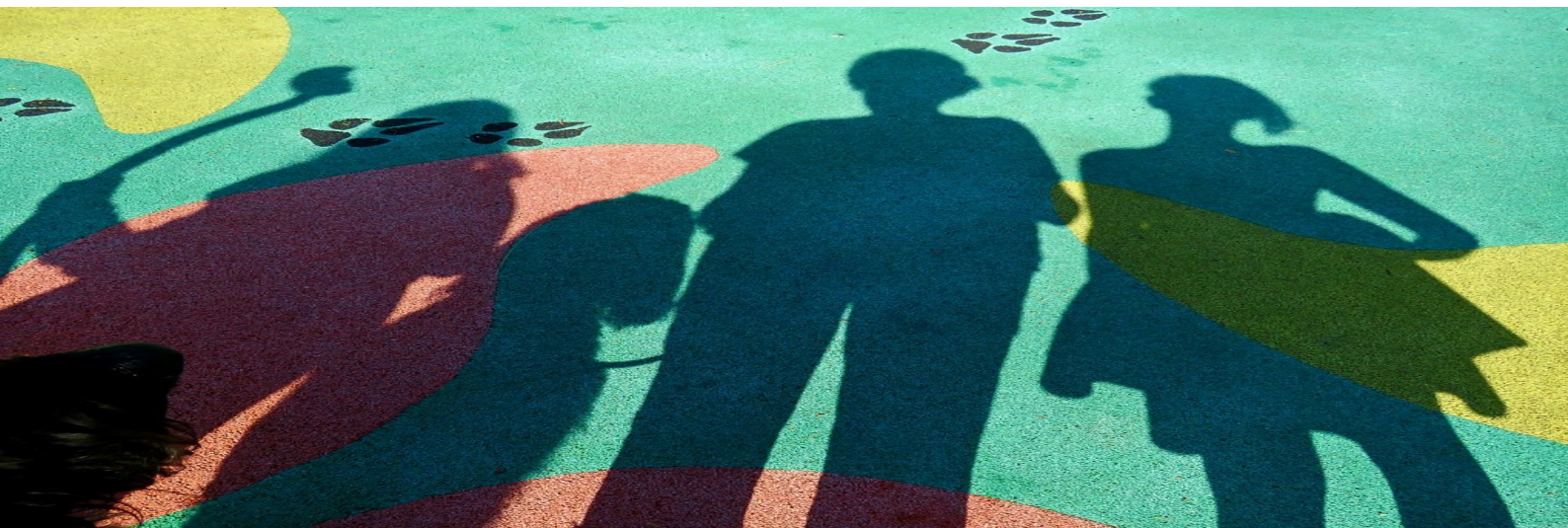


Peer Listener



Peer Listeners is designed to equip young people in Years 5 & 6 to support wellbeing of their peers. Peer Listeners will be required to step outside themselves and play a role, while still remaining friendly and accessible to other young people. Young people make the commitment to help encourage a happy and sociable environment for example, starting group games and making sure that no young person is feeling lonely or left out.

This role will help to develop young people's confidence, responsibility, reliability, teamwork and leadership skills.

The Peer Listener package is designed over 6x1 hour sessions. Where young people will learn different skills to fulfil their role.

The package will cover:

- ◆ *What is a Peer Listener*
- ◆ *Skills and qualities*
- ◆ *Fiveways to Wellbeing*
- ◆ *Communication*
- ◆ *Wellbeing*

The Peer Listener package is delivered as a train the trainer workshop by the Solihull Community Development Team. The workshop lasts 3.5 hours, where staff within schools and community groups will receive all tools to train young people.

Training is FREE to schools and community groups

If you are interested about this training or want more information please contact Liz or Jade on the below information:



Liz: 07493 864801 or Jade: 07717581660



syc@solihull.gov.uk



In partnership with



Mental Health Support Team (MHST)

