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

**WAPSN Latest News**

**Join Us for Global Peer Supporters’ Celebration Day: Special Morning Tea**

- **DATE:** Thursday 18th October 2018
- **TIME:** 9.30am–11.30am
- **PLACE:** Little Way Café, 161 Broadway, Nedlands
- **COST:** FREE
- **RSVP:** essential for catering purposes to Rebecca on 9258 8911 or info@peersupportwa.org.au

Every day people’s lives are being transformed through supportive relationships with others who have similar experiences— that’s peer support!

From sharing word-of-mouth knowledge and ideas on what works, to offering a listening and non-judgmental ear because you’ve been in a similar situation yourself. Peer support happens across all sectors and walks of life, in support groups, in paid roles and volunteer roles, in the workplace and among friends and neighbours in need.

If that sounds like you, come along to celebrate what you do – with others who are doing it too! Please find your invitation attached.

*Event hosted by the WA Peer Supporters’ Network and sponsored by Consumers of Mental Health WA.*
Join Us at Our Next WA Peer Supporters’ Network Meeting

Our fifth and final meeting for the year is on the special topic of *Peer Approaches to Homeless Citizens and Those at Risk*. Our guest presenter is Jonathan Shapiera, advocate for lived experience responses to homelessness and founder of the South West Australian Homeless People (SWAHP). Our meetings are for anyone with an interest in peer support and provide a place of learning, news sharing, connection and support. Free group supervision included!

**DATE:** Thursday 1st November  
**TIME:** 10am–12.30pm  
**PLACE:** City West Lotteries House, 2 Delhi St West Perth  
**RSVP:** or enquiries to info@peersupportwa.org.au or (08) 9258 8911

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**General News, Events and Training**

**Introduction to Peer Work Course: 6 Week Program**

Do you have a lived experience of recovery from mental illness and are thinking of becoming a support worker? This course just might be for you!

Rise Community Network will show you just what being a support worker is about and discuss study options and pathways. The course costs $50 and includes a workbook.

**Next information morning:** Monday 15th October 2018, 10.00am – 2.00pm  
**Next course commences:** Monday 22nd October, 9.30am – 3.30pm, running for six consecutive Mondays.  
The course ends on Monday 26th November 2018.  
**Where:** Helens Place: 12a Leslie Road, Middle Swan.  

For further information please contact Emma on emma.tucker@risenetwork.com.au or call 0447 855 693 or Michael on 0417 857 735.

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**Lived Experience Perspectives Key to WA's Future Homelessness Strategy**

The Department of Communities is leading the development of the 10 Year Strategy on Homelessness, a whole of community plan to tackle homelessness in Western Australia. People are invited to be part of the upcoming consultation sessions being held across metro and regional WA. Lived experience is a vital input to this important plan.

Visit the consultation page to find a session near you and other ways to give feedback;  
New Grants Offer Peer Support Opportunities in Other Sectors

A new type of grant funding is now available through ConnectGroups for groups providing self-help and peer support in areas other than mental health, such as disability, chronic conditions, or homelessness. The grants help build capacity of self-help and support groups in Western Australia.

The first round of Give it Forward grant applications closes on Monday 15th October. Learn more about the grants and apply today; http://www.connectgroups.org.au/give-it-forward/

Want to Learn About Peer Work? One Day Program in November

CoMHWA’s popular Foundations of Peer Work – Are You Ready? is open for enrolment.

The course is on 21st November, 9.30am–4pm at the CoMHWA Office. Foundations of Peer Work is for people who would like to know more about getting into peer work before they commit to further study or roles in the sector. You will be provided with an overview of how peer work makes a difference in people's lives, peer work values, skills, work readiness and further study and work pathways.

The course can also be customised for workers and managers who are considering establishing a peer workforce.

For enquiries and bookings contact admin@comhwa.org.au or (08) 9258 8911.

Hone Your Storytelling Skills for Peer Work: One Day Program in October

CoMHWA has established a new training program focused on peer work storytelling skills.

Intentional Storytelling is on Wednesday 24th October, 9.30am–4pm at CoMHWA office. This one day program is for peer workers and other individuals who use their lived experience in the workplace. This one day course equips people with safe and effective ways of sharing their story in helpful, intentional ways in their roles.

