

# WA Peer Supporters' Network Newsletter of April 2022

Connecting a vibrant and valued network of Peer Supporters in WA



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*WAPSN acknowledges the Whadjuk Noongar Nation who are the Traditional Owners and Custodians of the land and recognizes their continued connection to land, water and community. We pay our respects to their culture and their elders both past, present.*



# A note from WAPSN

*Hi Everyone,*

You may notice that the WAPSN Newsletter has a new look this month, we hope you like it and welcome all feedback you may have! **WAPSN is also looking to update their logo, have your say [HERE](#)** on what the future of WAPSN looks like!

## **Last Meeting**

We came together online last month to discuss our Strategic Plan and what's next for WAPSN. As a group we had great discussions around; continuous improvement in providing safe spaces for peers to meet and co-reflect on their experiences, member engagement and how we can best involve people in the growth of WAPSN, and some of the goals WAPSN hopes to achieve in the coming year and what we might need to do to get there.

## **Members Survey**

WAPSN would like to hear more from their members about how we can help you get the most out of being a WAPSN member, and we have put together a short survey (approximately 5 minutes) where we ask you to share your feedback and ideas - **you can access the WAPSN Member Survey [HERE](#)**.

## **Volunteer Expression of Interest**

We also are excited to announce the opening of our [WAPSN Volunteer Expression of Interest](#) where members are now able to let us know how they would like to support WAPSN in being a sustainable network of support.

## **Next Meeting**

Our next Meeting will be held on **Thursday 19th May from 10:30am-12pm** and there will be more details provided closer to the day. For now though, look out for information on our **April Speaker Series below!**

*Thank you and kind regards,*

***WA Peer Supporters' Network***



# Peer Worker of the Month

Georgia Anderson, Advocate and Consumer Representative



This month WAPSN would like to recognise some of the amazing work that Georgia has contributed to. Georgia has been advocating in the mental health space since 2015 across a range of organisations, these include Youth Focus and Zero2Hero, WAAMH, North Metropolitan Youth Mental Health, the WA Mental Health Commission, CoMHWA, Department of Health, Telethon Kids Institute, the WA Mental Health Sub Networks, Curtin Involve Program and more.

Last year Georgia was the Consumer Representative for the Ministerial Taskforce into Public Mental Health Services for 0–18-year-olds in WA and the Co-Chair of the Taskforce’s Lived Experience Expert Advisory Group, she has shared some great information with us featured in the ‘Of Interest section’ about the final report for this taskforce for those who may want to know more.

Currently, Georgia is working as a Consumer Consultant at WA Country Health, where she provides consumer input and advice to inform their peer workforce development and implementation of the recommendations from the Ministerial ICA Taskforce’s Final Report.

Additionally, Georgia is also a Workshop Facilitator for the Youth Disability Advocacy Network on their Access and Inclusion Matters Project, who provide workshops on engaging with people with disabilities and creating Inclusive Spaces to organisations and small businesses.

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*In 2022, WAPSN will be posting a Peer Supporter of the Month in each newsletter to highlight some of the amazing Peer Workers we have in the industry. If you would like to submit a nomination for yourself or someone you work with, please send us a short paragraph about the great work they’re doing and an email address or phone number so we can contact them!*



# Events and Training

## Online Opportunities

### WAPSN-ASPIRE Speaker Series

This month we welcome to the stand, Lana from Magenta Sex Worker Project - a peer-based project dedicated to providing services to support and promote the health and safety of people involved in the sex industry in Western Australia. Lana will talk with us about her work as a peer worker and let us know a little bit about what they do at Magenta.

[To learn more about Magenta click here](#)

**When:** 21 April 2022, 10:30am-12pm

**Where:** online via Zoom

*RSVP is necessary to access Zoom Link, please contact [info@peersupportwa.org.au](mailto:info@peersupportwa.org.au)*

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### Communication for Peers (online, self-paced)

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.

**Date Available:** Monday 28th March

**Duration:** 3 hours self-paced

**Register:** via [admin@comhwa.org.au](mailto:admin@comhwa.org.au) to receive the access details

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### Introduction to Consumer Representation (live and online)

Gain skills in consumer representation, recovery rights, advocacy advisory groups and committee skills, and learn how to use your lived experience of mental health to advance the broader consumer perspective.

**Date:** Friday 8th April

**Time:** 9.30am – 12.30pm

**Place:** online via Zoom webinars

**RSVP:** essential via [admin@comhwa.org.au](mailto:admin@comhwa.org.au) to receive the Zoom link

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### What is a CAG? Self-paced learning

CAG stands for consumer advisory group. This session covers a detailed explanation of what a CAG is, what organisations have CAGs and why. How you can become part of a CAG and

the benefits to you and others. Learn how being part of a CAG can impact the community with positive mental health reform.

**Date Available:** 29 April 2022

**Duration:** 3 hours self-paced

**Register:** via [admin@comhwa.org.au](mailto:admin@comhwa.org.au) to receive the access details

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### **Introduction to Consumer Representation – Interactive Online**

Gain skills in consumer representation, recovery rights, advocacy advisory groups and committee skills, and learn how to use your lived experience of mental health to advance the broader consumer perspective.

