



WA Peer Supporters' News

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Published by the WA Peer Supporters' Network

Connecting a vibrant and valued network of peer supporters in WA

25th November 2021

Hi everyone and welcome to this edition of the WA Peer Supporters' News!
Apologies for cross-postings and please feel free to distribute to networks.

Latest WAPSN News

Contribute to the WAPSN Strategic Planning!

Reminder! It's your last chance to contribute to the WAPSN Strategic planning! This survey link is closing on Friday 10th December. Visit: <https://forms.office.com/r/0rdDpKxDTz> to share your vision for the future of the WA Peer Supporters' Network!

WAPSN Meeting Calendar for 2022

WAPSN is pleased to present the 2022 meeting calendar! Please note the new date format, with meetings now being held on the third Thursday of every second month.

Our first meeting for 2022 is on Thursday 20th January!

These meetings are free to attend and for anyone with an interest in learning about Peer Support and developing their Peer Work practice skills. Come along for free education and group reflection to build skills, sustain and thrive in your Peer Support role.

Click here to download the 2022 Calendar.



WA Peer Supporters Network
Your place to connect, learn and grow.

WAPSN Speaker Series Timetable for 2022

In collaboration with ASPIRE (CoMHWA's Peer Work development project), WAPSN is pleased to present the 2022 Speaker Series calendar!

This Speaker Series is a chance for Peer Supporters, Peer Workers and WAPSN members to come together for professional development and networking.

Our first Speaker Series session is on Thursday 17th February!

Topics are announced via this newsletter prior to the date. Interested in presenting in one of the sessions? Get in touch via info@peersupportwa.org.au

Click here to download the calendar.

Events and Training

30th Annual Perth Pride Parade - 27th November

The 2021 Perth Pride Parade promises to be a breath-taking family-friendly spectacular. Entry is free and food stalls will be available as well as pre-parade entertainment.

*No BYO event. Come and cheer on the marching groups from our community and cap off the event with a fireworks display.

Date: 27th November 2021

Time: 4.30pm - 9.30pm (Gates open at 4.30pm, get there early as capacity limits apply.)

Venue: Gloucester Park in East Perth *No BYO

Cost: Free Entry



Last Chance to Submit your Scholarship Application!

Applications for the 2022 round of Cert IV Mental Health Peer Work Scholarships are closing at 5pm tomorrow, Friday 26th November! There's still time to submit your application.

Visit the CoMHWA website for further information and to download the information pack and application form.

<https://comhwa.org.au/blog/now-open-cert-iv-mental-health-peer-work-scholarships-2022>



ASPIRE 2022 Student Applications - Now Open!

Do you want to work as a Peer Support Worker? Have you got some experience already, through studying or volunteering? Are you looking for some extra support to help you get and keep a job?

Then ASPIRE is for you!

Individuals are supported through access to a new skills-based training pathway for Peer Work in disability settings, work-based placements and coaching in employment goals. It is an unpaid training and work experience program, and you will need to be available for 16 hours per week during the program dates.

ASPIRE is a 12 week program and the next round commences on 17 Jan 2022. It comprises 4 weeks of training (2 days/week), 8 weeks of work placement and a debrief of your learning.

Application deadline: 5pm Wednesday 1st December

Group interviews: Tuesday 14th December (afternoon)

*Applications received after 5pm, 1st December will be held until the next round of expression of interest opens in 2022.

To apply: www.comhwa.org.au/programs/aspire

'Trauma Super Conference' 3rd -9th December

Trauma Super Conference is an online conference presented by Conscious Life. Bringing together in-depth interviews with 70+ some of the world's top experts in trauma, and also offering extra resources, including tools, techniques and practices you can start to help you become aware of your own trauma, understand the impact it has on your daily life, and begin to start the healing process.

Date: 3-9 December 2021

Venue: Online

Visit the website to register your interest: <https://traumasuperconference.com/>

Human Rights Day Celebration

To celebrate the anniversary, the Museum of Freedom and Tolerance will host a series of family events in Yagan Square on 9 and 10 December, and on the screens at the Perth Cultural Centre and the City of Perth Library.

Date: 9-10 December 2021

Times: Sunday 9 December, 12noon to 2pm
Monday 10 December, 10am

Venue: Yagan Square, (Wellington Street, Perth)

Go to Visit Perth for details on the Human Rights Day Celebration program:

<https://visitperth.com/events/human-rights-day-celebrations>

Communication for Peers

Gain skills in consumer representation, peer work and relationships as you learn more about communication, relationships and wellbeing. This session covers topics such as the 5 styles of communication, barriers and enablers, conflict resolution and boundaries to support better communication and relationship awareness.

