



Community interagency

PORT STEPHENS

Port Stephens Community Interagency Meeting

Minutes of Zoom meeting held on Tuesday 1 September, 9:30am

Chair: Carolyn Fisher

Minute Taker: Dominique Northam

Present:

Naomi Writer
Carolyn Fisher
Dominique Northam
Claire Taylor
Mike Heckrotte
Kathryn Puckeridge
John de Ridder
Marisa Wilson
Justine Sneddon
Marisa Wilson
Liz Brady
Cheryl Eslick
Katherine McLean
Michelle Whitbourne
Sara Phillips
Sandy Tawa
Marie Sheih
Michele Hancock
Emma Hughes
John de Ridder
Jessica Marceau
Bryce Wilson
Kylie Pack
Jayson Southwell

NSW Inclusion Agency
PSC
PSC
Carers NSW
Linked Community Services
Uni for You
COPSY
Path 2 Change
Dementia Australia
Path 2 Change
One Door Mental Health
ATWEA
Hume Housing
Hume Housing
Interrelate
Defence Community Organisation
Tanilba Bay GP
St Vincent de Paul
NSW Inclusion Agency
COPSY/Jupiter
The Smith Family
Legal Aid
Hunter Tenants
Wesley Mission

| Item | Details / Decision/Action Summary | Resp. |
|------|---|--------------------|
| 1. | Welcome and introductions | Carolyn Fisher/All |
| 2. | Naomi and Emma – NSW/ACT Inclusion Agency | |

| | | |
|-----------|---|--|
| | <p>Providing free tailored support to early childhood education and care services through:</p> <ul style="list-style-type: none"> • Onsite visits to observe and discuss service strengths, challenges and barriers to inclusion • Supporting educators to analyse policies, programs and practices and to reflect on changes that can be made to support inclusion • Providing practical advice, strategies and possible solutions to inclusion barriers • Facilitating the development of the services Strategic Inclusion Plan (SIP) that identify strategies for change and growth • Inclusion Professionals will support educators to learn about inclusion, access ISP supports and support diversity. <p>https://www.inclusionagency NSW act.org.au/home</p> | |
| 3. | Justine Sneddon – Dementia Australia | |
| | <ul style="list-style-type: none"> • Dementia Care Navigator - a new way to identify and access dementia services https://www.dementia.org.au/events/dementia-care-navigator-better-way-connect-services-and-supports-2 • Opportunity to deliver workshops in the community on dementia and aged care system | |
| 4. | General updates (Meeting chat also attached) | |
| | <ul style="list-style-type: none"> • Kylie Pack/Hunter Tenants – received additional funding during COVID which has allowed extended phone service hours. Demand for service high at present. • Liz Brady/One Door Mental Health. See brochures re upcoming workshops. • Michele Hancock – Community Linker roles finishing at end of the month. Michele will send through some more details which will be circulated. • Sara/Interrelate – Counselling Support Service for people with a disability who have experienced violence, abuse, neglect and exploitation, and their parents, carers and family members. See brochures attached. Looking to partner to deliver Creating Calm program in Port Stephens. • Mike/Linked Community Services – Looking at youth transport options for Port Stephens Youth, contact Mike if you would like to have a chat. | |
| | Next meeting 6 October 9:30am | |

Meeting Chat 1 September 2020

09:59:50 From Liz Brady : Jason & Bryce, are you able to send your email addresses to liz.brady@onedoor.org.au

10:01:45 From Jayson Southwell : My contact details are jayson.southwell@wesleymission.org.au or via phone on 0456 961 931. We are a Disability Employment Provider servicing Lower Hunter and Port Stephens areas for people with a psychiatric disability or Mental Illness. Please free free to contact me to discuss further.

10:02:07 From Katherine Hume : Apologies everyone - I have to leave for another meeting.