Join us online for this session - it's free for individual CoMHWA members!

**When:** 8<sup>th</sup> April 2022

**Where:** Online Via Zoom

**Register:** via [admin@comhwa.org.au](mailto:admin@comhwa.org.au) to receive the access link

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## Perth & Peel Opportunities

### **Conversations About Non-Suicidal Self-Injury**

The Mental Health First Aid Conversations About Non-Suicidal Self-Injury course will teach you how to identify, approach and support someone who is engaging in self-injury by using a practical, evidence-based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

**When:** 11 May 2022, 9.30am to 1.30pm

**Where:** Level 3, 9 The Avenue, Midland

**Cost:** \$110 (+ booking fee)

[Click Here for more](#)

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## Regional Opportunities

### **Life Launchpad Workshops - NORTHAM**

Life Launchpad will be running FREE workshops at CoMHWA every Tuesday for 8 weeks, commencing Tuesday the 15th of February with Self Awareness. Future workshops will be goals, wellbeing, supports, communication, overcoming barriers, speaking up for yourself and recovery planning.

**Date:** 12<sup>th</sup> April

**Time:** 10am to 12pm

**Place:** coming soon

**RSVP:** essential via [admin@comhwa.org.au](mailto:admin@comhwa.org.au)

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### **Aboriginal Mental Health First Aid Training – DERBY**

Do you want to learn how to assist Aboriginal and Torres Strait Islander adults who are experiencing a mental health challenge or crisis?

The 14-hour Aboriginal Mental Health First Aid course teaches any adult how to provide initial support to an Aboriginal or Torres Strait Islander adult who is experiencing a mental health concern or crisis, until professional help is received, or the crisis resolves

**When:** Tuesday 5 and Wednesday 6 April | 8.30am – 4.30pm

**Where:** Spinifex Hotel, Meeting Room, 6 Clarendon Street, Derby WA

**Cost:** Free | Registration essential | Meals provided

[Click Here for more](#)

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## **Job Board**

### **Perth and Peel Opportunities**

#### **Carer Peer Support Worker – HelpingMinds, Rockingham**

The Carer Peer Support Worker provides emotional and practical support to carers on an individual and group basis. Assisting with identifying their needs for support and helping them to navigate their way through mental health services and discharge processes. Promoting hope for recovery of their loved one, choice and self-determination, they emphasise the importance of maintaining health using shared experiential knowledge, skills, and strategies for caring for a person experiencing a mental health challenge.

[Click Here for more](#)

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#### **Chief Executive Officer at Peer Based Harm Reduction WA - Northbridge**

**Peer Based Harm Reduction WA** is recruiting to fill the **Chief Executive Officer** position. This is an exciting position for a dynamic person who has the skills and experience to progress

the strategic priorities of the organisation. You will need to be passionate about leading and progressing Peer-based harm reduction principles and services for people who use drugs in the WA community.

Closing Date: no deadline, apply ASAP.

[Click Here for more](#)

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### **Kaya Peer Worker – Ruah, Mandurah & Peel**

Kaya Peers provide an understanding of the experience of living with a mental health challenge and assist people to connect, feel validated, and supported to strive for the recovery outcomes they hope to achieve. Whether it is supporting clients in the hospital waiting room or in the community, we work as one Ruah with an aim to transform people's lives.

Closing Date: Wednesday 6<sup>th</sup> April

[Click Here for more](#)

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## **Regional Opportunities**

### **Peer Support Worker - Step up Step Down**

The Kalgoorlie Step Up/Step Down Service will accept referrals from the Goldfields region. During their stay consumers are assisted to develop a wellness plan including relapse prevention. The staff team at Kalgoorlie Step Up/Step Down will consist of a Manager, a Senior Practice Leader, Community Rehabilitation and Support Workers (CRSWs), an AOD Liaison Worker, Peer Support Worker (PSW), and Administration Support. The facility is staffed 24 hours per day, 7 days per week and operates on a 7-day rotating roster consisting of morning and afternoon shifts.

This position will remain open until successfully filled position.

[Click Here for more](#)

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# Of Interest

## **The Final Report - Ministerial Taskforce into Public Mental Health Services for Infants, Children and Adolescents aged 0 – 18 years in WA**

This document has now been finalised and released. As this is a large document, we have received some helpful notes from a member who has identified pages of interest for those unable to read the whole document.

- pages 21-22 provide information on the background and purpose of Taskforce.
- Pages 12-20 is an Executive Summary and gives an overview of;
  - The case for change
  - Key insights on the current system
  - A shared vision, purpose, principles, and pillars to underpin the future system
  - Key actions and associated recommendations to drive implementation and enduring reform
  - Information about Workforce Capacity and Capability.
- Other areas of interest may be;
  - Lived Experience Foreword written by Georgia Anderson and Wendy Cream on pages 4-5
  - Chairs foreword on pages 6-9

You can find the document [HERE](#)

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## **Social Inclusion Forum 2022**

Inclusion Solutions and the City of Swan are offering professionals and volunteers in the sport, recreation, and community sectors the opportunity to attend their next Social Inclusion Forum. Hear from amazing speakers on their journey of social inclusion. The Social Inclusion Forum provokes conversations that matter, and ignites inclusive change across WA, with practical tips and advice that you can implement to create a more inclusive community.