To register your attendance in this session, please contact Danielle on 9258 8911 or email admin@comhwa.org.au Our training is free for Individual CoMHWAs members!

Date: Friday 17th December

Time: 9.30am to 12.30pm

Venue: CoMHWAs, 14/275 Belmont Avenue, Cloverdale 6105

ConnectGroups - "How to Start a Support Group" Workshop

Are you thinking of starting a Support Group or are you still stuck in the early stages of development? This workshop will assist you in taking those foundation steps to develop the purpose, vision and mission of your Support Group, through an active learning process.

Date: Tuesday 14th December 2021

Time: 9.30am – 12.00pm

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

Cost: FREE

To Register: <https://www.trybooking.com/book/sessions?eid=828296>

Peer Workforce Opportunities

Paid Participation Opportunity by The Mental Health Commission: 'All of Stakeholder Workshop' for the Lived Experience (Peer) Workforce Project

The Mental Health Commission in partnership with key stakeholders, is undertaking the Lived Experience (Peer) Workforce Project (Project)..The Project aims to guide the development of a thriving state-wide consumer, family and carer Lived Experience (Peer) workforce across the mental health (including suicide prevention) and alcohol and other drug sectors.

Date: Tuesday 30 November

Time: 10.00am – 5.00pm

Venue: Claisebrook Design Community (25 Gladstone St, Perth) *Near Claisebrook Train Station. Public transport is recommended, as there is limited street parking.

Registrations: Please contact Louise or Phoebe on engagement@mhc.wa.gov.au if you have any questions regarding the Project or the workshop including payment,

*A participation payment of \$112.50 [3 hours @ \$37.50] will be offered and made via EFT transfer within approximately 14 days. Payment forms will be provided on the day, please bring bank details.

More information on the Project can be found on the Mental Health Commission webpage here:

<https://www.mhc.wa.gov.au/about-us/major-projects/lived-experience-peer-workforce-project/>

Casual Peer Support Worker Role for UWA Students at The Living Room

Casual appointment 12 months, (15 hours per fortnight, flexibility with days and/or hours)

The Living Room is a welcoming, inclusive and student-focused space that promotes wellbeing through early intervention, peer support and low barrier access to UWA health services to encourage connection and belonging in the University Community. The core values of The Living Room are shared-understanding, empathy, connection, and support.

For more information please view the full advert on Seek.

<https://www.seek.com.au/job/55042774?type=standard#searchRequestToken=86ddc80f-6f9c-4628-a176-f7fe6eb96453>

After Hours Peer Support Administrator at Red Nose

Red Nose Australia is a national charity working to save little lives through research and education, and to support families whose baby or young child has died. We provide specialised bereavement support free of charge to any person affected by the sudden and unexpected death of a baby or child during pregnancy, birth, infancy or childhood.

The primary focus of this role is to oversee the afterhours peer support services offered by Red Nose including the 1300 support line, face to face and online peer support-based groups and the moderation of Facebook groups. The role involves providing high quality debriefing and support for volunteers who are undertaking these peer support services across the organisation and ensuring there are minimal gaps in our service delivery.

Visit <https://www.ethicaljobs.com.au/jobs?keywords=peer%20&locations=7> for more information.

Kaya Peer Worker at Ruah (Mandurah and Peel)

We are seeking a part time, Kaya Peer Worker based at Peel Health Campus/ Rockingham General Hospital. This is a fixed term position until 30 June 2022 with an extension based on funding.

If you are interested in this position, please prepare a cover letter outlining how you are suited to the role. Please submit this along with a current resume to HR@ruah.org.au

Are you looking to gain new skills and work experience? Cahoots have exciting upcoming opportunities!

Cahoots is a charity that creates inclusive opportunities for children and young people living with disabilities and others that face exceptional challenges, to develop friendships skills and confidence.

If you're interested in volunteering this summer, please contact volunteer@cahoots.org.au

Do you have an interest in helping to improve integration in Western Australian healthcare? Lived Experience expertise sought!

For Integrated Healthcare Precincts Lived Experience Design Working Group

WA Primary Health Alliance are seeking expressions of interest from individuals with lived experience of two or more chronic health conditions and significant engagement with the primary health care system.

Aboriginal people, people from Culturally and linguistically diverse backgrounds and people who identify as LGBTIQ+ are strongly encouraged to submit an EOI. <https://phexchange.wapha.org.au/eoi>

Session 1: 1:30-4PM Tuesday 7 December

Session 2: 1:30- 4PM Tuesday 14 December

Meetings will be held at WA Primary Health Alliance, Level 2, 1 Hood Street Subiaco

If this sounds like you AND you can attend BOTH meetings, please submit your expression of interest below by COB Friday 26 November.

