



West Street

Community Centre West Street Tennis Courts

The goal of West Street is to support the recovery of people with mental illness, helping them build rich personally satisfying, meaningful, socially connected and vocationally productive lives in the community.

West Street offers participants a friendly, accepting place to participate in a range of activities that assist with the day to day operation of the centre and help participants build skills and confidence.

Opening Hours

Monday 9am to 3pm

Tuesday 10am to 3pm

Thursday 9am to 3pm

*Lunch available @ a cost of \$5.00*

for more information please call us on

**02 4422 4324**

**nowra@onedoor.org.au**



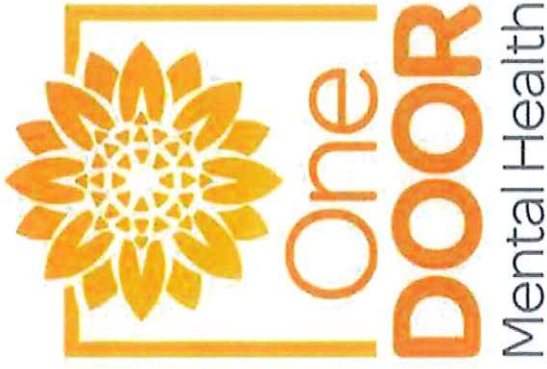
Through One Door Mental Health, people living with mental illness and their families can find an inclusive community, innovative services and strong advocacy. For more than 30 years One Door has designed and delivered expert mental health programs now available through the NDIS. Creating a world in which people with a mental illness are valued and treated as equals is at the heart of everything we do.

The majority of our team have lived experience, giving us unparalleled expertise in mental health. We respect individual choice and understand the complexities of family life and the recovery journey.

The team at One Door Mental Health are your NDIS mental health specialists.

**Nowra Office**  
93 Plunkett St  
Nowra NSW 2541  
nowra@onedoor.org.au  
Phone No: 02 4422 4324

**Head Office**  
The Old Gladesville Hospital  
Building 36, Digby Rd  
Gladesville NSW 2111  
Locked Bag 5014  
GLADESVILLE 1675



Nowra

**NDIS Providers**

Phone No:

**02 4422 4324**

**nowra@onedoor.org.au**



NOWRA

## NDIS

One Door Mental Health provide services under NDIS. The following lists are examples of support we offer. If the support you would like is not listed please call us to talk about your needs.

## Help with NDIS Applications

- Application Workshops

## Centre Based Service

Centre Based Service activities run from West St Community Centre and cover both Skill Development and Social Recreation Opportunities, e.g.:

- Cooking skills
- Computer skills
- Mobile phone skill development
- Social skill development
- Craft
- Music
- Theme days
- Gardening
- Tennis/Table Tennis
- Pool

## Coordination of Support

Helping you to work out how to

- Spend your funds
- Get started with your plan
- Pursue your goals even when life gets difficult

## Group Support Service

- Men's Social Group
- Women's Social Group
- Walking Group
- Breaking down barriers to employment
- Cooking—beginners and intermediate
- Mindfulness
- Improved wellbeing
- Sport/Recreational activities

## Men's Social Group

Transport provided and lunch included for a small fee. Activities include:

- weekly outings in a friendly supportive environment
- BBQs
- Fishing
- Easy walks
- Ten pin bowling
- Pool
- Sport/Recreational activities

**If you are interested in other programs please call us for more information.**

## Individual Support Service

- Assistance with accommodation & tenancy obligations
- Improving Social networks
- Independent travel
- Skill Development for budgeting, decision making and planning
- Walking, Fishing
- Help with getting a Drivers Licence
- Other—speak with us about what you would like to learn or do.

Hope House

93 Plunkett St Nowra NSW 2541

02 4422 4324

West St Community Centre

Tennis Courts

West St Nowra NSW 2541