

# Peer Support

## A Chance 2 Change





# Contact

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Hello. My name is Leanne, and I am the proud facilitator of Chance 2 Change (C2C), a Peer Support Group based in Drumchapel that thrives on a sense of community and belonging.

Peer Support provides a safe space for individuals to share knowledge and experiences while developing skills to help each other navigate life's challenges. At Chance 2 Change, the group is peer-led, meaning all decisions are made collectively. We collaborate with many external organisations to support personal development, skills and growth.

Growing up in a Drumchapel housing scheme, I have personal experience of the unique challenges and remarkable resilience associated with living in a financially challenged community.

The Drumchapel-based peer support group was born from frustration after Dr Peter Cawston and Nurse Margaret Abraham felt that people needed more than the short allocated appointment to discuss how to make healthier life choices.

Garscadden Burn Medical practice in Drumchapel placed Nurse Margaret in a

community setting with me, the scheme expert, using funding from The Queen's Nursing Institute (QNIS). It was like 'Call the Midwife' meets 'Still Game', but funnily enough, it worked.

Later, due to funding challenges, we were adopted by Yoker Campus, with a base at Drumchapel Life and continued support from Garscadden Burn.

Now you have the back story, let's turn the page and meet the group.

**“Community Support saved my life – Peer Support gave it purpose”**



# Don't Mess with Us!



Jeanie was a different woman before she took self-defence classes. She wanted to feel safe in her community but felt she did not have the skills needed to protect herself if the worst were to happen.



Jeanie said: *"I wanted to keep up my health walks in the winter but was scared of the dark nights; I explained this to the group and Leanne, who thought it would be a great idea to train in self-defence and because of these skills the dark nights are now scared of me."*



The group chose to train in self-defence; it was my job to find that support. I contacted Wise Woman to deliver the initial sessions, which were crucial in building confidence.

However, we all know that if you don't use a skill, you lose it, which is why we contacted Ichi Ki Karate, who were able to continue self-defence and personal development.

Roseann said: *"Self-defence changed my life because it made me feel more assertive and comfortable. I could use the moves I learned to protect myself if someone came towards me. I now feel safe walking in my street at night."*

All group members expressed their enjoyment in learning self-defence; it was educational and fun, to the point that we did not realise we were learning life-saving skills.



**“We are now a proud team of self-defence champions”**



# Hope Through Photography!

Trisha joined the group feeling lost; she had been forced to resign from her job due to a stroke. Trisha explained to her peers that she was struggling with these life-changing events. It was during our conversation that she disclosed her keen interest in photography.

Trisha said: *"I bought a fancy camera and had always wanted to take pictures but did not know how. Chance 2 Change gave me the opportunity to explore new skills while finding the new me because it was Trisha Campbell that went into that hospital, but it was not the same Trisha Campbell that came out."*

