



# Community interagency

## PORT STEPHENS

### Port Stephens Community Interagency Meeting

Minutes of Zoom meeting held on Tuesday 6 October, 9:30am

**Chair:** Carolyn Fisher

**Minute Taker:** Dominique Northam

**Present:**

Naomi Writer  
Carolyn Fisher  
Dominique Northam  
Mike Heckrotte  
Marisa Wilson  
Justine Sneddon  
Sara Phillips  
Danielle Ward  
Ann Fletcher  
Karen McKenzie  
Kylie Hooper  
Ozlem Baymen  
Suzanne Leonard  
Paul Waters  
Ryan Daley  
Rose Oku  
Tracey McKenzie

NSW Inclusion Agency  
PSC  
PSC  
Linked Community Services  
Path 2 Change  
Dementia Australia  
Interrelate  
Defence Community Organisation  
PSFANS  
Carries Place  
4 U Care  
Uniting Care  
Uni4You  
Unisson  
Transformational Institute  
Northern Settlement Services  
Early Links

Item	Details / Decision/Action Summary	Resp.
1.	<b>Welcome and introductions</b>	Carolyn Fisher/All
2.	<b>Uniting Care – Local Area Coordination</b>	Ozlem Bayman
	<ul style="list-style-type: none"><li>Still in the process of recruiting for approximately 20 LAC positions across the Hunter. Will hand over to local project officer when they are on board.</li><li>Ozlem's email <a href="mailto:obayman@uniting.org">obayman@uniting.org</a></li><li><a href="https://www.uniting.org/local-area-coordination">https://www.uniting.org/local-area-coordination</a></li></ul>	

3.	General updates	
	<ul style="list-style-type: none"> <li>• Sara/Interrelate – Services very busy, offering free counselling service running alongside the Disability Royal Commission. <b>Brochure attached.</b></li> <li>• Justine/Dementia Australia – Dementia Care Navigator Session coming up in Raymond Terrace on 4 November. <b>Flyer attached.</b></li> <li>• Danielle/Defence Community Organisation – Sandy Tawa has retired from Defence Community Org after many years of service.</li> <li>• Suzanne/Uni4You – Upcoming sessions. <b>Flyer attached.</b></li> <li>• Karen/Carries Place – New CEO Jayne Clowes started last week. Afternoon tea for hairdressers (recognising and responding to DV) coming up in Cessnock.</li> <li>• Ryan/Transformational Institute – Fully funded infection control training unit available, contact for more details.</li> <li>• Tracey/EarlyLinks – Tracey is new Team Leader, provides service to children and adults with disability <a href="https://earlylinks.org.au/">https://earlylinks.org.au/</a></li> <li>• Ann/PSFANS - still trying to reach people and families who may not have traditionally accessed services but who may be currently experiencing issues, especially during COVID.</li> <li>• Marissa/Path to Change – Co case manage young people who are homeless or at risk of homelessness.</li> </ul>	
	Next meeting 9:30am, Tuesday 3 November via Zoom	

**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/](http://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

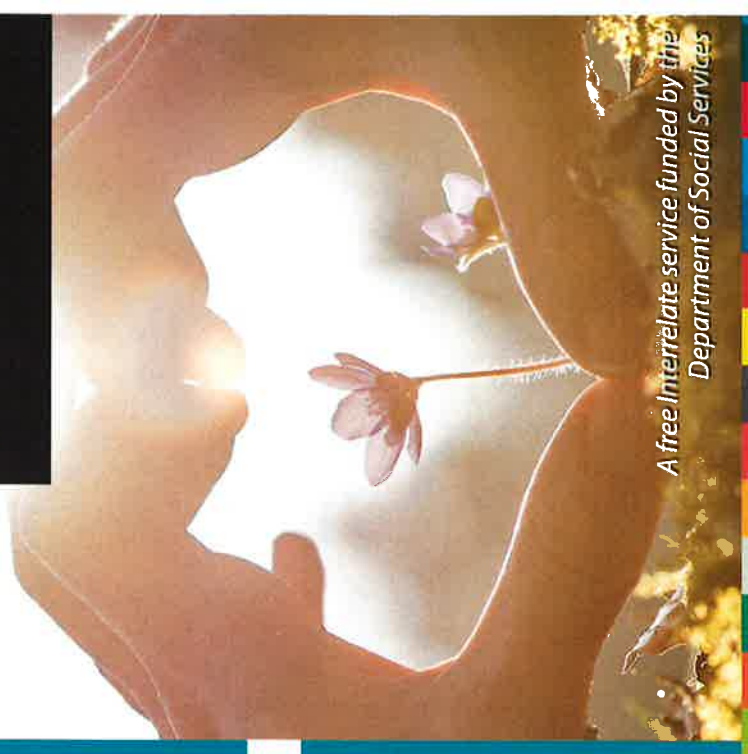
*Trauma informed and culturally appropriate  
community based support services*



## Interrelate Counselling Support Service

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who have experienced  
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and exploitation, and their  
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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](http://www.interrelate.org.au)



# Dementia Care Navigator

## A better way to connect with services and supports

**Raymond Terrace Library**

**4 November**



Finding information about government-funded aged care services can be complex. Dementia Australia has a new way to identify and access dementia services.

The Dementia Care Navigator is a service that aims to make it simpler for Australians to learn about government-supported aged care services and how to access them.

### Services you can access include:

- Tailored information about dementia and local services
- Individual and group support sessions
- Seminars to help you navigate living with dementia at all stages, including connecting you with other service providers

**Event type:**  
**Face to face session**



### Suitable for:

Persons living with dementia/carer/family supporters.

Let me show you how to use the government's 'My Aged Care' system to remain active, involved and connected.



**Time:** 10:30am-12:30pm  
2 hours



**When:** 4 November 2020



### Where:

**Raymond Terrace Library**  
**18A Sturgeon Street**  
**Raymond Terrace**



**Cost:** Free

### Additional information and bookings:

<https://nav-rt-4nov.eventbrite.com.au>  
or contact the National Dementia Helpline 1 800 100 500



# Lifelong Learning with Uni4You

## Preparation for Study: free workshop series



### Workshops start soon:

Singleton: 10:30-11:30am Tuesdays, 20 October to 8 December

Cessnock: 10:00-11:00am Wednesdays, 21 October to 9 December

The Family Action Centre: 1.00-2.00pm Thursdays, 22 October to 10 December

Or join online: 10:00-11:00am, Thursdays, 22 October to 10 December

**Reconnect to your hopes & dreams about learning - it's never too late!**

### These workshops:

- increase your confidence in learning how to study
- introduce you to academic skills, like note-taking & essay writing
- provide strategies for balancing study with family & personal life
- explore what University is really like, with tours around the Uni
- assist with applications for tertiary pathway programs for 2021. These free programs (Open Foundation, Yapug and Newstep) provide a qualification for you to gain entry to university.

**Please contact us to register, or to ask any questions about Uni4You**

Annette: 0417 480 013

Suz: 0427 665 029

Michele: 0437 251 261

**Email:** [U4U@newcastle.edu.au](mailto:U4U@newcastle.edu.au)

**Visit us on Facebook:** [facebook.com/U4U.TheFamilyActionCentre](https://facebook.com/U4U.TheFamilyActionCentre)

**Uni4You** Encouraging and connecting people with opportunities for lifelong learning

Uni4You is a project of The Family Action Centre, University of Newcastle, funded by the Federal Governments' Higher Education Participation & Partnerships Program.