

The story behind the logo

Peers at the Table

Peers at the Table



A podcast on peer work

sharing stories, busting myths and transforming care

Every element of the **Peers at the Table logo** was chosen to reflect the spirit of the vodcast.

It brings together symbols of connection, dialogue, equal opportunity, and the belief that the best conversations happen when everyone has a seat at the table.

At the centre of the logo sits a table. More than a piece of furniture, the table is a symbol of participation, and influence. Throughout history, many of the decisions made about people experiencing mental ill-health have occurred around tables where lived experience voices were absent.

Peers at the Table recognises that those most impacted by services have an important role to play in shaping the conversations that influence them and centres the voices of people with lived and living experience as active contributors to the ideas, decisions, and practices that shape care.

The two figures seated across from one another represent the mutuality that lies at the heart of peer practice. Rather than positioning one person as the expert and the other as the recipient, the image reflects the exchange of wisdom, learning, and

understanding that occurs when people come together as equals.

The speech bubbles symbolise dialogue, reflection, and the power of conversation to challenge assumptions and create understanding.

Between them sits a microphone, reflecting the vodcast's role in creating a platform for the stories, ideas and perspectives of people with lived and living experience to be amplified.

The circular design that surrounds the image evokes a sense of community, inclusion, and collective learning. It reminds us that recovery does not happen in isolation; it occurs within relationships, communities, and systems.

The handwritten typography reflects the human nature of peer support;

real conversations between real people. It embodies the authenticity, vulnerability, and raw human connection that emerge when people share their stories openly and honestly.

sharing stories, busting myths, transforming care

This tagline is both an invitation and a challenge to listen to the experiences of others, question what we think we know, and imagine what becomes possible when lived experience is placed at the centre of conversations about care.

Together, these elements capture the spirit of Peers at the Table: a place where lived experience is recognised as expertise, where meaningful conversations can challenge established thinking, and where sharing stories has the power to transform care.

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