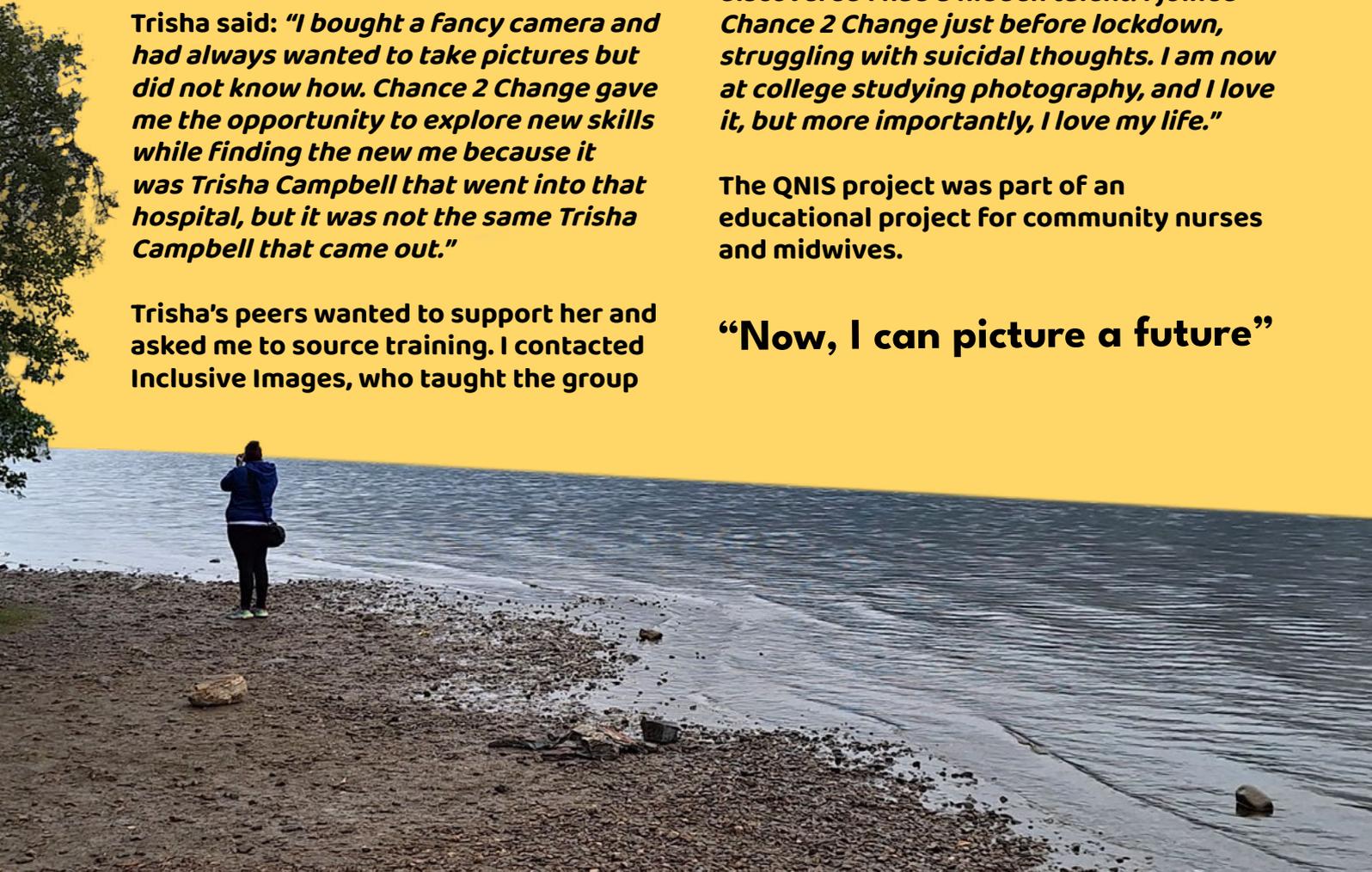
Trisha's peers wanted to support her and asked me to source training. I contacted Inclusive Images, who taught the group

camera skills, creativity and composition. Over the years, we have completed many successful photography projects, such as our most recent photojournalism project for The Queen's Nursing Institute (QNIS).

Helen said: *"During the project, I discovered I had a hidden talent. I joined Chance 2 Change just before lockdown, struggling with suicidal thoughts. I am now at college studying photography, and I love it, but more importantly, I love my life."*

The QNIS project was part of an educational project for community nurses and midwives.

**"Now, I can picture a future"**







**“I feel calmer. I’ve gained self-belief, confidence, friendships. I would like C2C groups to be all over the country, for peer support to be on NHS prescription.”**





**“Our strength lies in people and communities.”**

# Work Hard.....

Robin, a founding member and volunteer of Chance 2 Change, played a crucial role in the group's development. Robin motivated members to participate in their first accredited course, Health Issues in the Community (HIIC).

Robin said: *"The HIIC was where it all started. If it weren't for that, we wouldn't be where we are now, and we wouldn't be working for the Scottish Government."*

Watch our HIIC journey here!



During the 2020 lockdown, the HIIC Film premiered and was a huge success. It received positive recognition for Peer Support and the extraordinary work being done in Drumchapel. As a result of this film, Chance 2 Change was invited to be the expert reference group for the Scottish Government (SG).

