



Back a peer support group in your district

Bipolar UK offers in-person and online peer support groups for those affected by bipolar across England, Northern Ireland and Wales. The groups are facilitated by trained and supported volunteers.

Each group offers up to 20 of our community the opportunity to meet regularly, reduce isolation and offer mutual support. It also gives the opportunity to discuss important relevant topics such as medication, self-management techniques and money-management.

For those who use them, Bipolar UK's peer support groups are the most effective way of keeping our community well. 81% said that they were "more able to manage their condition" due to the groups.¹

Raise Awareness:

- Promote your local groups by distributing leaflets in your community (GPs, hospitals, colleges etc) Contact us at rotary@bipolaruk.org to request leaflets
- Help us recruit volunteers to facilitate local groups by distributing leaflets and promoting positions online – contact us at rotary@bipolaruk.org for details
- Organise an awareness raising/ fundraising event for **World Bipolar Day – 30th March**
<https://www.bipolaruk.org/rotary-world-bipolar-day>
- Join our Pole-to-Pole challenge <https://register.enthuse.com/ps/event/Poletopole>

Raise funds:

- **£10,000** funds us to open a new peer support group in your district
(Raise £5,000 across your district and apply for £5,000 district match-funding)
- **£5,000** pays to maintain an existing peer support group for a year
(Raise £2,500 across your district and apply for £2,500 district match-funding)
- **£500** pays for resources including leaflets, pop-up banners and t-shirts to support activities in your local area

Other ways to support us:

- Watch and share our 3-minute [Could it be bipolar?](#) video
- Take and share our free 20-minute [‘Understanding bipolar’ eLearning course](#)

For more information about our partnership:

<https://www.bipolaruk.org/rotary> or contact us at: rotary@bipolaruk.org

¹ Bipolar UK Services Evaluation. Fiveways 2020