10:02:27 From Sara Phillips Interrelate : Thanks Liz, my email is sara.phillips@interrelate.org.au if anyone would like more information on the Disability Royal Commission webinar and counselling support service at Interrelate. <https://disability.royalcommission.gov.au/>
<https://www.interrelate.org.au/programs/disability-royal-commission>

10:02:38 From john de ridder : Mike - COPS/Jupiter
deridder@bigpond.com

10:02:38 From Jes TSF : Mike please put a link on the chat

10:02:42 From Liz Brady : thanks to all for information

10:06:01 From Bryce Wilson : Hi! My email is Bryce.wilson@legalaids.nsw.gov.au and ph: 4929 5482 (option 2 or 3)

10:07:06 From Cheryl Eslick : Sorry I have to leave the meeting. thanks

10:07:15 From Liz Brady : Thanks for the information Sarah, I will have a look and also pass these details onto my colleagues.

10:07:20 From Carolyn Fisher : bye Cheryl

10:10:20 From john de ridder : sorry - have to leave now - John

10:10:39 From Carolyn Fisher : Bye John

10:15:34 From Carolyn Fisher to Emma HUGHES(Privately) : Hi Emma- have around 2-3 minutes left please. Will this be enough time for you?

10:15:56 From Carolyn Fisher to Emma HUGHES(Privately) : Thank you :)

10:16:04 From Marisa Wilson : Just my other hat on - Awesome Lake Mac \$1000 micro grant is closing this week. If you have any of your services, or colleagues, clients, friends or family with an idea that enhances the community of Lake Mac, then jump online (info on web or facebook) and submit the idea. If you cant make this submission, it carries over into the next round.

10:17:24 From Carolyn Fisher : PSC also has micro grants of up to \$1000 - open all year round. Easy application process :) Chat to me for more.

10:18:02 From Bryce Wilson : No questions- but thank you for your presentation

10:18:58 From Sara Phillips Interrelate : Thanks Naomi and Emma, so good that trauma is included in your program! :)

10:21:27 From Liz Brady : Yes I would like the details on the workshops that Justine is running

10:23:52 From Bryce Wilson : No I don't- but Legal aid is working on organising outreach service at Tomaree Community Centre.

10:26:05 From Bryce Wilson : Thanks all! It was great to virtually meet you all.

10:26:14 From Kylie Pack : thankyou



CARING FOR MENTAL HEALTH CARERS

Mental Illness Affects Families and Friends Too

- Are you **confused** about what services are available?
- Do you wish you had a **better knowledge** of mental illness?
- Would you like to be **supported** as a carer one to one?
- Would you like to **meet others** who understand what you are going through?

WE LISTEN WE GET IT WE CAN HELP

Contact:

Newcastle 0400 498 479
Newcastle 0466 560 233
Muswellbrook 0466 453 078



We are a Free/ No Cost Service.

Phone: 1800 THE KEY (843 539) or visit onedoor.org.au

A NSW Health Funded program

Assisting Families Workshops for mental health carers

Schizophrenia

This module will provide an opportunity to learn about the definition, diagnosis and course of schizophrenia as well as concepts of recovery and wellness support planning

Wednesday 16 September 2020

10:00am – 1:00pm

Raymond Terrace

For further information or to book a place, please contact

Liz Brady on 0400 498 479

or email: carerservices@onedoor.org.au

BOOKINGS ESSENTIAL



One Door. Many Opportunities. onedoor.org.au



Assisting Families Workshops for mental health carers

Caring for Yourself

This module explores the importance of self-care for families and carers. It aims to help identify aspects of life which may get in the way of self-care and to assist participants to develop ideas and strategies for nurturing that can inform their personal self-care journey

Wednesday 7 October 2020

10:00am – 1:00pm

Raymond Terrace

For further information or to book a place, please contact

Liz Brady on 0400 498 479

or email: carerservices@onedoor.org.au

BOOKINGS ESSENTIAL



One Door. Many Opportunities. onedoor.org.au



To book a free confidential counselling session with an Interrelate counsellor:

Phone: 1300 473 528

Online: Send a message using the online form interrelate.org.au/contact-us

Hours

Monday to Friday
9am - 5pm

After hours available in some locations

Safety

Interrelate is committed to providing a safe environment where you can receive a range of individually tailored services.

Confidentiality

Interrelate staff operate under confidentiality guidelines.

