



InSPIRation NEWSLETTER

October 2017

October is **Mental Health Month** and **'Share the Journey'** is the 2017 Theme. To celebrate, we are running a **competition** on our **ISPIR and Grand Pacific Health Facebook pages** inviting you to tell us who you are grateful to be sharing your journey of life with for the chance to win a \$100 meal voucher for you and your friend to enjoy. We are asking people to 'tag' a friend and 'like' the post to be in the running to win. A winner will be selected at random at the end of the month. To find out more visit:
www.facebook.com/IllaShoalPIR/

Groups for PIR Participants

ISPIR is running some helpful programs for our participants in the coming weeks. To find out more call the Access Team on 1800 228 987. Or visit <http://www.ispir.org.au/news-events-and-resources/events/> to find out more. (Details about other programs coming up are on page 2.)

RECOVERY SUPPORT GROUP

A six session group program supporting mental health recovery. Come along to explore what recovery means to you; what helps and what hinders recovery; develop your strengths and existing supports, and choose your own recovery strategies.

Tuesdays 10.00 am to 12.00 pm October 3 - November 7, 2017

RESTORE

At Grand Pacific Health
Suite 1, Ground Floor 336 Keira Street, Wollongong.

For more information or to book call 1800 228987 SMS 0437 918 303 or email ispir@gph.org.au

This program is supported by Illawarra Shoalhaven Partners in Recovery, which supports the recovery journey of people with enduring mental illness and complex needs

Upcoming Events

Every Monday until 6 Nov: PEAK Program at GPHCN 1:30-3:30pm
3 Oct -7 Nov: Recovery Support Group
9 Oct: headspace Day & official opening of new Wollongong headspace premises
10 Oct: World Mental Health Day
11 Oct: ISPIR Consortium Meeting
12 Oct: Walk of Pride 2017
20 Oct: 'Can you feel it?' emotional regulation workshop starts in Wollongong

Useful Links

ISPIR website
www.ispir.org.au
NDIS website
<https://myplace.ndis.gov.au/ndisstorefront/index.html>

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





OT Students Facilitate Groups

Some of the programs ISPIR are offering to participants are designed and facilitated by Grand Pacific Health Occupational Therapy Students to provide extra support, build confidence and increase social skills. The below flyers promoting these programs are available on our website at: www.ispir.org.au/news-events-and-resources/events/. To book a place please call our Access team on 1800 228 987 or speak to your Support Facilitator.

Meet Our ISPIR Team Leader:

Name: Clare Williams
Region: Illawarra/Shoalhaven
Service: ISPIR



What attracted you to the role?

The opportunity to work together as a team to deliver a recovery mental health program to the community. I also enjoy working with great people and everyone's diverse skill sets to deliver the many different aspects of ISPIR such as service delivery, capacity building, NDIS transition, Occupation Therapy and care coordination to name a few

What do you like doing when you are not at work?

I enjoy spending time with my family and friends and my dog and baking.

Consumer Story

Steve, (not his real name), was referred to PIR earlier this year. He was experiencing social anxiety, had a lack of psychological supports in place to help him manage, had difficulty maintaining concentration and no support around managing his use of opioids for pain relief. Steve was also in an unstable housing situation and was unfamiliar with the NDIS. Steve's Support Facilitator has since successfully linked him with a pain management clinic, submitted an NDIS application, established support from a Psychiatrist and Psychologist, conducted some planning around his housing needs and he is now in a stable property. Steve has become actively involved in his recovery journey, working on one goal at a time.

Can you feel it?

Having trouble getting out of bed?
Looking for ways to control your emotions?

FREE 2-week sensory therapy program

Use your senses to calm your emotions and regain self-control.

Where: Café Essay,
11-13 Burrelli St, Wollongong

When: Starts Friday October 20th 2017
(10 am to 12 pm)

Morning tea provided.
For more information call 4220 7608
or email ewilletts@gph.org.au



This activity is Provided by Illawarra Shoalhaven Partners in Recovery, who support the recovery journey of people with an enduring mental health condition. A peer worker will be attending each session to ensure your comfort and safety. For more information visit www.ispir.org.au



Exercise and Socialise!

- Do you have trouble meeting people and making conversation?
- Would you like to be more active?
- Do you enjoy having fun?

Join our **FREE** 3 week group where we'll use fun activities and light exercise to reduce social anxiety and build social skills and confidence in talking to people.

When: 10:00am-12:00pm, Friday 29th September

Where: Café Essay - 11-13 Burrelli St Wollongong

**** Coffee/tea & morning tea provided ****

For more information email jhowe@gph.org.au or call 02 4220 7602

