



# InSPIRation NEWSLETTER

July 2017

The rollout for the National Disability Insurance Scheme in the Illawarra and Shoalhaven has now begun. If you have any questions about how psychosocial disability relates to the NDIS please contact a member of our team on 1800 228 987.

## NDIS Transition

You may have read about Grand Pacific Health's NDIS services in a recent Illawarra Mercury and South Coast Register feature. For a closer look visit: <http://www.gph.org.au/about-us/news/gph-and-the-ndis/>

Please note as a result of the NDIS transition, ISPIR is required to shift its focus to supporting participants who wish to engage with the NDIS. PIR will have reduced ability to respond to new requests for service. The new 'Request for Service forms' can be found at:

<http://www.ispir.org.au/assets/Partners-In-Recovery/Uploads/ISPIR-Request-for-Service-Form.pdf>

**Grand Pacific Health**  
**GRAND PACIFIC HEALTH AND THE NDIS**

GPH focus on mental health, Aboriginal health, chronic disease management and operate two best practice medical clinics based in Shell Cove and Nowra. We are a registered provider of NDIS Supports. Our access team would love to point you in the right direction on 1800 228 987 Whether its advice on accessing the NDIS, or actioning your plan, GPH are here to work with you.

[www.gph.org.au](http://www.gph.org.au)  
Facebook: @GrandPacificHealth  
Grand Pacific Health have locations at:  
107 Scenic Drive, Nowra  
2 Shallows Drive, Shell Cove and Suite 1,  
Ground Floor, 336 Keira Street, Wollongong

## Upcoming Events

- 1 July:** Transition to NDIS begins in Illawarra/ Shoalhaven
- 4, 11 & 18 July:** Building Your Recovery (GPH Wollongong)
- 2 Aug:** ISPIR Carer & Consumer Forum

## Useful Links

- ISPIR website  
[www.ispir.org.au](http://www.ispir.org.au)
- NDIS website  
<https://myplace.ndis.gov.au/ndisstorefront/index.html>
- PIR Transition Website  
[www.transitionsupport.com.au](http://www.transitionsupport.com.au)
- ISPIR Facebook  
[www.facebook.com/IllaShoalPIR](http://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](mailto:ispir@gph.org.au)





# Way Ahead

To find services and supports in the Illawarra/Shoalhaven if you have an enduring mental health condition you can visit;

<https://directory.wayahead.org.au/> or call 1300 794 991.

This is a free and up to date service that is useful for sharing with your networks. If you have clients looking for support you can also refer them to this resource.

A link is available on our website at: <http://www.ispir.org.au/ndis/>

## Meet One of Our Peer Workers:

**Name:** Sue Beadnell

**Region:** Illawarra

**Service:** ISPIR

**What do you like best about your work?**

I particularly enjoy the way consumers respect my lived experience and feel comfortable talking to me.

**What attracted you to the role?**

I like helping people on the road to recovery and making a difference in their lives.

**What do you like doing when you are not at work?** When not at work I like catching up with friends, watching Netflix, swimming and reading.



Looking for up to date information on mental health services in the Illawarra/ Shoalhaven regions?  
Click below to access the free **WayAhead Directory**  
Or call 1300 794 991

**WayAhead Directory**

To learn more about how PIR will be transitioning to the NDIS see our helpful information sheet at: <http://www.ispir.org.au/ndis/>

## Consumer Story

Cynthia (not her real name) was referred to PIR as an inpatient in the Shoalhaven sub-acute unit. Cynthia struggles with depression and alcoholism. She was also facing several challenges to do with hoarding and caring for her son who has a disability. Cynthia also needed assistance with her financial situation, employment and social connections. Her PIR Support facilitator has since linked her with several services including a Psychologist, AA meetings, Catholic Care, Flourish- New Outlook, Essential Personnel and the group program- 'Building Your Recovery.' The result has been that her relationships are improving, she is sober, periods of care for her son are increasing, her hoarding and squalor issues have been addressed and she has experienced a reduction in symptoms associated with depression.