



Avoch & Killen Community Council <avochandkillencommunitycouncil@gmail.com>

Could Peer Recovery Navigation help people in Mid & East Ross? Join us in Dingwall

1 message

Eilidh Sutherland <eilidh@spiritadvocacy.org.uk>
To: Eilidh Sutherland <eilidh@spiritadvocacy.org.uk>
Cc: John Beaton <john@spiritadvocacy.org.uk>


17 March 2026 at 12:46


Hi everyone,

I hope you're doing well.

I wanted to share an invitation to a **Pathways to Recovery Peer Navigation information session** we're hosting in Dingwall **next week**, and I'd really love to see some of you there if you're able to make it.

 **Tuesday 24 March**

 **12:00 – 2:00 pm**

 Community Support and Information Ross-shire, Tulloch Street, Dingwall

This will be a **friendly, informal session** where we'll introduce the **Pathways to Recovery project**, a new approach we're developing across Mid and East Ross where **Peer Recovery Navigators use their own lived experience of mental health challenges to support others to find help, build confidence, and move forward in recovery.**

We'll talk a bit about:

- What peer recovery navigation is (and what it isn't)
- Who the service is for
- How people might access support
- Opportunities for collaboration with local services and community groups

There'll also be **time to chat, connect, and ask questions over lunch** (stovies, soup & cake – which is provided!).

If you'd like to come along, you can register here:

 <https://bit.ly/PathwaytoRecoveryInfoSessionDingwall>

I'd also really appreciate it if you could **share this through your networks** or with anyone you feel might benefit. If it helps, there's a **ready-made Facebook post you can quickly share** here:

 <https://bit.ly/PathwaysToRecoveryDingwallSessionFBPromoPost1>

I've also attached:

- a **Pathways to Recovery one-pager** with a bit more about the project
- a **short personal profile about me and the work**, so you know a little about who's behind the project and how I work.

This work is very much about **building something collaboratively with our communities and partners**, so it would be great to connect with you and hear your thoughts.

And if someone comes to mind who might be interested, please feel free to **forward this email or bring them along with you.**

If you have any questions or want to chat about the project, feel free to drop me a message.

Warmly,
Eilidh

P.S. Even if you're not able to attend yourself, sharing the event with people in your networks can really help us reach those who might benefit from peer support.

Eilidh Sutherland | Peer Recovery Navigator | Spirit Advocacy

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3 attachments



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