For enquiries and bookings contact admin@comhwa.org.au or (08) 9258 8911.

Peer Education Course Starting in Rockingham Area Helps Prepare People For Work and Study

MIFWA’s Wellways to Work: Mental Health and Education Support is a six week education and support program helping people affected by mental health issues to take steps towards work and study. The program is led by peers and will help you to explore new directions in work and study, recognise barriers to work and study and learn strategies to overcome them, explore disclosure and the use of personal information, know your rights in the workplace and find support networks to help you achieve your goals.
**Information session:** Wednesday 31st October, 10.30am–12.30pm, Salvation Army, 1–5 Willmott Drive, Coolongup

**Course:** Wednesday 7th November, for 6 consecutive weeks, 10.30am–2pm, Salvation Army, 1–5 Willmott Drive, Coolongup

**RSVP:** to Uli on 9237 8900 or uli.schoen@mifwa.org.au

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**Meet Peer Support Group Leaders This Mental Health Week!**

This Mental Health Week, a panel of support group leaders will be sharing their lived experience with depression and journey of recovery. “*Let’s Talk About It!*” is brought to you by ConnectGroups and features panel members Rahul Seth (Perth Active Depression Support Group), Margaret Doust (Helping Other People who have Experienced Suicide – HOPES), Brody Stracke (the Grief Centre) and Amanda Stephenson (Bluebird Mental Health Service).

“Let’s Talk About It” is on **Thursday 11th October, 10am–12pm, Piney Lakes Centre, Leach Highway, Winthrop.**

**RSVP** or by phoning 9364 6909 or online; [http://www.connectgroups.org.au/topical-forum-registration/](http://www.connectgroups.org.au/topical-forum-registration/)

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**Harvard Business Review: Your “Must Read” Article on the Power of Listening**

Thanks to one of our members who shared this fantastic article with us on *The Power of Listening to Help People Change.*

It explores key research by the authors exploring how listening affects people’s learning and emotions, and top tips for how you can harness the power of listening, whether you are providing peer support or supervising peer workers in the workplace.

You can read the article here; [https://hbr.org/2018/05/the-power-of-listening-in-helping-people-change?tm_medium=social&utm_campaign=hbr&utm_source=linkedin](https://hbr.org/2018/05/the-power-of-listening-in-helping-people-change?tm_medium=social&utm_campaign=hbr&utm_source=linkedin)

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**Peer Work in Australia: Book Available for Purchase Now**

Launched by Federal Health Minister Greg Hunt at Parliament House on 12 September, *Peer work in Australia* has been applauded by mental health sector leaders as a ground-breaking road map of the peer work concept.

The book has been created by two of Australia’s leading community mental health support agencies, Mind Australia Limited and Flourish Australia, with contributing authors from around Australia and 3 chapters from Western Australian authors! The book is an invaluable guide to anyone with an interest in recovery orientated mental health support.

A Collection of Peer Work Supervision Resources: iNAPS

The International Association for Peer Supporters has a resource page dedicated to peer work supervision skills on its website. Designed to help supervisors master the art of peer work supervision, it includes conference presentations, tool kits and articles.

View the resources here: https://inaps.memberclicks.net/supervision-resources

Studies Explore Homelessness and Peer Support

The following articles on peer support and homelessness are free to view:

Barker, Stephanie L et al. (2018)
https://eprints.soton.ac.uk/419993/

Barker, Stephanie L. & Maguire N. (2017)
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5438434/pdf/10597_2017_Article_102.pdf

Peer Workforce Opportunities

For additional documents please visit:

Black Swan Health, Headspace Osborne Park – Aboriginal Youth Access Worker.
Part-Time position. No Close Date.

North Metropolitan Health Service Adult Mental Health Program, Carer Consultant.
Casual positions. Closes 4pm, 1st October.

North Metropolitan Health Service Adult Mental Health Program, Consumer Consultant.
Casual positions. Closes 4pm, 1st October

Next Step Drug and Alcohol Service. Youth Mentor (50D).
Closes 4pm, 9th October.
News to Share?

WAPSN 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 info@peersupportwa.org.au

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