



Connector Hub Newsletter

EDITION 3

Welcome to Connector Hub Newsletter

Message from Coordinator



It has been a trying year for everyone, but I am very happy to announce that we are back with face to face group support. The Connector hub team at One door have been patiently waiting for restrictions to ease so we can see everyone again. We are also entering into October which is Mental Health month and we will be having activities to engage with everyone throughout the month.

Keep tuned for more great news on this coming up!



Inside this issue:

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- Peer Workers Outreach service
- Introducing new Groups

- R U Ok day
- Up Coming groups and Events.
- Feel Good Story



Outreach hubs



Ambarvale



Peer worker Katrina is here with Rachel Goldsbrough, the Families and Community Pastor of Campbelltown Church of Christ in Ambarvale. Every Tuesday Katrina provides psychosocial supports and hosts a group called 'Table Talk' This encourages consumers to attend a free community lunch service with conversation, all in a safe environment.

Salvation Army Outreach

Macquarie Fields



Every Thursday, Peer worker Moana provides supports at The Salvation Army in Macquarie Fields. She also hosts an online Zoom group which focuses on 'Wellbeing' from 1pm -2pm

Face to face groups for consumers will commence in January 2021 due to renovations of centre.

Moana is pictured here with Karen Eckford the Senior Staff Administration Officer.



R U OK Day



Connector Hub hosted a morning tea for our Consumers and Community members. This was held at one of our outreach hubs, Salvation Army Macquarie Fields



Coffee + Conversation = A genuine pick-me-up
Ask RUOK?



Connector Hub is back in Tahmoor & Bowral With Social & Craft groups



Our Peer workers have been so busy hosting online and face to face groups.



Coffee & Chat



Social Group



Art & Craft Group



Zoom groups



Up Coming groups and Events

- October Mental Month activities
- Social group excursion to the The Calyx - Sydney Botanical Gardens
- Meetings with local MP's
- Afternoon tea at Alkalizer



Feel Good Story

Peer worker Petra shared a fantastic story regarding a consumer she was supporting.

Consumer A needed much assistance in applying for the NDIS. With the support of our allocated NPS facilitator Jeff, he was able to provide assistance to Petra and consumer during the application process.

By doing this, relevant evidence was gathered and presented to the Assessor. With the combined efforts of consistent support the application was a success.

Consumer A was feeling very happy, due to the prolonged waiting times of gathering such evidence and previous application being denied.

Consumer A is now able to receive specialised ongoing supports.

It was a very a great outcome.

Great Work Petra and Jeff!!



One Door Mental Health in partnership with Flourish Australia has been selected to deliver the Connector Hub in South Western Sydney for SWSPHN

This service is supported with funding through the Australian Government through the PHN program.

