



# WA Peer Supporters' News

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Connecting a vibrant and valued network of peer supporters in WA

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Hi everyone and welcome to the April WA Peer Supporters' newsletter!.  
Apologies for cross-postings and please feel free to distribute to networks.

## WAPSN Latest News

### May WA Peer Supporters' Network Meeting – ONLINE!

WAPSN invites members to come to the next WAPSN meeting. Due to the current uncertain nature in the Perth Region we will be hosting this meeting on Zoom.

WAPSN is excited to have Dal Sahota from Edge Employment Solutions coming to discuss resumes and transferrable skills.

The WAPSN meetings are an opportunity to connect, reflect and build skills with other Peer Supporters in WA. We hope to see you there!

**You are invited to join us for the next WAPSN meeting.**

**Date:** Thursday 6<sup>th</sup> May

**Time:** 10am – 12.30pm

**Place:** Zoom

**RSVP:** [Click here to register on Zoom](#) or email [info@peersupportwa.org.au](mailto:info@peersupportwa.org.au)



WA Peer Supporters Network

*Your place to connect, learn and grow.*

# Events and Training

## Upcoming Peer Work Training Courses at CoMHWA

### Intentional Disclosure of Lived Experience for Peer Workers

This workshop addresses the importance of purposeful lived experience sharing in Peer Work roles and Consumer Representation. Key elements and aspects of sharing lived experience safely, ethically and effectively considering a trauma informed and recovery-based approach are discussed.

**Date:** Tuesday 11<sup>th</sup> May

**Time:** 9.30am – 2.00pm

**Register:** [admin@comhwa.org.au](mailto:admin@comhwa.org.au)

**Cost:** This training is free for Individual Members of CoMHWA



### ASPIRE Speaker Series

Inviting all Peer Support Workers and graduates of the Cert IV in Mental Health Peer Work to attend the ASPIRE Speaker Series. These events will be a wonderful opportunity to hear from an expert in their field and network with other Peer Support Workers.

The Speaker Series will be:

- Held bi-monthly (April, June, August, October)
- Covering topics tailored to Peer Support Work
- An opportunity to network
- Including light refreshments.

**June's guest speaker:** Danielle Cameron – *Mental Health Commission*

**Topic:** De-escalation tools for the workplace

**Date:** Thursday 10<sup>th</sup> June 2021

**Time:** 10:00–11:30am

**Location:** CoMHWA Training Room 14, 2/275 Belmont Avenue, Cloverdale.

Please note, remote/regional participants can be linked in via Zoom.

**RSVP:** Registration essential – register your attendance by Monday 7<sup>th</sup> June to [admin@comhwa.org.au](mailto:admin@comhwa.org.au)

[Click here to view and share the Speaker Series flyer.](#)

## Catching Those Who Fall Through the Cracks

Peerhear, the newest lived experience support platform is hosting a live webinar with the authors of the latest research commissioned by Lived Experience Australia.

This live webinar will take a close look at what the research uncovered and why it matters to consumers, mental health professionals and policy makers.

**Date:** Monday 3<sup>rd</sup> May 2021

**Time:** 4pm (6pm AEST)

**Venue:** ConnectGroups office, 52 Kishorn Road, Applecross WA 6153

**Cost:** Free

**RSVP:** <https://www.peerhear.com.au/webinar-registration?fbclid=IwAR2IsQw4v03oz039SNqIAs5aWtqxyc6HAr9TiOYJq4y8vunlnr8mo1qyPyk>

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## Self-Care for Facilitators

This workshop will provide an opportunity for Support Group Facilitators to learn self-care practices and strategies that will improve their wellbeing and prevent burn-out.

The workshop will include:

- Understanding and identifying stress
- The impacts of stress on our health
- Understanding external and internal stressors
- Managing overwhelm
- Burnout prevention and treatment
- Self-care tools and practices

**Date:** Tuesday 11<sup>th</sup> May 2021

**Time:** 9.30am – 12.00pm

**Venue:** ConnectGroups office, 52 Kishorn Road, Applecross WA 6153

**Cost:** \$38 for Support Group Members

**RSVP:** <https://connectgroups.org.au/events/self-care-for-facilitators/>

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## Peer Facilitation

This workshop is designed for Peer Facilitators and will provide insight into the role and responsibilities of a Facilitator, effective communication and listening skills. The session is for those with a lived experience who are looking to start a Peer Support Group, or for existing Peer Facilitators looking to improve their Facilitation skills.

**Date:** Monday 31<sup>st</sup> May 2021

**Time:** 9.00am – 4.00pm

**Venue:** ConnectGroups office, 52 Kishorn Road, Applecross WA 6153

**Cost:** Free

**RSVP:** <https://www.trybooking.com/book/sessions?eid=753836>

## Rise Network's Peer Work Course

The Peer Worker course is facilitated by and is for people with a lived experience of mental distress.

