

THE SELF ADVOCATE

NEWSLETTER OF THE SELF ADVOCACY NETWORK
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VALID

Having a Say Conference

Award Winners

The **Pentland - Banfield Award** is awarded to a self advocate who speaks up about being part of the community. The award was presented to Andrew Prior from Moe life Skills.



The **Robert Martin Award** is awarded for shining a light on rights and justice for people with disability across Australia.

Robert presented the award to the Our Voice Committee at the Plenary session on Thursday morning.



Michael Sullivan - NSW, Chris Bergin - SA, Kate-Lyn McKenzie - Qld, Judy Huett - Tas and Heather Forsyth - Vic

The **Family Empowerment Award** was presented to Denise Leembruggen from Horsham for standing beside her son Tom to empower him to be a strong self advocate.



Southern Network News

The first meeting for 2016, saw the Southern Network moved to their new location at the Mulgrave Neighbourhood House. Everyone was happy with the new venue, there is lots of parking, a clean kitchen and toilets. It is quieter than the old hall in Mordialloc, which was old and run down. It was great to meet lots of new members with the change in venue. The VALID team are looking forward to the year ahead.



Southern Network at Having a Say

Marcus from Focus won the Red Faces Talent competition at last years conference, and was invited to perform his winning hip hop dance routine at the 2016 Having a Say Conference. Marcus performed on the main stage in Costa hall on Thursday morning.

Red Faces Talent Show

The Southern region was well represented at the conference with Mary and Marie from Focus, Joanne, Hayley and Danny from Karingal and Jim, Glenn and Meredith from Mawarra Centre all performing at the auditions.

Meredith was one of three finalists that performed at the Closing Ceremony on Friday morning, and was awarded 2nd prize for her outstanding burlesque routine. Jon from VALID couldn't believe his eyes!



Southern Network Christmas Break Up



Having a Say Highlights

Dinner Disco

Elaine Valentine was presented with a bouquet of flowers for all the hard work she does to decorate the tables at the dinner disco.

Elaine is pictured with Minister Martin Foley and Kevin Stone from VALID.



Network Presentation

Members from the VALID Self Advocacy Network meetings talked about the monthly meetings and the experience of chairing the meetings and the knowledge that they gained from the Guest Speakers.

Pictured below: Paul from the Eastern Network and Jane from the Southern Network



Northern Network at Having a Say

Members of the Resolution Band from Northern Support Services sang several of their favourite songs at the conference.



Northern Support Services also did a presentation on connecting safely with others on facebook.



Members from the Movie Making Program at Northern Support Services also did a presentation. In this program they encouraged people to connect with their creativity through dramatic performance in front of the camera.

Congratulations to Brady Freeman & James Barden from the Araluen Art Access who entered the Art Competition. Both gentleman were winners taking home a great cash prize.



Western Network at Having a Say

The Mambourin Sunshine Choir performed in Costa Hall on the Wednesday morning. One of the song they sang was 'Stand By Me'.

Members from Distinctive Options did a presentation about the Speak Up Video. Members are learning to speak up and make films. They showed people how to connect with each other in order to connect with people's rights.



Distinctive Option also showed a copy of a new program on Abuse that they have produced.

Emma from Distinctive Options performed with the Boil Over Ensemble which explores connections and technology.

The Our Choice Expo is coming to Melbourne

The expo will provide information and exhibits about the National Disability Insurance Scheme (NDIS). The expo will be held at Darebin Art and Entertainment Centre located on the corner of Bell Street & St Georges Road, Preston on the 7th June. For more information about the expo go to the VALID website: www.valid.org.au **Free Entry**

Eastern Network Christmas Break Up



Eastern Network at Having a Say

Caden and the team from Alkira ran a Thriller Zombie Dance come & try activity at the Having a Say conference. They also performed on the main stage in Costa Hall on Friday morning. Delegates who attended the come try activity were invited to join them on stage.



Back Stage

Ron from Melba help the Disability Services Commission with their presentation about 'It's OK to Complain'

Adam from Knoxbrooke entertained the audience at the Red Face auditions with his performance, singing 'Mona'.



Network Feedback

Have your say about what you like and don't like about the network meetings. VALID values your feedback.

Please answer the following questions and bring them to the network meeting, send them to the VALID office, 235 Napier Street, Fitzroy 3065 or email: zoe@valid.org.au or rick@valid.org.au

Questions for Self Advocates

1. What do you like about the Network meetings?
2. What's your favorite part of the Network meetings?
3. What presentation/guest speaker did you like and why?
4. Is the information from the Network meetings helpful / useful?
5. What things would you like to hear about?
6. What other guest speakers would you like to hear from?
7. How long have you been going to the Network?
8. Have you got any ideas to make the network better?
9. What happens at the Network meeting - jobs people do during the meetings? (Chairperson/reading of minutes presenting etc....)
10. Is the venue OK? (e.g. location)



Do you have any suggestions / ideas about the meetings, how to make them better?



**YOUR FEEDBACK
MATTERS**

Network Business



At the first meetings for 2016, Zoe and Rick talked about people's Rights and Responsibilities to have a good meeting.

The networks did their planning for 2016 and chose their chairperson roster for the year.

Members also made suggestions for Guest Speakers to talk at the network meetings.



Rick and Zoe introduced new staff members, Anthony and Katie who will be running the meetings from May. Zoe and Rick will be doing other work for VALID but will still be involved with the networks.

To get along & have good meetings, we have the **RIGHT** to...

be involved & participate	be listened to	all value each other's abilities
be spoken to respectfully	to vote	all have a Say

...but we need to be **RESPONSIBLE** by...

paying attention	not gossiping or breaking privacy	staying on the topic
being on time	listening to others	being nice & using manners

Staying Safe

VALID launched their new project called 'Staying Safe' - Freedom from Abuse and Neglect Project.



The workshop will help people to speak up about things that have happened to them.

VALID is interested in running workshops in your area, if you would like a workshop at your service please contact the office on 9416 4003 or email: bookings@valid.org.au

Jon and Heather on the Working Together, Staying Safe on Zero Tolerance panel at the NDS Conference. →



Network Newsletter



Do you have a story you would like to share?

You can call the VALID office and talk to Brenda or arrange for Tully and Heather to come to your service and interview you.

You can give your story to a VALID staff member at your network meeting or email your story to: brenda@valid.org.au



VALID Membership for Network Members

Would you like to become a member of VALID?

Membership is free to all people with disabilities that attend the VALID Network meetings.

If you would like more information about becoming a member, talk to a VALID staff member or call the VALID office.



Contact



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Victorian Advocacy League for Individuals with Disability Inc