[Click Here for more](#)

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## **APP/Website – Friend in need**

Friend in Need was founded in the midst of the COVID-19 pandemic in WA. Watching the way people came together to support each other made us realise that there were many who were willing to reach and help others in difficult times. We aim to capture and build upon this spirit of altruism to grow stronger, healthier communities.



Not only is there an app that provides information in the palm of your hand, but Friend in Need also has downloadable resources on their webpage and offers workshops and training on how to support those close to you.

[Click Here for more](#)

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### **Australian family experiences supporting people with mental health challenges during COVID-19**

We are inviting participants who are or have been family, friends, carers or supporters of people with mental health challenges, mental illness or psychological distress, during the COVID-19 pandemic to participate in Focus groups for a special research project. Each participant will receive a \$50 voucher for their time.

When: Friday 8 April, 2022 between 1-3pm.

[Click Here for more](#)

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## **Peer Support Groups**

*If you know of a Peer Support group that you'd like to share, please forward all information to [info@peersupportwa.org.au](mailto:info@peersupportwa.org.au)*

### **DISCHARGED: In-person Trans and Gender Diverse DISCHARGED Suicide Peer Support Group**



**When:** Mondays 6.30pm-8pm

**Cost:** Free - No referral needed, new people welcome

This is a weekly DISCHARGED suicide peer support group for **trans and gender diverse people** every Monday at 6:30pm in West Leederville, Perth Western Australia.

The group is a space for people to talk about, vent, sit with, or make sense of suicidal experiences. We are also free to talk about our distress or the things which make us want to die, without fearing hospitalisation or the police being called.

We keep this group's details hidden off public pages to ensure it is safe for trans people to access - **please send us an email at [info@discharge.org.au](mailto:info@discharge.org.au) to join this group.**

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## Peer Support for those who have family or friends living with Mental Health Challenges

### Talk with others who know what you're going through . . .

A peer-led informal support group for anyone with a family member or friend experiencing mental health challenges. Join us in a safe space where you can express yourself and listen to the experiences of other carers.



**When:** Every second Friday of the month | 10am – 12pm, *8 April, 13 May, 10 June, 8 July, 12 August, 9 September, 14 October, 11 November*

**Where:** HelpingMinds Office, 182 Lord Street, Perth

**Who:** Adults who are supporting a family member or a friend experiencing mental health challenges.

**Cost:** Free | Registration essential | Morning tea provided.

For more information contact us on [\(08\) 9427 7100](tel:0894277100) or [cyfs@helpingminds.org.au](mailto:cyfs@helpingminds.org.au)

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## Mission Australia: NDIS Peer Support groups

Mission Australia hosts NDIS peer support groups both in person and online across Perth in 4 locations. These groups come together frequently to talk about their experiences with NDIS and get support with any challenges that they may be facing.

[Click here for more information](#)

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## Grief Centre Support Groups



At the Grief Centre, our Support Groups allow you the opportunity to listen and/or share your feelings in a safe and supportive setting. They help reduce feelings of isolation and make it possible to recognise how grief is both universal and yet differs for everyone. Understanding grief and its effects can help you to cope more effectively and support those around you while still protecting your own grieving process.

**Our Support Groups are for anyone who is grieving, no matter when or how the loss occurred.**

[Click here for more information](#)

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## Family & Friends Carer Support Group | ONLINE

Join our monthly information session for the family and friends of young people who are experiencing a mental health challenge. This is an opportunity to meet others going through similar situations and speak about the challenges in supporting a young person with a mental illness. Discover effective ways to support your loved one on their recovery journey and learn to take care of yourself. This workshop is a collaboration between HelpingMinds and headspace.

**When:** Wednesday evenings | 5pm – 6pm | 27 April, 25 May, 29 June

**Where:** This session will take place online via Zoom/Teams. A link to join the session will be emailed after registration.

**Who:** Adults who are supporting a young person (12-25 years) experiencing a mental health challenge.

**Cost:** Free | Registration essential

Register your interest using the form below, or for more information call us on [9427 7100](tel:94277100) or email [cyfs@helpingminds.org.au](mailto:cyfs@helpingminds.org.au)

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## DO YOU NEED HELP NAVIGATING SERVICES IN WA?

# PeerPathways

A free, confidential, statewide phone line for all West Australians experiencing mental health challenges.



**9477 2809**

Mon-Fri  
9am-5pm

# We Can Help!



**Peer Pathways is not a crisis line.**  
If you are currently experiencing distress please call Lifeline on 13 11 14.

*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, if there is something you would like to submit for next month's newsletter please contact us at [info@peersupport.org.au](mailto:info@peersupport.org.au)

### Contact us:

(08) 9258 8911

[info@peersupportwa.org.au](mailto:info@peersupportwa.org.au)

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