



Pilot Peer-to-Peer Support Group at The Maggie Oliver Foundation

The Maggie Oliver Foundation (TMOF) is running a **six-month pilot peer-to-peer support group** for survivors, designed to offer connection, understanding, and mutual support in a safe, trauma-informed environment.

Peer-to-peer support recognises the unique value of shared lived experience. These groups create space for survivors to connect with others who understand, while maintaining clear boundaries, emotional safety, and choice.

What Is Peer-to-Peer Support?

Peer-to-peer support brings together people with shared experiences to support one another through listening, mutual understanding, and shared learning. Unlike therapy, peer-to-peer groups are **not clinical or treatment-based**.

At TMOF, peer-to-peer groups are:

- Survivor-led in spirit, with professional oversight
- Structured and facilitated to support safety and boundaries
- Focused on connection, validation, and shared experience
- Grounded in trauma-informed practice

Participants are never expected to share personal details and are encouraged to take part in ways that feel safe for them.

About the 6-Month Pilot Programme

This pilot will run over a **six-month period**, allowing participants to build trust, consistency, and connection over time.

The pilot aims to:

- Explore the benefits of longer-term peer connection
- Provide continuity and a sense of belonging
- Inform the future development of peer-to-peer support at TMOF

Groups will be delivered **online**, making them accessible to participants across the UK

How the Groups Work

- Groups meet regularly over the six-month period
- Sessions are facilitated by trained TMOF staff, from the Emotional Support team
- Clear group agreements support safety and respect
- Emotional boundaries are maintained at all times
- Participants are supported to share at their own pace

The focus is on **shared understanding and mutual support**, not on processing trauma in detail.

The Advantages of Peer-to-Peer Support

Many survivors find peer-to-peer support helpful alongside or after emotional support or therapy. Potential benefits include:

Feeling Less Alone

Connecting with others who have shared experiences can reduce isolation and help participants feel understood.

Validation and Normalisation

Hearing others' experiences can help normalise trauma responses and reduce shame or self-blame.

Shared Learning

Participants often gain insight from how others cope, reflect, and navigate challenges.

Empowerment and Confidence

Peer support can strengthen confidence, self-trust, and a sense of agency.

Choice and Control

Participants decide what to share, when to listen, and how they engage.



Building Safe Connections

Groups offer opportunities to practise safe, bounded relationships in a supportive setting.

Who the Pilot Is For

The peer-to-peer pilot is designed for **selected** adult survivors who:

- Have previously accessed support through TMOF whether that is via our Emotional Support or Advocacy service
 - Feel ready to engage in a group environment
 - Are seeking connection rather than therapy
 - Can commit to regular attendance over six months
 - Will engage with the provision of feedback and wellbeing processes
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Screening and Suitability

All participants will complete a **screening and wellbeing check** before joining the pilot. This helps ensure:

- The group is the right fit at this time
- Emotional safety for all participants
- Appropriate support is in place

Places are limited, and participation is offered following screening.

A Trauma-Informed Approach

TMOF's peer-to-peer groups are delivered through a trauma-informed lens, meaning:

- Participation is always voluntary
- Consent and choice are central
- There is no pressure to share
- Safety, respect, and dignity are prioritised



Expressing Interest

If you would like to find out more about the **pilot peer-to-peer support group** or express interest in joining, please contact Sadie Yarwood at The Maggie Oliver Foundation – groupsupport@themaggieoliverfoundation.com to explore next steps with you.

This pilot will help shape future peer-to-peer support at TMOF, ensuring services continue to reflect the needs and voices of survivors.