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Season's Greetings (Festive Edition):

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[SHQ Annual General Meeting 2020 Updates](#)

Self Help Qld hosted our first hybrid AGM on the 29th of Oct 2020. For the first time, members could opt to ZOOM into the AGM. This years' AGM theme was "Coping through COVID: Stories of Hope, Stories of Community Connection". Our manager Selina and our project officer, Seblework, and researcher and community development practitioner, Tina Lathouras shared their stories and insights on the night.

**SELF HELP
QUEENSLAND INC**



ANNUAL REPORT



[Download Our Group Evaluation Form Template Here](#)

The Need for Critical Reflection

This year draws to a close (and what a year it has been!). No doubt the events of this year has shaken up our routines. In Queensland, we are fortunate to be able to some normalcy this Christmas – whatever that may look like for each of us. It might be tempting then to slide back to our old ways of thinking and existing. However, this is also a moment we can make a shift to prioritise reflective practice. To take ourselves off auto-pilot and tune into ourselves and our communities or groups.

[Adult education](#) professor [David Boud and his team](#) explain, "reflection is an important human activity in which people recapture their experience, think about it, mull it over and evaluate it. It is this working with experience that is important in learning."



At its simplest, reflection is about careful thought. The most useful reflection involves the conscious consideration and analysis of beliefs and actions for learning.

It can be challenging to organise and express thoughts and feelings when actively experiencing something. However, in the rethinking or retelling of events, it is possible to identify feelings, thoughts, and events. To weigh the intention of past actions with their outcomes. Reflection allows the brain to pause amidst the chaos, untangle and sort through observations and experiences, consider multiple possible interpretations, and create meaning. This meaning becomes learning which informs future attitudes and actions. "[Meaning-making](#)" is crucial for personal and collective growth.

Reflective practice provides a means for facilitators and members to improve their approach to meet collective needs effectively. Reflective practice can:

- Help you to take informed actions that can be justified and explained to others, and that can be used to guide further action.
- Help facilitators to become aware of their underlying beliefs and assumptions about the experiences shared in the groups.
- Promote a positive environment for self-discovery.

[Studies](#) have found that as little as 15 minutes spent on reflection at the end of your day can improve your performance and reduce burnout.

book 'Framework for Reflective Practice'. It's based around three simple questions:

1. **What?** – describe a particular situation, then focus on achievements, consequences, responses, feelings, and any problems.
2. **So what?** – discuss what you have learnt about yourself, relationships, models, attitudes, cultures, actions, thoughts, understanding and any improvements.
3. **Now what?** – identify what you need to do in the future to improve future outcomes and develop your learning.

Learning to engage in reflective practice can be challenging at first, but it leads to a host of benefits. As sociologist, [Peter Drucker](#) said, "Follow effective action with quiet reflection. From the quiet reflection, will come even more effective action."

Happy Holidays,

[The Team @ SHQ](#)

Resources:

- [Rolfe et al. Reflective Framework \(2001\)](#).
- [Reflective Practice: An Introduction](#)
- [Downloadable prompts for self-reflection \(worksheet\)](#)
- [Dwelling on The Past: The Importance Of Project Retrospectives \(Part 1 & Part 2\)](#)

[Carer Peer Support Workshop with Wellways](#)

2021
In-Person Peer Support Program

Workshop

Self Help Qld has worked with
**WELLWAYS TO DELIVER
THEIR PROGRAM FOR
CARERS WITHIN EXISTING
GROUPS**

Meet with other carers who understand the complex nature of a caring role.

Wellways will be facilitating their carer workshops, in-person, at existing carers groups in

connect with a supportive community.

If you would like to join these sessions or host a Wellways workshop for carers at your own venue, please email admin@selfhelpqld.org.au.

Holiday Celebrations

Thanks to [BCC's Seniors Celebration Donation](#) Self Help Queensland was able to put a small contribution towards some of our groups' end-of-year parties.

Pictured: The Stroke & Friendship Club, the Mt Gravatt Carers Group and the Westside Carers Group.



FAQs and Important Notice

Q: How do other groups upskill volunteers who answer the phone for questions about our group?

A: There are several commercial offerings for this kind of training, but you might be wanting



Let us share your team and stories!

Self-help Queensland assists over 600 support groups in Queensland. We invite you to share about your group with others, through our newsletter, Facebook or website. Please let us know how your group is going.

We are currently building an image bank to brighten up our newsletter and website. We invite you to share your photos with us. Please ensure the photos are high-resolution, captioned, and have been consented to by those featured. If you know anyone or group that'll be interested please let us know, we would love to have you featured on our page.

We look forward to your submissions at admin@selfhelpqld.org.au!

Self Help Queensland supports you to nurture yours' and your groups' well-being. We connect people to support groups across a broad range of health issues, assist people in starting new groups and working with support groups to build their capacity.

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Queensland Government

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