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## Stay Involved

### CONTENTS

AGM 2015 Mark the Date 1

Community Connector  
Update 2

National Disability Awards  
Now Open. 3

Paper Tickets Phased Out 3

Have your say :

Primary Health Care  
online survey 4

PDCN at IDEAS possible  
Expo 2015 4

**I'M OKAY**

 Find us on  
**Facebook**



Physical Disability Council of NSW  
Ordinary People Ordinary Lives

### Remember the Date:

**20th October 2015**

**PDCN**

**Annual General Meeting**

**When: 6pm**

**Where: St Helens Community Centre, Glebe.**

**3/184 Glebe Point Rd Glebe 2037**

### Want to nominate for the Board of PDCN?

To nominate for the Board the interested person needs to fill in and return the nomination form enclosed with this newsletter, in the reply paid envelope provided.

To nominate for the Board,  
PDCN members and their nominees  
need to be financial.

**MEMBERSHIP  
RENEWALS  
ARE DUE**

Contact us if for any  
reason you haven't  
received a renewal  
notification.

# Disability Support Organisation Capacity Building Project

## Peer Support Update

The PDCN community connectors have been enthusiastically networking, attending NDIS information sessions and gatherings such as inter-agency meetings, to spread the word about the peer support groups and to establish important connections.

Melanie Schlaeger, the connector in the Hunter/Central Coast region, has now facilitated two peer support group meetings with a group in Erina. A representative from Gosford Council attending the last meeting to provide the participants with an 'accessible events guide' and to discuss accessibility in the Central Coast region. The group have also been deciding on priorities and areas of development for future meetings.

PDCN is also partnering with Community Disability Alliance Hunter (CDAH) to co-facilitate an established group in Charlestown and to establish a new group in the Maitland area.

Sharon Holz, the Wollongong/Illawarra Community Connector hosted a peer support group information session in Dapto in July which was attended by people with disability, people who support people with disability and two local Ability Linkers. Sharon is now in the process of organising an information session in other areas of Wollongong. Sharon hopes to have a peer support group up and running in this area soon.

Sharon has also been asked to facilitate the Shoalhaven Self Advocacy group from September onwards. Sharon and Wendy Banfield, the DSO project officer, attended the Self Advocacy Group in early August to meet the participants and get a feel for the group. Sharon is excited and looking forward to working with this group.

Lindsay Cottee, the Community Connector in Bathurst, hosted a peer support group information session on the 20th of July which was attended by people with disability and the local Ability Linker. Lindsay is now in the process of organising an information session in Lithgow and has been in consultation with high schools in the region about the idea of establishing Peer Support Groups for teenagers with Physical Disability.

We would love it if our PDCN members could help spread the word about the establishment of Peer Support Groups, or join in with one in your area!

Interested persons contact:

Wendy Banfield, DSO project officer on 02 9552 1606

or via Wendy's email address: [wendy.banfield@pdcnsw.org.au](mailto:wendy.banfield@pdcnsw.org.au)



## National Disability Awards Now Open !

Nominations for the 2015 National Disability Awards have opened, giving Australians the chance to celebrate the people and organisations that have made a positive impact on the lives of people with disability.

Nominations are open in six categories:

Lesley Hall Award for Lifetime Achievement in Disability

Emerging Leader in Disability Awareness

Excellence in Accessibility – Technology

Excellence in Accessibility – Community

Excellence in Choice and Control in Service Delivery

Excellence in Advocacy

Nominations for the National Disability Awards close on 4 September 2015.

For more information on how to nominate someone, please go to

<http://www.idpwd.com.au/nominate-now-for-the-national-disability-awards/>

For more information on International Day of Disability go to:

<http://www.idpwd.com.au>

Or contact:

Free call: **1800 440 385**. TTY users please phone 1800 555 677 and ask for 1800 440 385.

### Gold Opal to Replace Pensioner Excursion Ticket, as paper tickets phased out

The NSW Government has announced the next step in delivering world class ‘tap and go’ electronic ticketing, with the majority of old-style paper tickets to be phased out on 1 January 2016.

From 1 January 2016, 57 paper ticket products will no longer be sold. Customers should start preparing now to upgrade to Opal, making getting around simpler and cheaper.

The next stage of the Opal rollout means customers will only be able to purchase Adult and Concession single or return tickets for trains, ferries and light rail, plus singles for buses. The phase out of the Pensioner Excursion Ticket will be a major change for a lot of our pensioners and seniors, but an intensive campaign will be rolled out to inform the changes.

To find out more go to <https://www.opal.com.au/>



PDCN's 'SUPER' support planners were also on hand to talk about support planning assistance that can help people with disability explore their goals and aspirations, along with what new opportunities may be available based on what is important to you.

It was a great chance for PDCN to encourage people who are thinking about or getting ready for the National Disability Insurance Scheme.

There was private space and plenty of resources for people to sit and talk with our planners, see what support planning looks like, and a chance to see first hand how it can focus your planning power for the future.

Thanks to everyone that helped out and everyone who called in to the stand during the Expo!



## Penrith IDEAS Expo 2015

The Physical Disability Council of NSW (PDCN) joined forces with IDEAS to be part of their possABLE expo at Penrith Panthers. PDCN's 'SUPER' stand gave people a chance to chat with staff and find out about what PDCN does to assist people with disabilities and their families in New South Wales to unleash their powers and have more control of their lives.



## Have your say:

### Primary Health Care Advisory Group Discussion Paper released

The Australian Department of Health has released a Primary Health Care discussion paper seeking better outcomes for those with Chronic and Complex Health Conditions through Primary Health Care.

Part of the process includes public briefings and online feedback. To have your say, or for more information go to:

<http://www.health.gov.au/internet/main/publishing.nsf/Content/PrimaryHealthCareAdvisoryGroup-1#consult>

To access the Online Survey go to:

<http://survey.orcinternational.com/orc/j10262/surveylinkn.asp?job=Au3000136&id=RANDOM>

(Closes September 3 2015)