Chance 2 Change are thankful to the Scottish Government for creating the opportunity for people to have their voices

heard on a platform that has the power to make the change that our communities so desperately need.

Read the report published in partnership with the SG here!



Watch the film produced alongside the SG report here!

During the lockdown, it became evident that digital learning was crucial for upskilling individuals and effectively addressing the positives and negatives of this new digital world.

Watch our digital adventure here!



Read the digital report here!

Chance 2 Change is proud of all our work to date but wanted to create a short film to give you a better idea of who we are and what we do.

Watch "The Wee Club That Saved Our Lives" here!



# Play Harder.....

At Chance 2 Change, we are dedicated to creating an environment where learning, confidence-building, and personal development are at the forefront. However, we also understand the importance of positive engagement, which allows people to grow and thrive while having fun.



# Thank You for Being Part of Our Journey!



## **Garscadden Burn Medical Practice -**

**Dr Peter Cawston**  
**Nurse Margaret Abraham**  
**Dr Shona McKinnon**  
**Sandra Cahill**  
**Ann Mc Phie**  
**Dr Marianne McCallum**

**Scottish Community Development  
Centre - Kate McHendry**

**Yoker Campus/Manager - Dougie Taylor**



## **Drumchapel Life -**

**Boxer**  
**Margaret Steven**  
**Hamish – Centre Mascot**  
**Wendy Hughes**

**Community Activist/ Former Councillor  
Ward 14 - Drumchapel/Annie'sland -  
Elsbeth Kerr**

## **Glasgow University/School of Health and Wellbeing -**

**Sara McDonald**  
**Nic Dickson**  
**Dr David Blane**  
**Susan Grant**



## **Chest Heart and Stroke Scotland -**

**Chris Docherty**  
**Jacqueline Kent**

## **Healthcare Improvement Scotland -**

**Maureen McDowall**  
**Ann Wales**

**COPE Scotland - Hilda Campbell**

**CAIM - Shannon Brown**



## **The Queen's Nursing Institute -**

**Sarah Doyle**

**Rape Crisis - Mary Rankin**



**Yogability -  
Debbie Ritchie**

**Scottish Fire & Rescue Service -  
Carol Smith  
Catherine Wallace**

**Ichi Ki Karate -  
Kenny Learmonth  
Gary Simpson**



**Manatherapies -  
Sally Simmers**

**SAMH - Emma Straughan**

**Scottish Government - Primary Care Team**

**Yoker Resource Centre - Sandy Busby**

**Financially Included - Amber Cully**

**NHS/Primary Care Health Inequalities  
Reference Group - Lorna Kelly**

**HICC Tutor - Angie Wylie**

**Wise Women**

**Inclusive Images**

**Clydesider Creative**

**Drumchapel TV - Kevin Harvey**

**Creative Practitioner - Lorna MacBean**

**Angela Clark**



**LinPin Needle Felting -  
Lynne McGill**

**Fitness Instructor - Kenny Keagan**

**Drumchapel Sports Centre -  
Terry McLernon**

**Patient Experience and Public  
Involvement Team - Lisa Martin**



**Versus Arthritis -  
Melissa Hannah**

# A Seat at the Table

Chance 2 Change have emerged as a key anchor organisation for the School of Health & Wellbeing.

Their collective insight and perspective has been invaluable in our research over the last two years. The group worked with us on our opening photography exhibition housed in our new Clarice Pears building, sharing photographic representations of health inequalities and shared with us the products of their needlepoint activity, which was also part of a wider creative communities project. Additionally, Chance 2 Change have worked closely with us on three grant projects.

Chance 2 Change exemplify why strong, sustained public involvement in research enriches all research projects. We would not have accessed representative lived experience without them.

## **Sarah MacDonald**

Professor of Primary Care and Health Science.

Director of Innovation, Enterprise and Engagement.

At QNIS we were looking to collaborate with a group that would help us understand and include - or even be led by – the experiences of people directly affected by health inequalities. Being able to work with the members of Chance 2 Change was especially important because they were a mature, established group. As well as their direct knowledge of grappling with poverty and adversity, they were also experienced collaborating with other public sector groups including government and higher education.

