

I would recommend doing a PODD meeting to anyone who is considering one, it has provided our family with the insights and tools we needed in a time of crisis.

I thought I was protecting my family by not including them when I was struggling, but really I was causing more stress. My daughter now has her dad back and I have my life back.



## Need to talk?

If you are struggling at any time and need to talk, the following services are available 24/7:

Connection, Dorset's mental health helpline:  
0800 6520190

Samaritans: 116 123

SHOUT: text 'SHOUT' to 85258 for support via text

## Peer Open Dialogue Dorset

Support built around you



[dorsetaccesswellbeing.co.uk/PODD](https://dorsetaccesswellbeing.co.uk/PODD)



Scan here for  
more details





## What is Peer Open Dialogue Dorset?

Peer Open Dialogue Dorset (PODD) is a different way of talking about your problems or worries. PODD works with you and other people who are significant to you in a meeting setting, called a 'network meeting'. PODD also links in different services where helpful, so that everyone can support you to move forward.

This approach gives you far more control over what is happening. It means you are actively involved in your own care and supported by your network.



## What should I expect from a network meeting?

Network meetings are a safe space for everyone to express themselves, and to listen to everyone else. The aim is for people to have an open conversation, in which every voice is respected. This can often bring fresh understanding, and allows everyone to play a part in bringing about change.

This way of working can feel very different and sometimes takes the network a little while to get used to.



## When and where do meetings take place?

A network meeting can take anywhere from 30 minutes to two hours. After the first meeting, many people go on to have regular PODD meetings over a period of time, but the length and frequency of the meeting is decided by you and your network.

Network meetings usually take place at a location you specify, at a time and date that works best for you and your network. If you are accessing PODD through a wellbeing coordinator working in Access Wellbeing, you with can either meet at a hub or online.



## How does PODD fit within Access Wellbeing?

PODD is used by Access Wellbeing teams across Dorset, and complements the work that is undertaken with a wellbeing coordinator. It allows a space for shared decision-making and is an opportunity to make your network active participants in your wellbeing goals.



## Who can I bring to the meeting?

You can include anyone you would like to as part of your network. This often includes friends, family and professionals that you are working with. You don't have to include the same people in every meeting.

Meetings will also include qualified PODD practitioners, who may work in mental health services, voluntary sector organisations, local councils or other organisations. However, within PODD, their role is to support you and connect to what is being expressed or felt in the meeting. They may take time to reflect on what is happening in the room and give the network an opportunity to respond, to ensure all important conversations happen in that space.



## What if PODD isn't for me?

PODD is designed to explore options in your community and connect you to these. If PODD is not for you or your network, just let the practitioners know and other options can be explored.

