



# WA Peer Supporters' News

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Connecting a vibrant and valued network of peer supporters in WA

**WAPSN would like to wish everyone a happy holiday season!**

**22nd December 2021**

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Hi everyone and welcome to the Last edition of the WA Peer Supporters' newsletter for 2021!

WAPSN would like to thank everyone for making 2021 a fun, productive and collaborative year. We hope all our members have a safe and connected holiday season and we look forward to seeing you all in 2022.

### **Take Time to Look After Yourself This Holiday Season**

Christmas, while a joyful time for some can present as an overwhelming and stressful time for others. Remember to take the time to look after yourself both physically and mentally through this period as best you can.

Should you need any support though this holiday period, below are some details of services that will remain open through Christmas and the New Year.

### **Christmas Helplines**

**Peer Pathways – 9477 2809**

Monday – Friday, 9am -5pm (excluding public holidays)

**Lifeline – 13 11 14**

24/7, 7 days per week

**The Samaritans – 135 247**

8am – 8pm

# WAPSN Latest News

## WAPSN Strategic Planning

An opportunity to discuss Vision, Values, and Goals for WAPSN moving into our new year. Should you like to put forward any input regarding this discussion Ask for more ideas and reflections from WAPSN members using a survey: [Here](#)

**Date:** 20/01/2022

**Time:** 10:00am – 12:30pm

**Place:** CoMHWA Training Room, 14/275 Belmont Avenue, Cloverdale

**RSVP:** is essential, please contact us at [info@peersupportwa.org.au](mailto:info@peersupportwa.org.au)

## Events and Training

### Get Amongst it with Act Belong Commit

The Summer season is heating up with lots of opportunities to get active, connect with others, and commit to something meaningful. Act Belong Commit can link you with hundreds of fun, free or low-cost activities to help you improve your mental health. From local clubs to learning a new skill, there's something for everyone.

Search the [Activity Finder](#) now.

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### Holiday Arts – free open art zoom sessions over the holiday period

The holiday end-of-year period can be difficult for many people as services shut down and support becomes minimised. Each year, Mahlie runs Holiday hArts - an open access art program online that runs on public/key holidays.

These free drop-in-and-out art sessions are for those of us who struggle over the holiday period and might like to have a supportive space to come together and feel welcome, seen and heard. There are no fees, attendance requirements or art skills needed.

[Register here.](#)

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### Healthy Living Workshops for Kids and Teens – Kalamunda Shopping Centre

In partnership with Kalamunda Shopping Centre, The Centre will be hosting a series of free [Healthy Living Workshops](#) in January 2022!

To book your spot please visit: <https://www.kalamundacentral.com.au/january-workshops-for-kids-and-teens>

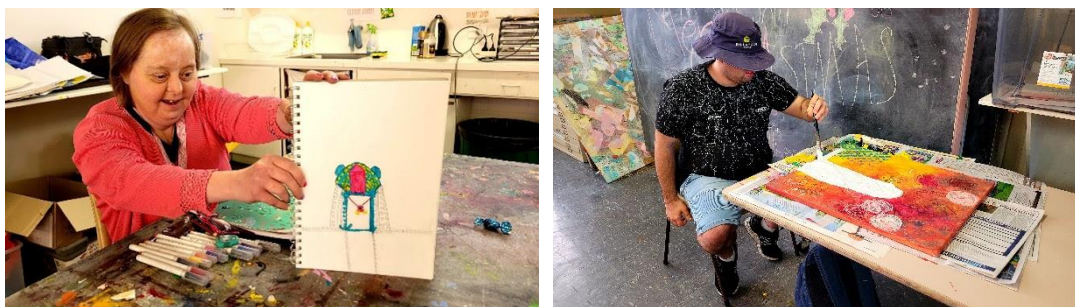
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## Art for inclusion in Bunbury and Australind

For almost four years one of CoMHWA's long-time members Ross, has been running his Art for Inclusion group in Bunbury. This year the group exhibited at the Bunbury Regional Gallery to over 120 attendees to show off the amazing artwork they had been creating over the last 12 months.

Art for Inclusion is now extending to Australind! If you are an Enable WA client or have an NDIS plan, please contact Ross via email [rossmonkey@hotmail.com](mailto:rossmonkey@hotmail.com) to find out more about the new group starting in 2022. The new class will be run at the Australind Enable WA hub.

If you have a lived experience of mental health and / or disability, you want to get creative and you'd like to find out more about the existing Bunbury group, please also get in touch with Ross on the above email.



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## Perth Positive Psychology Peer Group – Meet-up Australia

At a loose end this weekend and want to connect with a great bunch. Please come and play pool on a relaxing Sunday. The group is casual and has varying skill levels, but games are about learning and fun. Do come and try. It's a very friendly group and location. All are welcome.

Hot drinks, cold and alcohol also available. Cost is only \$5 for a full two hours or leave when you like. Teams rotate so you play against and with different people in teams of two.

Positive psychology is you thriving in life and having healthy experiences. Allowing you to connect with new interests and people. Getting outside your comfort zone and getting great rewards from doing so.

Sunday, 2 January 2022  
4:00 pm to 6:00 pm AWST

<https://www.meetup.com/en-AU/Positive-Psychology-Perth-Peer-Group/events/kxfkrsydccbdb/>

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## Peer Workforce Opportunities

### Aboriginal Patient Advocacy Training

Health Consumers' Council has partnered with the National Justice Project and The Aboriginal Health Council of WA to develop some training for organisations and workers who work with Aboriginal people, and Aboriginal community, to help support their clients and family, friends and community who are dealing with the health system.

