



Peer Support Leadership Training Workshops Bendigo

Friday 22 November 2019

Health Literacy

Discover how peer support can improve health literacy for your group members

- What is health literacy?
- Why is health literacy so important?
- The health literacy learning curve
- The health literacy journey
- Tools and strategies to improve health literacy
- Patient Decision Aids

Illness & Intimacy

Learn how helping people deal with an illness' impact on relationships is a key role for peer support leaders

- The impact of illness on relationships
- Why is intimacy so important?
- Expressing intimacy
- Let's talk about "it"
- It's not all about sex
- Reflection and celebration

These two very diverse topics are key to understanding how to lead a successful peer support group:

Health Literacy—underpins the why, what and how peer support helps those living with an illness in their day-to-day activities

Illness & Intimacy—ventures where few are game to go but knowing how to explore this critical topic can have huge benefits for members of a peer support group and their relationships.

Join renowned peer support experts

Dr Christine Walker and Jan Donovan

Discovery Science and Technology Centre,

7 Railway Pl, Bendigo VIC 3550

Workshop One: Health Literacy 9.30 am to 12.30 pm

Workshop Two: Illness & Intimacy 1.30 pm to 4.30 pm

Registration (includes morning/afternoon tea):

Community Rate **\$40** p.h per workshop

Community Rate **\$70** p.h. for both workshops

To register:

<https://www.trybooking.com/BFWMJ>

Workshop One

Health Literacy

- What is health literacy?
- Why is health literacy so important?
- The health literacy learning curve
- The health literacy journey
- Tools and strategies to improve health literacy
- Patient Decision Aids

This session will explore what health literacy is and why understanding this is fundamental to building better health outcomes for members of your peer support group. Better health literacy will enable support group members, collectively and individually, to have more beneficial engagement with health professionals.

In identifying your group's strengths and areas that may need improvement, you can help your members to define their health literacy goals with the tools and decision aids outlined in the workshop.

This workshop tackles the thorny issue of an illness' impact on a relationship. Often poorly understood, the loss of intimacy, which may not only be sexual intimacy, can hinder not only family dynamics but other relationships as well.

Knowing how to express intimacy in ways that are comfortable and gratifying to both partners can have a profound benefit to health outcomes.

You will discover strategies to assist group members achieve meaningful connections with family, friends and community.

Workshop Two

Illness & Intimacy

- The impact of illness on relationships
- Why is intimacy so important?
- Expressing intimacy
- Let's talk about "it"
- It's not all about sex
- Reflection and celebration

About our Facilitators:



Dr Christine Walker

Christine Walker is an experienced qualitative social researcher who works to develop a better understanding of the needs of people with chronic illnesses in both health policies and health services. As CEO of the Chronic Illness Alliance Christine works to include the voices of people with chronic illnesses in all its work with the broader consumer health movement. She believes that when consumers, their families and carers are included in the development of health policies and health services that the health system will truly improve the health of all Australians in a sustainable manner. Christine has advocated for peer support and its benefits to those living with a chronic illness and undertaken many projects to help those who run support groups. The [Peer Leadership Online Training](#) course is an example of this commitment.

Jan Donovan

A member of the Chronic Illness Alliance, Jan is a passionate voice for addressing the social determinants of health with a focus on people with chronic illness. She also advocates for access to primary health care and quality use of medicines, mental health, consumer centered aged care and indigenous health. She is also a member of the Community Council of the South East Melbourne Primary Health care Network, she has been on the CHF Board since 2014. Jan has substantial experience in public policy, strategy and governance matters through her service on the boards of the National Prescribing Service (NPS Medicines Wise) Australian Primary Health Care Research Institute at ANU.

