



InSPIRation NEWSLETTER

February 2016

ISPIR will spend the early part of 2017 partnering with local services to offer programs for individuals with enduring mental health needs as we prepare for the NDIS launch in the Illawarra/Shoalhaven on July 1, 2017.

Read more inside this month's newsletter.

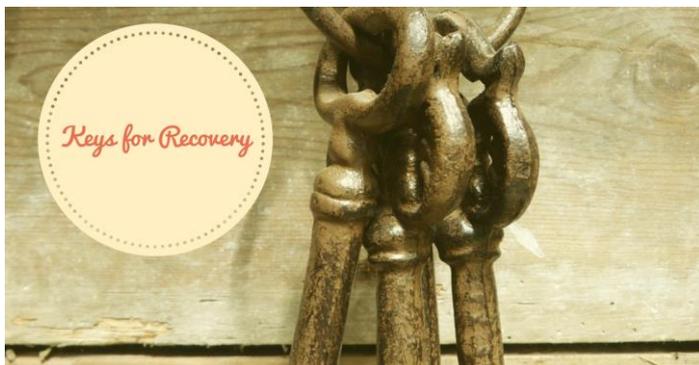
To subscribe, or for more information, contact:

ispir@gph.org.au

Keys for Recovery

'Keys for Recovery' encompasses a range of programs and workshops that will be on offer in the first half of 2017 to help prepare consumers for the NDIS and build individual capacity. Illawarra Shoalhaven Partners in Recovery will offer these programs in partnership with local services following an expression of interest process.

Each month we will highlight these programs and promote how to participate. You can also keep an eye on our website and Facebook for further details.



Upcoming Events

4 February: World Cancer Day

8 February: ISPIR NDIS Reference Group Meeting (Wollongong)

22 February Building Your Recovery (Wollongong)

28 February: 'Making Cents of Money' Workshop starts (Vincentia)

Useful Links

NDIS

<https://myplace.ndis.gov.au/ndisstorefront/index.html>

PIR Transition Website

www.transitionsupport.com.au

ISPIR Facebook

www.facebook.com/IllaShoalPIR

ISPIR Twitter

<https://twitter.com/IllaShoalPIR>

Feedback

We would love to hear your feedback!

<http://www.ispir.org.au/connect-with-us/feedback-form/>

Or suggestions at:

<http://www.ispir.org.au/connect-with-us/innovation-suggestions/>

Contact ISPIR

1800 228 987

ispir@gph.org.au



Building Your Recovery

One of the first programs to be offered as part of ISPIR's 'Keys for Recovery' series, is a free 4 week program delivered by PIR staff. It is designed for people with a mental illness and will help participants identify their needs, create an action plan and link with appropriate services. The first session will take place at the Grand Pacific Health Wollongong Meeting Room at 336 Keira Street on February 22 from 10am until 12:30pm. See the flyer below for more details or to register.

Meet One of Our Support Facilitators:

Name: Rebecca Driver
Region: Shoalhaven
Service: Schizophrenia Fellowship



What do you like best about your work?

The best part of my job is witnessing participants achieve recovery goals and overcome barriers. It is an honor and a privilege to support participants along their recovery journey. I can honestly say that my life is richer and more meaningful because of the work that I do.

What do you like doing when you are not at work? I love to spend time with my family and animals. I also like to walk along the beach and collect sea glass

What do you need help with and how can you get that help?

BUILDING YOUR RECOVERY

• When: 22 Feb to 15 March (4 weeks with an optional 5th session) from 10am-12:30pm.
Where: Grand Pacific Health Meeting Room Wollongong, Suite 1, Ground Floor, 336 Keira Street.
RSVP: For more information or to book call 1800 228 987, email ispir@gph.org.au, SMS 0438 582 176.

This program is designed for people with a mental illness

Grand Pacific Health

ILLAWARRA-SHOALHAVEN ISPIR PARTNERS in RECOVERY

Consumer Story

Julie (not her real name), was referred to PIR in early 2016. Julie was struggling with depression, anxiety and PTSD after experiencing family violence at the hands of her son who was addicted to methamphetamines. Julie also had complex needs in terms of her physical health, cognitive function, housing, finances and lack of professional support. Her Support Facilitator was able to advocate on her behalf to find emergency housing before securing a small Department of Housing property for her with a spare bedroom to enable her grandchildren visit, which is considered to be an important part of her recovery. PIR were able to assist with her moving costs. The SF also helped find her a psychologist, financial counselling services and a GP who has created a diabetes plan to help manage her health. Julie now has an AVO against her son and new bank accounts to prevent further physical and financial abuse.

She says she now feels 'safe' and is grateful to PIR for helping her find a way forward.

