



**SURF LIFE SAVING**  
NORTHERN REGION

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## Circular 075:17

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**Date:** 27<sup>th</sup> April 2017

**Subject:** Peer Support Course

**Attention:** Club Chairs, Club Presidents, Club Captains, Club Administrators, Operational Lifeguards

**Description:** Thank you to our 2016/17 Peer Supporters

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Circulars are available at: <http://lifesaving.org.nz/lifesaving/lifesaving-operations-circulars/>

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Paul and Scott from ClearHeads Psychological Consulting would just like to acknowledge and thank our Peer Supporters for supporting your peers/your mates/clubbie friends over the summer.

The Peer Support Programme is continuing to build momentum and we are hoping that there will be a Peer Supporters Contact list in Patrol Room notice boards this coming season.

Under the new Health and Safety Act we know that there is a stronger focus on looking after our members not only physically but their Mental Health too – we are dedicated to maintain and build this wider Welfare Programme.

You may be aware that Surf Life Saving New Zealand are in the process of forming a Medical Advisory Committee and they have flagged Psychological First Aid and wellbeing as one of their projects they would like to look into - also there is some research being undertaken out of Massey in the area also by clubbies doing extended study which is great to see.

The next SLSNR Peer Support Course will be held on the 19<sup>th</sup> of August at the Marine Rescue Centre, if you are interested in becoming a Peer Supporter, keep an eye out closer to the course date for more information and to register for the course.

**Chase Cahalane**

Lifesaving Manager

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