This training will help people gain a better understanding of the barriers and enablers for Aboriginal people in our health services and systems, a deeper understanding of health rights and the important role of health advocacy.

If you would like to register your interest for future sessions, please contact Tania Harris, Aboriginal Engagement Coordinator, on [tania.harris@hconc.org.au](mailto:tania.harris@hconc.org.au) or 9221 3422.

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## Transformational Leadership Development Program

National Mental Health Consumer and Carer Forum (NMHCCF) and the National PHN Mental Health Lived Experience Engagement Network (MHLEEN) partner with Yale University to run a transformational leadership development program.

The NMHCCF and MHLEEN, through their jointly funded Leadership Program, are partnering with the Yale University Program for Recovery and Community Health (PRCH) to support up to 15 emerging leaders with a lived experience of recovery of mental health to participate in the LET(s)LEAD Academy, a transformational leadership development program. Candidates will have personal lived experience of mental health distress and recovery and are making positive changes in their community or sector or be interested in transformational change.

The virtual course, facilitated by instructors from PRCH, Department of School of Medicine, Yale and guest facilitators throughout Australia, will run from February 2022 – November 2022. Further information and applications forms are available via the [NMHCCF website](#) or [here](#).

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## BEING Mental Health Consumers Become a Peer Group Facilitator

*Being* will soon be embarking on the next stage of their Suicide Support and Awareness Program. From early 2022, they will be offering a new series of peer-led and co-designed support groups specifically tailored for people who identify as living with mental health issues and suicidal crises.

They are currently looking for people who have their own personal experience of living with suicidal thoughts and/or attempts and who identify as living with mental health issues to become Peer Group Facilitators for this program.

If you believe you have experience of facilitating groups or are new to group facilitation but passionate about supporting others, check out the Expression of Interest form below and send your completed application to [ssap@being.org.au](mailto:ssap@being.org.au).

[Expression of interest form](#)

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## Peer Work Coordinator – Level G4

The Department of health has a Permanent Full-Time appointment available. Applications close 4:00pm, 23 December 2021.

To read the full JDF and to apply please visit [here](#)

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# Of Interest

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## **Advance Health Directive Guide Community Consultation**

The End-of-Life Care Program team at the WA Department of Health is seeking input into the development of a guide which will assist people to complete the revised WA Advance Health Directive.

The consultation process will run from 31 January 2022 to 18 February 2022.

If you have an interest or involvement in advance care planning, we encourage you to help shape the guide via the online survey (open on 31 January) or by participating in one of the community consultation workshops. In addition to the following, some targeted consultations will be held for people from Aboriginal communities.

[Click here to go to the WA Health](#) website for more information and to access all registration links

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## **Survey for young people living with a chronic illness**

The Telethon Kids Institute have initiated the 'Uplift Project' which aims to research and promote wellbeing for young people living with chronic conditions. The team are asking individuals between 16-25yrs old living with a chronic health condition to please participate in their [wellbeing survey](#) to guide their important research. This will be the first of several studies that will ultimately guide the development of an online wellbeing program for youth living with chronic conditions.

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## **CALD experiences under the Mental Health Act 2014**

The City of Gosnells is assisting the Mental Health Commission to review the Mental Health Act 2014. They are seeking Expressions of Interest from people to share their experiences and review the Act during group sessions or one-to-one interviews.

They would like to hear from:

- People from culturally and linguistically diverse backgrounds (CALD) who have received treatment under the Act in the last five years
- Families and/or carers from CALD backgrounds who have supported someone from CALD communities who received treatment under the Act
- Volunteers or advocates from the mental health sector who have supported someone from CALD communities who received treatment under the Act

Interpreters can be provided, by request. Each participant will receive \$75 after the engagement session. Spaces are limited.

Please register your interest by contacting [community@gosnells.wa.gov.au](mailto:community@gosnells.wa.gov.au) or phoning 9397 3000 by Friday 14 January 2022

## United Way West Australia – Re-Engaging in Community

United Way WA's "Re-Engaging in Community" program is a buddy system, designed to assist people who have experienced homelessness, are now re-homed but struggling to go out and explore their community.

United Way is currently on the hunt for volunteers for this great new program. Volunteers would join a participant and help them explore their new community, discover new hobbies and interests, and help create some goals towards a healthier future. Whatever that may look like for each individual.

[Click here to find out more about volunteering or to refer someone to the program.](#)

If you have any questions, please email [united@unitedwaywa.com.au](mailto:united@unitedwaywa.com.au)



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## How Can I Help? - The Podcast

Have you ever been in a situation where you wanted to help but you didn't know how? Pro Bono News is excited to launch How Can I Help? A podcast for people who want to help, but don't know where to start.

Over six episodes, they speak to people with lived experience and experts in the field on what we can all do to help – whether that's when you see someone sleeping rough, if you think a friend or colleague is in an abusive relationship, or if a family member is suffering from depression.

Listen [here](#) or find it on your favourite podcast app.

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## Are you receiving this in the mail?

Contact us and switch to e-news to access articles that we can't always print and send along with this newsletter.

## News to Share?

WAPSPN welcomes guest articles from peer supporters and news from our networks on all things peer.

To request a news item phone us on (08) 9258 8911 or email [info@peersupportwa.org.au](mailto:info@peersupportwa.org.au)