

Peer Support Group Kickstarter Guide

8 steps to getting your group started

Starting a peer support group is a significant achievement and it is important to keep in mind that it can take time to build your group membership. As you start out try to be kind to yourself and remember the difference you are making, whether it is to 5 or 15 members.

1. Connect with Lung Foundation Australia

- Chat to our peer support team about the Affiliated Support Group Network
- Learn how we will support you in the group leader role

2. Consider your group goals

- Who will your peer support group be for – patients and carers?
- What will be the focus and structure of your group?

3. Complete the Lung Foundation Australia Induction

- Complete the online Group Leader Induction Module
- Complete the peer support group registration form

4. Define your group

- Establish your group name, structure, and purpose
- Confirm your meeting location (online, face to face, or both)

5. Receive your Welcome Pack

- Peer Support Group Manual
- Facilitation guide and support resources

6. Promote and advocate

- Promote your group on the Lung Foundation Australia Support Group Map
- Share your group details with your network, local GP and healthcare team

7. Facilitate your first meeting

- Welcome members and share your stories

8. Keep connected with Lung Foundation Australia