

The story behind

Peers at the Table



Peers at the Table is about creating meaningful conversations that challenge assumptions, explore the ideas that shape peer work, and elevate the voices of people with lived and living experience.

Through honest dialogue, lived experience wisdom, powerful storytelling, and curious questioning, the vodcast unpacks some of the most commonly used concepts in our sector, explores the misconceptions that surround them, and invites listeners to consider new ways of thinking and doing.

Peers at the Table creates a space to revisit health concepts and practices through the lens of lived experience.

Each episode brings together Peer Workers, lived experience leaders, advocates, and allies to examine concepts that influence the way services are designed and delivered.

Through authentic conversations and diverse perspectives, the vodcast explores not only what these ideas mean, but why they matter and how they can be translated into everyday practice.

At its heart, the vodcast is an invitation to listen differently.

It encourages those who work alongside, lead, support, or commission peer work to engage more deeply with lived experience perspectives and to reflect on how systems, services, and relationships can better support people's recovery journeys.

The series also celebrates the expertise, courage, and leadership of the peer workforce. It shines a light on the contributions peer workers make every day in creating connection, fostering hope, challenging stigma, and supporting people to believe in recovery.

Through sharing stories, busting myths, and exploring new possibilities to transform care, Peers at the Table aims to strengthen understanding, build genuine allyship, and contribute to more compassionate, recovery-oriented systems of care.

Because the conversations that shape care should include the people who have lived it.

Gratitude and thanks

Sharing lived and living experience is an act of courage. It requires trust, vulnerability, and a commitment to helping others see the world through a different lens.

We are deeply grateful to everyone who contributed their time, insight, and expertise to this series.

We extend our sincere thanks to all vodcast contributors, Peer Workers, lived experience leaders, advocates, allies, and partners who have participated in this project.

Your willingness to engage in honest conversation, share personal experiences, and explore complex ideas has created opportunities for learning, reflection, and understanding across our sector.

We also acknowledge the broader peer workforce across South Eastern NSW. Every day, Peer Workers bring hope, connection, authenticity, and lived experience expertise to the people and communities they serve.

This vodcast is a celebration of your contribution and the growing impact of peer work across our region.



Take a seat and explore the vodcast

Watch the latest vodcast episode, learn more about the series and the voices at the table here.

[Visit the website](#) →

*Peers
at the Table*