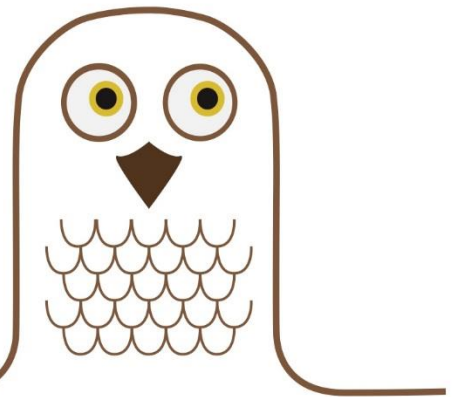


The WISE Project

Wellbeing in Secondary Education



Peer Supporter's Log

The peer supporter log is to monitor the support you have delivered to colleagues in the **past two weeks**.

Name of Peer Supporter:	
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1) How many colleagues have you given support to? _____

2) Please indicate for each box the number of colleagues you have helped on this number of occasions (e.g. if you have helped 4 colleagues once only, and 2 colleagues twice place a 4 in the first box and a 2 in the second box).

Once only

Twice

Three times

Four times

Five times or more

3) How many of the colleagues who you have supported are additional to staff you would ordinarily have helped if you **were not** a peer supporter? _____

4) Please indicate with a tick the roles of the colleagues you have supported:

Senior Leadership Team (SLT):

Teacher:

Classroom support (teaching assistant/classroom assistants, technicians etc.)

Non-Teaching Staff (admin support, nursing staff, pastoral care etc.)

Other (catering staff, caretaker etc.)

5) Please indicate the number of colleagues you have supported at the following times (you can count a colleague more than once if more than one option applies to them):

During teaching time	Lunch/ break time	Before/after school	Off site (evenings/ weekends)

6) Please indicate the number of colleagues who you supported due to the following problems (you can count a colleague more than once if more than one option applies to them):

Work related problems	Home life problems	Other (e.g. physical health/emotional problems)

7) Please indicate for each box the number of staff you supported for that length of time:

Less than 5 mins	5-15 mins	15-30 mins	30 -60 mins	More than 60 mins

8) Please indicate for each box how many times support was provided in each way (you can count a colleague more than once if more than one option applies to them):

Gave face-to-face support	Gave support over email	Gave support over phone (speaking)	Gave support over phone (text)	Other (please specify)

9) Please indicate for each box the number of colleagues for whom the following actions were taken at the end of the encounter (you can count a colleague more than once if more than one option applies to them):

No action taken	Discussed appropriate services	Arranged to take action on their behalf	Agreed to discuss/check in at a future specified date	Other action (please state what below)

Other action taken.....

10) Please give details here of any difficulties, for example feelings of stress or upset or practical problems, that you have experienced as a result of being a peer supporter. Please also use this space to tell us about any instances of support that you have included here but are a 'grey area', or to offer any other relevant information, e.g. if you have been absent from work for the relevant two weeks. Continue over the page if necessary.