### About the course

- There will be an information morning on the 10th May 2021 from 10am – 2pm. You must RSVP to be able to attend the Information day.
- Please bring completed application form.
- Interested applicants are encouraged to attend an interview (15 minute timeslots across the afternoon).
- Following the interview, 10 applicants will be selected to attend this course.

**Course start date:** Monday 17th May from 9.30am – 3.30pm. Running for 6 consecutive Mondays finishing Monday 28th June 2021

Please note there is a \$50 course fee to cover the facilitation costs.

### To register, or for more details contact:

Alison Senior on 0437 505 250 or Michael Akkermans on 0417 857 735.

You can also email [michael.akkermans@risenetwork.com.au](mailto:michael.akkermans@risenetwork.com.au)

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## Peer Workforce Opportunities

### Mental Health/AOD Peer Support Worker

As a member of a multi-disciplinary team, your role is to provide emotional and practical support on an individual and group basis including assisting with identifying individuals needs for wellness, options for recovery and support to navigate their way through community services and supports. You will promote hope for recovery, choice and self-determination, and the importance of living well using shared experiential knowledge, skills and strategies to enhance and improve the experience of recovery for individuals.

<https://www.seek.com.au/job/52093297?type=standout#searchRequestToken=53f21471-e593-4a8d-8b04-153584c06471>

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### Support Worker

Avivo is hiring a number of support workers throughout WA. These are not specific peer roles, however people with lived experience are encouraged to apply. You can view the full range of positions on the Avivo website.

The role will work across aged care, disability and mental health sectors. Engaging in a range of care needs to assist individuals to remain living within their home.

There's no 'typical day' but it may include...

- House cleaning for someone who can't do this themselves
- Helping someone have a shower and/or getting dressed
- A trip to the local shops, doctor or community based activity
- Operating a hoist or doing clinical care (we will train you)
- Checking in and engaging with your team (we'll give you a phone to do this)

A positive attitude, compassion and resilience is a must have as not going to lie, it can be tricky at times. !  
The team will have your back!

<https://www.avivo.org.au/inside-avivo/work-with-us/>

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## Of Interest

### Safe Haven is Open!

Safe Haven, Dabakan Ngowoort Koorliny Mia, Move to a calm, gentle, quiet space.

The Safe Haven peer support service is provided by Ruah Community Services. Ruah has significant experience in this space and has provided support to Western Australians for more than 60 years, helping more than 30,000 consumers each year.

Safe Haven is a calm, gentle, quiet space where people can receive early intervention distress management and problem solving support from both peer and clinical staff. It aims to offer distressed, lonely or isolated people a safe place to:

- speak confidentially to trained peer workers and clinicians
- attend education/group sessions on managing distress
- spend time in rather than presenting to emergency.

[Click here to view the Safe Haven brochure.](#)

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### Mr Perfect – More than a BBQ

Like many men, our founder realised he was not Mr Perfect. After a lifetime of mental challenges, he finally navigated a semblance of a path to tackle them and found there was something missing in the support he accessed. Ironically his best mate called him “Mr Perfect” for years without knowing his struggle.

Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection.

However, we are more than a BBQ. Online we provide support, information and resources for the good of men's health.

To find out more, find a local BBQ or join the online forums head to the Mr Perfect website.

<https://mrperfect.org.au/>

## SCHOOL PEER SUPPORT PROGRAMS CAN BUILD AUSTRALIAN STUDENT RESILIENCE IN THE WAKE OF COVID-19

Professor John Toumbourou, Deakin University Chair in Health Psychology said today that “there is an urgent need for school programs to rebuild the wellbeing and resilience of Australian students in the wake of COVID 19. Peer support offers a model to improve wellbeing programs and reach large student populations”. His comments follow the release of a research report evaluating the effectiveness of Australian peer support programs.

Working closely with Deakin University’s Centre for Social and Early Emotional Development (SEED), Peer Support Australia commissioned the “Promoting positive youth development in schools: A program logic analysis of Peer Support Australia”. The report analysed the effectiveness of Peer Support Australia’s programs in the education sector.

Professor Toumbourou, was the lead investigator of the report said the report provided strong evidence about the effectiveness of peer support modules and delivered clear, evidence-based recommendations for Peer Support Australia.

“Peer mentoring programs result in a range of health and social benefits which become clearer when programs are clearly structured. This is something Peer Support Australia excels at in its core areas of resilience, character and positive development. The programs have the potential to be further enhanced to reach more students and involve them in implementing prevention programs in their school and community,” Professor Toumbourou said.

“Given their evidence in improving student mental health, I would urge education providers to use these programs to build student resilience in the wake of COVID-19.”

To read the full “Promoting positive youth development in schools: A program logic analysis of Peer Support Australia” report visit: <https://dro.deakin.edu.au/eserv/DU:30145389/clancy-promotingpositive-2020.pdf>

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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)