



NORTHERN
TERRITORY
LIVED
EXPERIENCE
NETWORK



MentalHealth
Victoria

Collaboration • Knowledge • Leadership

Opportunity for people with a NDIS plan and benefit from psychosocial supports

– workshop Wednesday, 28th of April 2021

The NT Lived Experience Network and Mental Health Victoria are inviting people who have an NDIS plan and benefit from psychosocial support to come to a workshop and tell us what you think makes a good NDIS worker. “Psychosocial supports” are the things that help us to recovery from mental health challenges which interfere with our everyday life.



ndis National Disability
Insurance Scheme

- The workshop is on Wednesday the 28th of April 2021 from 1:00 pm to 4:30 pm at the Nightcliff Community Centre, 18 Bauhinia Street, Nightcliff.
- We will pay you for your time to attend. NDIS Participants will receive a \$120 gift card to participate in this 3.5-hour workshop.

- NDIS participants are welcome to bring a support person, however support people will not be paid to attend the workshop.
- We will ask people that come to the workshop to talk about the things that they think make a great NDIS support worker.
- Mental Health Victoria will use this information to make a guide for NDIS service providers and workers.
- They will also recommend training for NDIS workers across Australia so that they can be better at providing support to people who experience mental health challenges.
- If you book to come to the workshop, we would like you to come for the full 3.5 hours. There will be a break with food and drinks provided during afternoon tea.



Why come to the workshop?

Some of the benefits are:

- Having a say about things that affect you
- Sharing your point of view on how NDIS workers can support you
- Making the NDIS better for other people
- Being paid for your time.

Workshop details



When: Wednesday the 28th of April 2021, 1:00 pm to 4:30 pm, with a break and afternoon tea

Where: Nightcliff Community Centre, 18 Bauhinia Street, Nightcliff

Who: People who have a NDIS plan with psychosocial supports and want to make the NDIS the best it can be for people who experience mental health challenges.

People that come to the workshop will need to feel okay to talk about their views in a group. You can bring a support person to help you to do this.



Paid time: You will be provided with a \$120 gift card for your time at the workshop.

If you need support to get to the workshop, please let us know in advance. We can support you to travel to and from the workshop or pay for transport.

If you need other supports to attend, please contact your support coordinator or NDIS provider to organise this.



RSVP: Up to 12 NDIS participants can come to the workshop. Please contact us by Friday the 23rd of April 2021 to let us know if you would like to come.



RSVP and more information

To RSVP or for more information about the workshop.

Phone: 0438 022 032

Contact name and email:

Noelene Armstrong, Peer Facilitator and Lived Experience Educator, NT Lived Experience Network

contact@livedexperient.net



About the workshop facilitator

Noelene Armstrong is a Darwin based mental health peer worker and lived experience educator. Noelene uses her own experience of mental health recovery and as a family advocate to support other people on their individual journeys and to help the broader community to understand mental health and break stigma.