Please note payment will be \$75 per hour for two x 3-hour meetings (2.5 hours meeting time and 30 mins preparation time)

The Our Space Wanneroo Project

Wanneroo has been chosen to be the prototype area for creating a new service that will offer further treatment, supports and connection to other community services for people who are experiencing mental health challenges and / or alcohol and other drug issues.

Please contact Tracy on 0447 170 768 or tracy@wellroundedlife.com.au if you would like to come along to co-create this important service on Thursday 2nd December: 9:30 am – 12:30 pm.

(A gift voucher and morning tea will be provided)

Of Interest

The Victorian Government appoints Mary O'Hagan as its first Executive Director of Lived Experience

Mary O'Hagan has been appointed as the Victorian Government's first Executive Director of Lived Experience. Mary is an internationally-recognised lived experience executive and advocate who has dedicated her passion and expertise to the lived experience movement for more than 35 years. She is also a former Mental Health Commissioner of New Zealand.

Mary's appointment delivers on a key recommendation made by the Royal Commission into Victoria's Mental Health System to employ people with lived experience of mental illness or psychological distress in leadership positions within the Department of Health.

CoMHWa launches Peer Pathways Program

Last Thursday WAPSN was invited to the launch of CoMHWa's Peer Pathways project, officially launched by Ms Celia Hammond MP. We are so grateful to have Ms Hammond share her own experiences as a Consumer of Mental Health and recognise and celebrate the amazing work being done by the Peer Pathways Team.



Shauna Gaebler, CoMHWA CEO, spoke on the projects work to-date and recognised how the work done by the Peer Pathways team seemed to resonate with everyone in the room in a personal manner.

Andrew Buzzacott, from the WA Primary Health Alliance, spoke to the value of the project and how he believes that the Peer Pathways model of system navigation should be shared to other states undertaking this work.

It was a joyful celebration of CoMHWA's Peer Pathways project, filled with smiling, great catering and music from a talented Perth Musician, Lachlan Higgins. The Peer Pathways team, CoMHWA staff and Board were excited to officially launch the project, which began taking calls back in August.

CoMHWA's Peer Pathways project is a West Australian, State-wide helpline for people with mental health challenges to find the supports needed to promote mental and physical wellbeing. Their Peer Navigators will assist you, your family, and your carers to navigate services across the State.

Give them a call and speak to one of their friendly Peer Navigators today! (08) 9477 2809

The Peer Pathways helpline is open Monday to Friday, 9am to 5pm. Visit www.peerpathways.org.au for more information. Peer Pathways is generously funded by the WA Primary Health Alliance.



A free, confidential phone service for all West Australians experiencing mental health challenges to find suitable supports

I've just moved house and I need a new GP who understands my mental health needs.

I have a lot going on at the moment and I don't know where I can find support.

I don't think my supports are working well... are there any other options for me? I am in a remote area.

I need help finding suitable supports for someone I care for.

Our Peer Navigators support individuals, family members and carers to explore options for local, suitable supports for all health and wellbeing needs.

9477 2809

www.peerpathways.org.au

Peer Pathways is not a crisis line. If you are experiencing distress please call Lifeline on 13 11 14
This service is supported by WA Primary Health Alliance under the Australian Governments' Primary Health Networks Program.

Can self-compassion alleviate the level of voice related distress experienced by people that hear voices?

Voice hearing is reported by approximately one in ten people in the general population and occurs in people with a variety of mental health diagnoses. Importantly, many people who hear voices have experienced traumatic life events. Evidence suggests that the way a person processes and responds to their trauma, or memories of their trauma, can impact their voice hearing experience. Perth Voices Clinic conducted a study to find out the role of self-compassion in the relationship between trauma and hearing voices.

Read more about The role of self-compassion on the relationship between trauma and hearing voices - Maisey - - Clinical Psychology & Psychotherapy - Wiley Online Library

<https://onlinelibrary.wiley.com/doi/10.1002/cpp.2663>

Lived experience of trans and gender-diverse people with the WA mental health system: Feedback Survey

Dash Health Club and the Mental Health Commission are seeking paid participants in their project to examine and explore the experiences trans and gender diverse people have had in the WA mental health system, including what went well and what didn't, and whether they feel their gender affected how they were treated.

<https://form.jotform.com/thedashhub/lived-experience>

Peer Support Group for Parents with Young People aged 12 - 18 years.

Communicare, Save the Children and headspace Armadale have collaborated together to bring you this workshop aimed at supporting parents raising young people. We know it can be difficult and challenging guiding them through tough times!

So headspace invites you to come along and meet other parents who are experiencing similar things, chat and swap ideas and support each other through discussion.

WHEN: 8th December at 5:30 pm - 7:00 pm

WHERE: Headspace Armadale (40 Fourth Road, Armadale).

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