

What is the Participant Advisory Group?

The PAG is made up of members who are currently or have been our participants across all service streams and locations here at Forrest Personnel. Supporting our Participant Advisory Group are selected members of Forrest Personnel's Leadership Team.

The PAG is a crucial part of our service delivery and through engaging regularly with our representative participants, we can learn and understand more fully what the employment journey is like for them. We seek views on various service delivery activities including participant engagement surveys, the



process of their employment experience with us, how they wish to be communicated with and what marketing activities would engage them most effectively. Most importantly it is where we can receive authentic feedback about how we can improve our services, so we can continuously improve our services.

Another key element of the PAG is that by representing our participants, they act as advocates on behalf of all participants and candidates eligible for our services.



We are looking to expand our PAG numbers. We are keen to hear from participants and candidates who are interested in joining the PAG.

This is your opportunity to bring your voice to the table and help us to improve.

Your insights can help us ensure we are getting it right! If you are interested in joining the Forrest Personnel PAG call us today!



MY PARTICIPANT JOURNEY - Ben Shirt

How long have you been a participant with Forrest Personnel: 2 years

What made you choose Forrest Personnel?

I chose Forrest Personnel because a family member had been with Forrest Personnel, and they had helped him gain a full-time position. He had been facing challenges in finding employment and Forrest Personnel helped him overcome them. He has now been employed in the same position for 10 years and highly recommend Forrest Personnel.

What has been the best outcome for you in partnering with Forrest Personnel?

After being a casual with Trolley Collection Services being offered the position of Leading Hand and moving into a permanent part time.

Did you face any challenges that might help others to know?

Challenges with Centrelink to be able to be referred to Forrest Personnel and challenges with my social anxiety getting back into work.

How did you overcome these challenges?

With Centrelink I kept calm and persisted, completing any paperwork they required me to do. Overcoming my social anxiety, I got help from my doctor with a mental health plan, I followed that plan and then started back into work, with a few shorter shifts per week and increased those hours gradually so as not to feel overwhelmed.

What is the best part about your job?

Being able to help and support people with achieving job satisfaction as I have, and the supportive work environment that Forrest Personnel has created and that I am now able to pass onto the Trolley team.

What is one tip you would like to share with other participants?

Don't give up on your goals, there is many opportunities out there to get help and celebrate the small wins, every step forward is a step in the right direction.

What are your goals for the future?

My goal was to gain full time hours with Forrest Personnel and learn more about Trolley Contract and Labour Hire. In November at our Team Forrest Day, I was really pleased to receive and accept the offer to go full time and a Forrest Personnel Award for Person-Centredness.

Fun Fact:

I have a passion for horticulture and floristry.



Participant and PAG Member Hayden McDonald highly recommends this Ted Talk by Stella Young.

I'm Not Your Inspiration, thank you very much.

If you'd like to know more about Hayden and Wings Without Barriers, check out his Website: <https://wingswithoutbarriers.com.au/>

MEET THE PAG MEMBER

Emily Egerton-Warburton

Kaya! I'm a Kaneang Wadjela Yok, now living in Wardandi Boodja.

At uni I studied Anthropolgy and Communications, then went teaching. Between 2014-2019 I was double whiplashed twice and single whiplashed once, averaging one whiplash every year for five years! Is there something wrong with my tail lights or is it people spacing out on their mobile phone while driving?

Recovery has been a slow journey and I have mostly had to figure out what works for me as there is yet to be a comprehensive whiplash service. In a utopian world, I could visit a one-stop whiplash service provider and get the run-down on my options

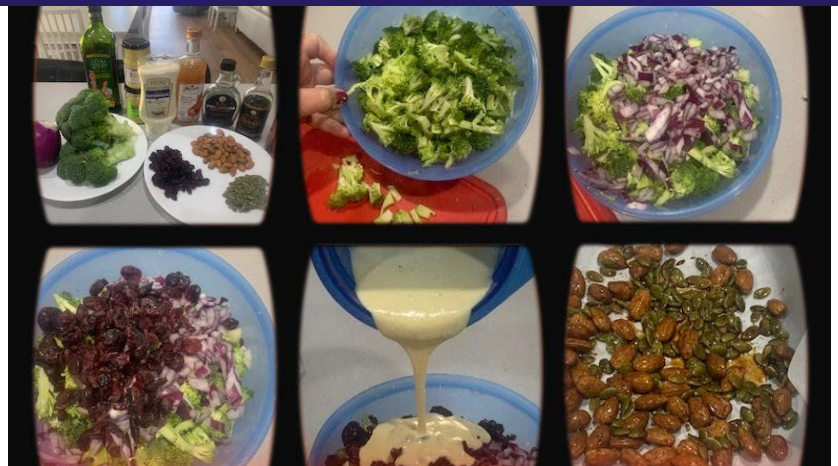
After moving to Wooditjup Bilya I worked doing the dishes at Olio Bello which was great physiotherapy. Forrest Personnel supported me with clothes and supportive shoes. I studied Photography at South West TAFE. Now I'm studying a post grad in Modern Slavery and Human Trafficking.

Recently Brook, Tim, some Forrest Personnel participants and I went to Margaret River Roasting in Vasse and refreshed our barista skills. Tess Bosveld was a fabulous presenter.

The wonderful team at Forrest Personnel have been very supportive of my journey. I especially appreciate being able to use the office for lectures and tutorials during the week. Being on the PAG team has been fun and I've been very interested to hear from others how they have experienced living in the regions.



Recipe Recommendations by Rowan Parry



Best Broccoli Salad

Rowan recommends this healthy and delicious recipe from one of his favourite websites Love and Lemons. This salad is easy to make and absolutely delicious. As you can see from Rowan's pictures, this salad has a few steps and a handful of ingredients that requires little cooking.

To get the recipe visit: <https://www.loveandlemons.com/broccoli-salad/#cls-video-container-CIBH5r4m>