Being part of these kinds of initiatives is challenging. Participants with lived experience need both the time and the opportunities to develop relevant skills and confidence as well as reliable support from a person/people they trust.

It is so important that policy makers and leaders of services and education are able to ensure their work is well informed by those most affected, but lived experience groups need continued resources if they are to reach their full potential and have maximum impact. Chance 2 Change have developed strong voices and their approach could be a model for others – it would be incredibly disappointing for us to lose their expertise.

## **Dr Sarah Doyle**

Chief Executive and Nurse Director  
Queen's Nursing Institute Scotland

Chance 2 Change are a local, community-based peer support group with a national impact.

Over the past four years they have taken on the daunting and difficult task of working with national policymakers to help design and carry out actions to tackle health inequalities.

During this time, they have stayed true to their own values and perspectives and been committed to speaking the truth of their experiences on behalf of themselves and their community. This has been despite huge personal challenges as well as resistance, setbacks and misunderstanding from within systems and processes not used to participatory policymaking or to working alongside people from vulnerable backgrounds.

The core strength of the group has been their mutual support for one another, with the help and guidance of their skilled peer facilitator. They have never lacked courage, however over the four years the group and their facilitator have grown in confidence, self-belief and skill to be able to engage with politicians, civil servants, academics, professionals and many others from a wide range of organisations and bodies.

The group meets twice a week to have fun, be creative, share burdens, problem solve and support one another. From this foundation they have been able to

be fearless and blunt in speaking truth to powerful people and spelling out clearly the urgency of the cost-of-living and failure-of-care crisis which they and their community are facing. They have steadfastly held those in power to account for the slow scale of progress and the lack of real-life impact for ordinary people and have developed into a truly expert reference group, with a wealth of lived experience.

The cost of poorly planned policies which don't meet the needs of communities is enormous. Groups such as C2C are a national asset. They offer an expertise which national and local authorities ignore at great cost to the public purse.

**Dr Peter Cawston**  
Advisor to the Scottish  
Primary Care Health  
Inequalities  
Reference Group



**“Everybody needs a Chance 2 Change. With the right support people can be phenomenal.”**

# The Street

by Leanne McBride

I was born to the street where nightmares are  
born  
you know the one where kids don't stay young  
for long  
where souls are lost to poverty and shame  
you know that street  
where you get a first-class ticket  
to suicide lane

And contrary to privileged belief  
I didn't choose this street or the ticket of shame  
I mean, would you choose  
poverty  
suffering  
unimaginable pain  
with a damp haunted house just off suicide lane

I try, like so many of us do  
to survive  
to outrun the lane  
but what chance have we got  
when we are a burden to services buckling under  
the strain  
which is probably why most of us will miss that  
service stop  
to see the non-existent professional for a wee  
talk  
Instead, we suffer on...  
tormented in pain until we get our own  
headstone on suicide lane

I'm one of the very few lucky souls that hope did  
find  
but I'll never be able to leave the street behind  
the horrors  
the nightmares  
forever engrained  
mean I am always a stone throw from suicide  
lane

Sadly I have learned.....  
that us frontline professionals buckling under  
the strain  
are expected to perform miracles under a zero-  
funding frame  
for example, we have six weeks to shake  
demons  
unpack layers of pain  
or watch another soul become a statistic on  
suicide lane

I had the terrifying opportunity to sit at the  
table with the powers that be,  
which I hesitantly jumped at with high hopes to  
save the street  
but the miracle position wanted to silence my  
truths cloud my hope  
while subtly reminding me that I was nothing  
but a tokenistic joke  
working at that level was like being dropped in  
an unknown land  
alienated by jargony words  
an affluent language that I don't understand  
I felt lost...  
I felt ashamed...  
But what a respect I have for my community just  
off suicide lane

Just to be clear,  
our street,  
our communities,  
our frontline heroes  
are not to blame  
For the many lives that are lost to suicide lane

Please Mr Government can't you see that you  
have the power to  
save the street from the suffering and the pain  
that continues to populate suicide lane