

ENRICHing experience peer worker programme to enhance discharge from acute hospital





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What is peer support?



ENRICH peer support principles

The development, delivery and evaluation of peer support services should:

1. Support the building of **safe, trusting relationships** based on **shared lived experience**

2. Ensure that the values of **mutuality** and **reciprocity** underpin peer support relationships

3. Promote the validation and application of **experiential knowledge** in the provision of peer support

4. Enable peers to exercise **leadership, choice and control** over the way in which peer support is given and received

5. Empower peers to discover and make use of their own **strengths**, and to build and strengthen **connections** to their peers and wider communities

A photograph showing several hands of different skin tones stacked together in a circle, symbolizing unity and teamwork. The background is a bright blue sky with scattered white clouds. The text is overlaid on the image in white, sans-serif font.

Co-Production

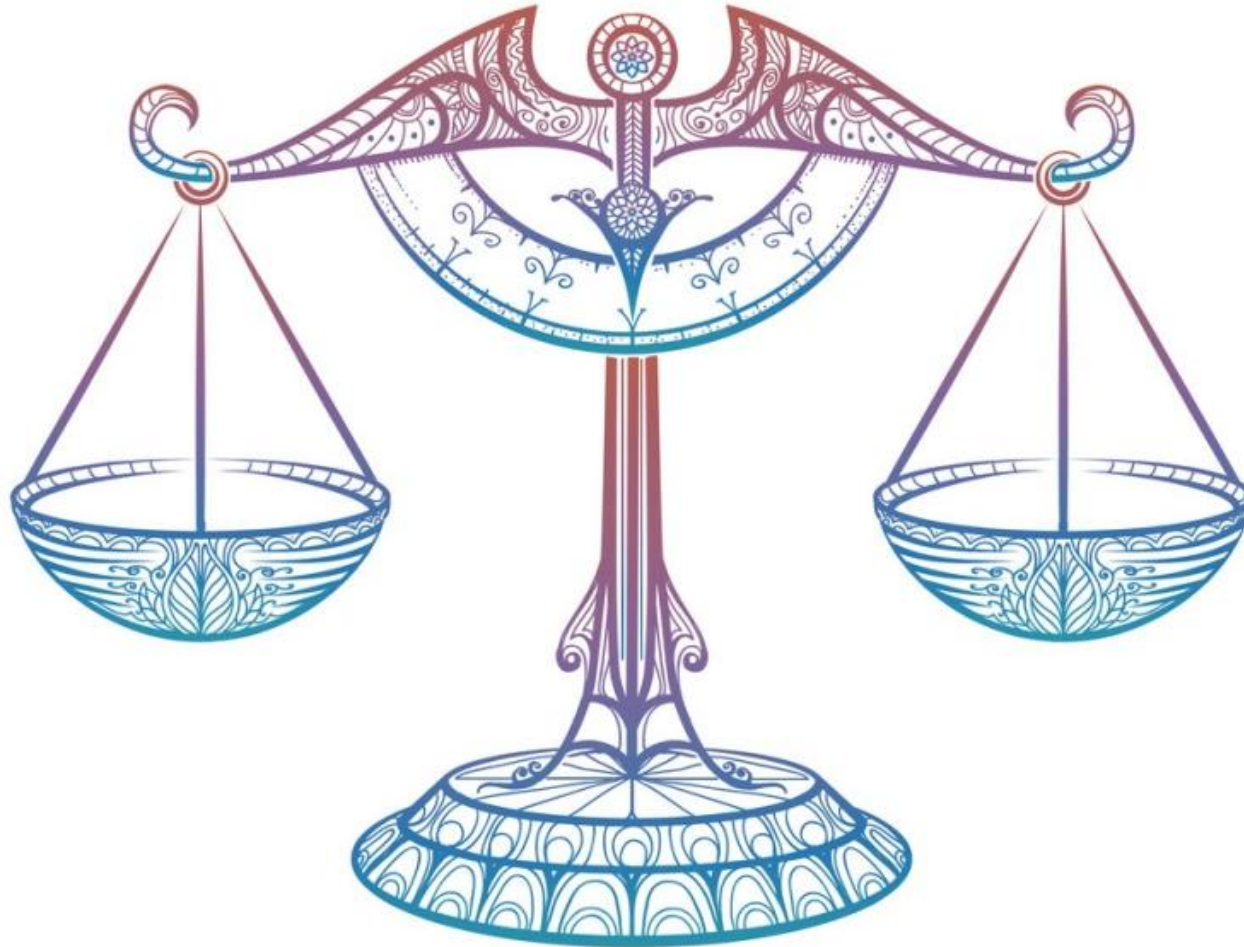
Lived Experience Advisory Panel

National Expert Panel

Local Advisory Group

Service managers, ward managers, peer support network, peer leads from third sector organisations

Equality of Power



Reflections on Delivering ENRICH Peer Support



A vibrant sunset over a large body of water. The sky is filled with dramatic, dark clouds illuminated from below by the setting sun, creating a palette of deep blues, purples, and fiery oranges. The sun is positioned low on the horizon, casting a brilliant golden glow that reflects across the water's surface. In the foreground, a dark silhouette of a buoy is visible in the water. The overall mood is serene and powerful.

Personal Stories of doing ENRICH Peer Support