

Online Peer Support Groups For Personal Assistants



The National Wellbeing Hub (www.nationalwellbeinghub.scot) is running a pilot of free online Reflective Peer Support Groups for Personal Assistants.

The Reflective Peer Support Groups will give Personal Assistants an opportunity to meet with peers across Scotland in a confidential, reflective space offering each other support with the aim of increasing wellbeing in the workplace. The group will enable reflection and support on the ongoing demands of work whether they be practical, psychological or emotional.

Pilot groups are being run for social care-related staff groups which have been recognised as roles that can be challenging and at times isolated. This project is being supported by the Scottish Govt PA programme board and expenses will be covered by the board.

What will be involved:

The pilot groups will consist of up to 10 members and be facilitated by the National Wellbeing Hub Clinical Lead (Counselling Psychologist) and will meet on MS Teams. Groups will meet once a month on the following dates, the expectation is that participants will attend every session:

2 – 4pm
Thurs 7 th Dec
Thurs 18 th Jan
Thurs 22 nd Feb
Thurs 21 st March

Each session will last 2 hours and group members will develop the agenda at the beginning of the session. At the end of the session group members will be asked to identify what has been helpful to them from the session. If appropriate, the facilitator will signpost to resources on topics discussed in the session. The group will be completely confidential and will be focused on you, and we will not ask you to share any identifying details about your employer.

Following the final group meeting, you will be invited to a debrief session with other members of your group, allowing for key learning points to be shared among the group.

The pilot groups will be evaluated with group members completing questionnaires before the first session and at the end of the last session. Group members will also be invited to attend individual interviews (not with the facilitator) following the final session to gain feedback on the pilot. A completely anonymous report will be written to summarise the evaluation.

Who are the groups intended for:

The group is intended for anyone who is currently working as a Personal Assistant. You do not have to have any experience of reflective peer support groups to join.

Online Peer Support Groups For Personal Assistants



How to get involved:

To apply for a place on the pilot please email: hello@nationalwellbeinghub.scot

In your email please could you give the following information:

How long have you been a PA?
Are you part-time or full-time?
How many employers do you have?
Do you consider yourself at risk of burnout?
What would you hope to get from these sessions?