

Consumer and Carer Opportunity

Host a Kitchen Table Discussion/Yarning Circle alcohol and other drug use in the Darling Downs and West Moreton region

Have you seen a change in your community with people using alcohol and other drugs to cope with the stresses of life?

Additional Opportunities - please respond quickly as applications are assessed as they arrive.

Health Consumers Queensland has an opportunity for consumers and/or carers living in the Darling Downs and West Moreton region to host a Kitchen Table Discussion or Yarning Circle with local people to discuss changes in community alcohol and other drug use since early 2020. This is to better understand how people's behaviour has changed during COVID and recent natural disasters, and what their experiences of accessing support services have been. Hosts and guests don't need to have a first-hand experience of alcohol and other drug use, but can share their observations of how their communities have been coping.

KTDs and Yarning Circles need to be completed by the 12th of June.

About the project

Darling Downs and West Moreton PHN are funded by the Australian Government to improve primary health care services (services that sit outside of a hospital) in the Darling Downs and West Moreton region.

To do this, the PHN works with the community and health care providers to identify how the services in the community are working, what can be improved and what is missing.

'TALK ABOUT'?

This project is part of the PHN's 'TALK ABOUT' which is a way for Darling Downs and West Moreton PHN to ask consumers and community members about their experience with health care in your community.

The Alcohol and Other Drugs TALK ABOUT topic covers the use of alcohol, smoking, vaping, prescription drug overuse and illicit drug use. The topic covers changes in community substance use, barriers to accessing services, and the experiences of those who do access services.

Through this topic, the PHN wants to learn more about:

- Changes in community substance use since the start of 2020, noting the impact of natural disasters and

COVID-19.

- The barriers that prevent or limit access to alcohol and other drugs support services.
- The experiences of those who access alcohol and other drugs support services.

The information gathered in TALK ABOUT is used in conjunction with health data to help inform decision making by the Darling Downs and West Moreton PHN.

About Kitchen Table Discussions and Yarning Circles

Kitchen Table Discussions and Yarning Circles are consultation sessions led by local people for local people. They allow small groups of up to 10 community members to participate in discussions at a time of day, and in a place, that suits them. The discussions enable health consumers, carers and community members who do not ordinarily participate in healthcare consultation to have their say in a safe, informal, and supportive environment.

Each Kitchen Table Discussion will be led by a **Consumer or Carer Host** with a strong community network. The host will invite up to ten community members to a discussion in a location of their choosing. If hosting a session online via Zoom, the host will invite up to six community members to participate.

The Host guides the discussion with a set of questions provided to them. After the session, the host provides their participants' feedback to Health Consumers Queensland for incorporation into a report.

Role of the Host

As the host, your role will be to plan, coordinate and host a once-only 90-minute to 2 hour discussion with community members. This includes:

- Inviting your participants.
- Choosing a time, date and venue that works for your participants.
- Host the session (between the dates of **Monday 29 May and Monday 12 June**).
- Complete and provide the discussion feedback to Health Consumers Queensland **by Wednesday 14 June**.

To support you with this, you will receive:

- **A project briefing and training on how to host a discussion**
- A comprehensive Host Guide and toolkit with all printed documentation.
- Questions to ask participants during the discussion.
- Support from Health Consumers Queensland to ensure you have a successful session.

Who are we looking for as Consumer or Carer Hosts?

We would like our hosts to be consumers who have strong community connections to invite a group of 10 participants to their session. Your participants should be willing to share their perceptions of AOD use and/or lived experience supporting someone who has sought access to alcohol and other drug support services in the Darling Downs and West Moreton PHN region.

Remuneration and Support

Hosts – you will be remunerated at Health Consumers Queensland’s day meeting rate of **\$374.00** for hosting an in-person session at a venue of your choosing and \$187.00 if hosting an online session. You will also be reimbursed up to **\$100.00** to cover catering and venue costs for an in-person session (on return of receipts).

Participants – Health Consumers Queensland will provide a **\$60 visa card** to participants for giving their time and sharing their stories.

How to apply

Please complete an Expression of interest as soon as possible. You can do this in one of two ways:

1. Fill in this easy online form here: <https://forms.office.com/r/kPReDkhJsC>
2. Ring 3518 1092 and complete an application over the phone.

Please apply as soon as you can. We may close the opportunity earlier if we find enough appropriate hosts.

For assistance completing this application or queries relating to this opportunity, please email Declan Winterton, Project Support coordinator at projects@hcq.org.au.