

Circular

Title:	EXPRESSION OF INTEREST – PEER SUPPORTERS
Date:	17 October 2018
Document ID:	30, 2018/19
Department:	Lifesaving
From:	Anna De Meersman, Lifesaving Development Officer Ph: 08 9207 6666 (SLSWA Office Hours Monday to Thursday, 8.30am to 5pm) Email: anna@slnwa.com.au
Audience:	All Club Members, Club Director of Lifesaving, Club Administrators.
Summary:	Calling for Expressions of Interest from Club Members to become Peer Supporters for the coming 2018/2019 summer season.
Action:	Distribute and encourage Expression of Interest from club members 18 years and over.
Attachments:	<ol style="list-style-type: none"> 1. Peer Support – Program outline 2. Peer Support – Position Description 3. Peer Supporter - Expression of Interest Form

SLSWA is now seeking Expression of Interest (EOI) from any person wishing to be considered for volunteer positions as **Peer Supporters** for the 2018/19 summer season.

Please take the time to review the relevant attachment regarding the Peer Support Program and consider your Clubs involvement including identifying those members who may be suitable to act in this role.

Members that express an interest must demonstrate:

- Current and active SLSC membership
- Minimum two years' membership at a SLSC
- Genuine commitment to support their peers
- A high level of interpersonal communication skills
- An ability to model appropriate Club behaviour at all times
- An ability to maintain confidentiality
- Responsibility for own self-care and ability to implement healthy coping strategies

Ideally, there should be adequate numbers of Peer Supporters in each club to be accessible to all patrols across the season. Acknowledging the differences in club composition and requirements, we are aiming for a minimum of three (3) trained Peer Supporters per club. In the event that we receive more than three nominations from a club, we will engage with the respective Club's Officers during the selection process.

If you are interested in becoming a Peer Supporter for your club, please complete the attached EOI Form and email to Anna De Meersman at anna@slnwa.com.au **by Friday, 2 November 2018**. If you would like more information, contact Anna De Meersman via email or telephone on 9207 6666.



James O'Toole
Chief Executive Officer

- Attachment 1: Peer Support – Program outline**
Attachment 2: Peer Supporter – Position Description
Attachment 3: Peer Supporter - Expression of Interest Form

Attachment 1: Peer Support – Program outline

Peer support occurs when people who have similar experiences of something difficult come together to support each other. These experiences include mental health difficulties, trauma or other forms of social or emotional distress. In a peer support scenario, the persons involved play an active role in creating a safe environment for each other. Peers make choices about what parts of their personal experiences they talk about, seek support for, and use to support other people.

A peer support program is not run by health professionals and is not conducted in a formal setting. It is based on mutual and reciprocal relationships, where those involved are helping each other learn about how best to manage feelings and experiences that are difficult. While peer supporters have a uniquely open and transparent relationship with their peers, they are still bound by the same rules of confidentiality as professional healthcare providers. Peer Supporters are required to maintain privacy and confidentiality at all times.

Peer Support

- A confidential form of employee support provided by group of trained peers
- A contact, support and referral service
- A formal organisational program
- A valuable complement to formal and professional interventions
- A 'frontline response' mechanism in incident management processes

It is important to note that Peer Support is NOT:

- a counselling or therapy service
- a mediation or dispute resolution mechanism
- a 'fixing' role, it is a service to empower the peer to seek further support

In SLSWA, the Peer Support Program formalizes the natural camaraderie and support system that already exists within clubs, amongst members. There is no fundamental change in the way members currently provide support to each other. However, the program will identify selected members in each club (via this EOI) and provide them with training and additional resources to become Peer Supporters.

Prior to becoming active in the field, Peer Supporters will be trained in the fundamentals of mental health with a focus on supporting someone following a traumatic event. The training will also include practice in informal counselling skills, how/when to seek professional help and the importance of self-care. The training will be conducted prior to the end of the year and will be presented by an external provider.

A Peer Supporter is an integral member of their respective clubs, and as such, reporting of issues or escalation of concerns will follow as per Club requirements. This role has no additional operational authority or status other than those of their normal duties. Indirect supervision of peer supporters will also be available and provided by SLSWA Lifesaving Development Officer (Anna De Meersman). This role will ensure training requirements are met and additional resources are available to Club Peers Supporters.

Attachment 2: Peer Supporter – Position Description

POSITION DESCRIPTION FORM – SURF LIFE SAVING WESTERN AUSTRALIA

Department:	Lifesaving and Training
Position Title	Peer Supporter
Position Level:	N/A
FTE	Volunteer
Location	Respective Club address
Main Purpose of Job:	Peer Supporters provide emotional and empathetic support on an as-required basis and support individuals as they work through their issues, options and goals.
Subordinate Staff:	Nil
Reporting To:	Respective clubs (Indirect supervision by Lifesaving Development Officer)

Department Structure and Relationships

The Peer Supporter position exists within their respective Club and serves to support all members within that club. This position has an indirect reporting relationship to the SLSWA Lifesaving Development Officer who will oversee the Peer Support Program.

Position Description

- Peer Supporter is a non-clinical role and will work closely with other members of the Club.
- They will initiate, establish and maintain relationships with peers while developing trust and rapport.
- A peer supporter will help peers to work towards their goals and share / discuss common experiences as required.
- They will complete any training required for the position

Position Deliverables

- Provide support and assistance to peers, which often means providing a 'listening ear'
- Provide information and support to refer people to additional resources if required (including professional counselling, community agencies, website, etc.)
- Advise the SLSWA Lifesaving Development Officer of any local peer-support related issues that may have a broader impact
- Undertake any other duties relating to peer support as required (e.g. upon request and including the provision of information sessions)
- Maintain the integrity of the role by modelling appropriate Club behaviours at all times
- Maintain a high level of ethical behavior and adherence to confidentiality principles

Selection Criteria

Members that express an interest must demonstrate:

- Current and active SLSC membership
- Minimum two years' membership at a SLSC
- Genuine commitment to support their peers
- A high level of interpersonal communication skills
- An ability to model appropriate Club behaviour at all times and maintain confidentiality
- The ability to work in changing situations with a diverse group of people, interacting in either groups or individually
- Responsibility for own self-care and ability to implement healthy coping strategies

Prepared by: Anna De Meersman

Position title: Lifesaving Development Officer

Date: October 2018

Approved by: Chris Peck

Position title: General Manager

Date: October 2018

PEER SUPPORTER - 2018/2019 EXPRESSION OF INTEREST FORM

Do you have an interest in health and wellness? Are you passionate about helping others?
If so, then sign up to become a Peer Supporter for your club. This rewarding opportunity is open to any member above 18 years of age.

Please complete the Expression of Interest Form and email to Anna De Meersman (anna@slswa.com.au) by Friday, 2 November 2018.

Name			
Club details (name & address)			
Email		Phone	

Please answer the following questions:

Can you describe how you might use your personal lived experience to support the club members you would be working with?
Being a peer supporter requires a willingness to share some of your personal story when it makes sense to do so during your work. Is this something you are comfortable with?
As a peer supporter, you may be a part of some situations that disturb you or make you uncomfortable. How do you think you would handle these situations?

APPLICANT		
Name: _____	Signature: _____	Date: _____

CLUB ENDORSMENT – Officer level	
Name: _____	Signature: _____
Role: _____	Date: _____