Interrelate Counselling Support Service

for people with a disability who have experienced violence, abuse, neglect and exploitation, and their parents, carers and family members

1300 473 528

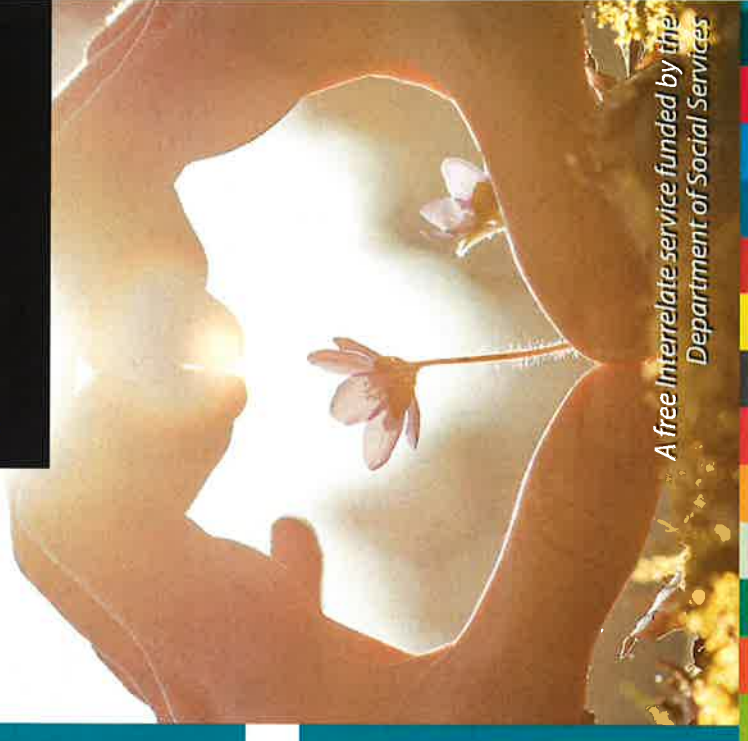
Monday to Friday • 9am - 5pm

Trauma informed and culturally appropriate community based support services



Interrelate Counselling Support Service

for people with a disability who have experienced violence, abuse, neglect and exploitation, and their parents, carers and family members



A free Interrelate service funded by the Department of Social Services



This free service provides confidential counselling to people who are affected by the Disability Royal Commission.

A counsellor can support you to:

- understand what the Disability Royal Commission does
- talk about your feelings in a safe space
- make choices about telling your story to the Disability Royal Commission
- work out a problem or issue

What is the Disability Royal Commission

The Disability Royal Commission understands the importance of people with a disability sharing their stories.

Hearing from people with a disability, families, support people and the broader community helps the Disability Royal Commission to understand the extent and impacts of violence, abuse, neglect and exploitation of people with a disability.

The Disability Royal Commission will identify systemic and recurring issues to prevent abuse and neglect in the future.

The counselling service is for:

- People with a disability who have experienced violence, abuse, neglect and exploitation
- Parents, guardians, other family members of a person with disability
- Carers of a person with disability
- Anyone else affected by the Disability Royal Commission who feels that they require counselling support

The counselling service provides:

- Professional trauma-informed counselling
- Warm referrals to other support services, as required
- Information about other useful services

About the counselling sessions:

- Interrelate counsellors are here to listen and support you
- Our counsellors focus on your needs, feelings and emotions
- Everyone's experience is different, and everyone has different needs

Interrelate counselling sessions are available by phone or Zoom (video).

Interrelate operates across New South Wales

Central Coast

Coffs Harbour

Dubbo and Far West

Lismore

Newcastle

Orange

Port Macquarie

Sydney North

Sydney South

Taree



www.interrelate.org.au



FREE

Creating Calm

A free, interactive, online workshop for families and carers of people with disabilities.

In this workshop, in the comfort of your home (on zoom), we will share stories and activities for how to:

- *manage stress
- *build relaxation skills
- *mindfully listen
- *keep calm &
- *look after yourself

This is a great opportunity to meet with other carers, share stories and feel supported.

TUESDAY 15th September 10:00am-12 Noon.

Facilitated by:

Claudia Richardson, Family & Carers Mental Health Network, Mission Australia
Sara Phillips, Community Development Worker, Interrelate.

Bookings essential — phone 55253200

Email: sara.phillips@interrelate.org.au