



# Peer Support Group



## What is a Peer Support Group?

This space is for members to learn about, talk about and help each other with any issues that they are comfortable to share with the group. Members will be able to learn problem solving skills and ways to support themselves.

## Who can attend?

This group is open to members over the age of 16 with learning disabilities and/ or autism spectrum conditions.

Two members of staff from People First will facilitate the group.



Marina Turner



Thomas Meredith

The group runs from  
11:00am to 12:30pm.



11:00



12:30

The group is at club  
Tabu in Weston.



40 Boulevard, W-s-M,  
BS23 1NF

Please contact us by:

**Phone- 01934 426086**

**Text- 07427058088**

**Email- [info@nspf.co.uk](mailto:info@nspf.co.uk)**

to express your interest  
or for more details.

The group runs once every four weeks. Please check out the current dates  
below:

