

Co-Design Participant Information Sheet

CoMHWA Group Supports Project 2024

About the Project

Peer Support Groups can be an invaluable way of receiving mental health support, community and connection. The Mental Health Commission and Consumers of Mental Health WA have funded the Co-Design of a new peer support group program to fill mental health support gaps in the community.

We are looking for a team of 10-15 people with lived experience of mental health challenges to help us co-design a Peer Support Group Program that is enjoyable and helpful for people from a variety of backgrounds, and that will be sustainable for years to come.

But...what is Co-Design?

The excellent website, Beyond Sticky Notes, gives a good definition of Co-Design.

“Co-design brings together lived experience, lived expertise and professional experience to learn from each other and make things better - by design... Co-design... involves centring care, working with the people closest to the solutions, sharing power, prioritising relationships, being honest, being welcoming, using creative tools, balancing idealism and realism, building and sharing skills. Co-design uses inclusive facilitation that embraces many ways of knowing, being and doing.”

(source: <https://www.beyondstickynotes.com/what-is-codesign>, 2024)

As part of being on the Co-Design team is expected you would be willing to hold up the values of co-design listed above as part of your participation.

Sounds good, so when is it happening?

The Co-Design is taking place in the form of Face-to-Face workshops held across four Thursdays in the next few months. **To participate, we ask that you're available to attend the first workshop and at least two of the three other dates listed below.**

Workshop 1 - **Thursday 19th September 9.30am to 3.30pm**

Workshop 2 - **Thursday 10th October 9.30am to 3pm**

Workshop 3 - **Thursday 31st October 9.30am to 3pm**

Workshop 4 - **Thursday 21st November 9.30am to 3pm**

Reimbursement and Catering

You will be reimbursed for your time at **\$37.50 per hour** (excluding 30 min lunch break). Morning tea and lunch will be provided for all sessions. Please let us know if you have any dietary requirements.

Accessibility

Sessions will be made to be as accessible as possible, so please let us know your accessibility needs. We will have beanbags, sensory toys, moderate lighting, elevator access, and provide info ahead of time about what to expect from the sessions. If you need to bring a support worker or support person along with you, you're welcome too.

Cultural Safety

We want our workshops to be safe and enjoyable for everyone. We particularly welcome First Nations Peoples and people from Culturally and Linguistically Diverse (CALD) backgrounds to join the co-design team.

We're taking steps to ensure cultural safety in the co-design process through: considering the lens of social and emotional wellbeing; being flexible and providing different ways of providing feedback; creating space for naming of systemic oppression and structural barriers, and ensuring racism isn't tolerated in the space. We welcome you to share any cultural/religious access needs as part of your expression of interest.

Contact

For more information about the co-design workshops, please email Laura and Emery at groupsupports@comhwa.org.au (preferred) or alternatively leave a message with Laura on 0413 251 383 and she'll get back to you.