

THE SELF ADVOCATE NEWSLETTER

JULY 2017

Volume 5 Issue 2

VALID

Inaugural All Abilities League kicked off on Saturday 3rd June

For the first time in Victoria soccer's history, Football Federation Victoria (FFV) has launched the Inaugural All Abilities League with teams from metropolitan and regional Victoria.

The League involves 18 teams across four divisions, which have been developed by co-designing the structures with volunteer coaches and club leaders in All Abilities Football.

The League promotes and welcomes people of all ages to play football in a team, regardless of their gender, background or ability.

Teams currently in the league:

- Collingwood Junior Eagles
- Doveton Special Soccer School
- Northern Falcons Football Club
- Mitchell Rangers Soccer Club
- Northcote City Football Club
- Point Cook Soccer Club
- Ringwood City Soccer Club
- Wangaratta City Football Club

Picture below are the team members from the Northern Falcons and Mitchell Rangers. SBS World News Bulletin did an interview with the coach, Anthony Risoli of the Northern Falcons AAA team. The story was broadcast on Thursday 15th of June. The Northern Falcons AAA team is Australia's very first all abilities team which is club based and have been promoting the need for access for all abilities for many years.

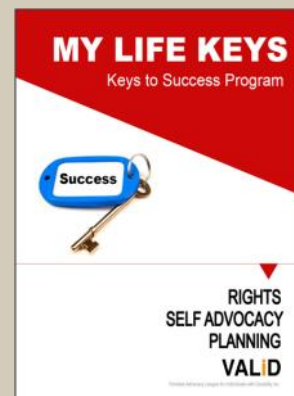


KEYS to Success Training (KSP)

VALID provides training sessions to help people to learn about how they can have a better say in planning. The information can be helpful when doing planning with the National Disability Insurance Agency and disability services.

The training also helps people to understand their rights and responsibilities and to be more confident in speaking up, when making choices and decisions about their lives.

Feedback from some groups who have completed the training on how it has helped them.



Latrobe Life Skills - Bundoora

Staff feedback: *“VALID worked alongside members from Latrobe - Life Skills Bundoora, to run the Keys to Success Program. We talked about having a good life and what that can look like. We talked about making choices and decisions, and the best way people can have more control in their lives. Many of the participants shared their own stories with the group, giving advice and learning from one another.”*

Feedback from the participants who took part in the training:

“Talking about the government, so I can vote” - David Domini

“It's pretty good because we talked about our future and our goals” - Vasi M

“Thank you Zoe for coming to teach us about advocacy” - Ann



Front Row ~ Emma, Maddy & Vasi

Middle Row ~ Alex, Zoe, Ann & Rachel

Back row ~ Simon, Ben & George

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KEYS to Success Training (KSP)

St John of God Accord

Staff feedback:

“The clients often talk about the Keys to Success Program and ask if it is going to happen again, which is great feedback!”

Sometimes, when people are being inappropriate, the staff will mention, ‘What did Zoe say, what did you learn in the course’, and they will reflect and realise. I have noticed also that the participants who did the training will come to the team leaders more when they have an issue, or are feeling hurt, so that is also positive.”



The Monkami Advocacy Group

Richard, Rebecca, Brendon, Helen and John's feedback about the KSP training:

“We really enjoyed our sessions with you. We learnt a lot about our Rights and Responsibilities, the NDIS and to speak up when things are not OK. Our reflection on goals and feelings will help us in the future. Thank you for your time and effort.”



Caitlin's (Staff) perspective: *“I thought the self-advocacy training delivered by Zoe was well paced for the members of the group. I appreciate the time she took with each individual, allowing everyone to have their turn to contribute to discussions. The activities were relevant, interesting and easy to follow. Thank you again.”*

Keys to Success Training (KSP)

Broadmeadows Disability Service



The group reflected on the course. It focused on their rights and responsibilities.

The group liked talking about their future plans and their Person Centred Plan.

The group liked how everyone had the chance to talk, everyone got along really well. They also liked the fact that Zoe was organise and they loved the presentation the books and that they had the opportunity to write.



Tiqunas' comment about something she learnt during the KSP training?

"When the NDIS ring to speak to you about your plan ~ Invite them over, make a time to sit with them and have a cuppa and a chat – don't talk about it over the phone"

Michael: *"I am very happy to be doing the training."*

Elias: *"I have the right to catch public transport"*

Jalla: *"I have the right to dance"*

Jayden: *"I have the right to have a shower everyday"*

Heba: *"I have the right to do a beauty therapist course"*

Tiquana: *"I have the right to do my nails and colour them"*

Rose: *"I have the right to shop"*

"Overall Eveline and I loved every session. We thought that each lesson was though out and very well organised. It was a pleasure having Zoe work with us."

Mary Skopelianos



KEYS to Success Training (KSP)

Preparation for Employment and Access to Community (PEAC)

Participants and staff from PEAC in Epping share their thoughts about the KSP training.

“We are so grateful for all the hard work you put into the VALID KSP training and for getting to know each of us individually! All the best for the future from the PEAC Participants and Staff.”

Steven: *“What would you tell others about this training? It’s good because it helps make you more happy.”*

Tori: *“Would I do it again yes I would do it again because it’s very interesting.”*

Christian and Robin: *“It’s cool, you can try it out, we enjoyed it.”*

Jesse: *“My VALID experience, I enjoyed learning about people, how people feel about everyday life. I would do valid again, it was helpful, I learnt.”*



Group 1

Front row:

Steven, Emily & Maddison

Back row:

Daniel, Chritian, Michael, Billy & Chris

Group 2

Left to right:

Robin, Jesse, Emily,

Fatima, Zak & Emily



‘Staying Safe’

Freedom from Abuse and Neglect Program

A forum held on Tuesday 16th May, where VALID, SCOPE, National Disability Services (NDS), Family Planning Victoria, Association for Children with Disability, Women with Disability and South Eastern Centre Against Sexual Assault meet to work on ways to support people with a disability, their families and disability support workers to help prevent, identify and report abuse.



Jon from VALID has also been to Tasmania, Queensland, New South Wales, Western Australia and South Australia and will be heading off to the Northern Territory in September, to share the ‘Staying Safe’ message with James and Liz from National Disability Services who have been talking about how staff can keep people safe.



VALID and NDS were asked to visit the ABC radio station in South Australia to talk about the training and share the message that Abuse and Neglect is Not Okay! We all need to do something about it to make it STOP...



So remember:

- ✓ Speak Up!
- ✓ Reach Out!
- ✓ Get Help!



Speak up



reach out



get help

Network News

Jon and Zoe returned to the VALID Self Advocacy Network meetings in June to talk about and show the new videos made for the 'Staying Safe' project. The videos share the message from self advocates that abuse and neglect is not okay and the importance of being empowered to speak up if you are feeling unsafe.



VALID Northern Network Meeting

Some of the new members gave feedback about attending the network meeting for the first time.

Alisa & Jeremy *'We thought it was great and would like to come back'*

Matthew *'Best meeting I have ever attended'*

James *'Excellent, I learnt new stuff'*



Network News

Rick from VALID attended all 4 network meetings to talk about getting ready for the National Disability Insurance Scheme (NDIS). The NDIS is a new way to help people. People with disability are equal and have the same rights as everyone else in their community. Rick also talked about writing down your goals so you can put it into your plan. People have the right to be supported to reach their goals, choose their support and to learn, grow and have a good life.



Bandmates Project

Sara and Nikki from Arts Access Victoria attended the VALID Self Advocacy Network meetings in May to talk about the launch of the “Bandmates Project”.



Bandmates matches people with a disability ,with volunteers who like the same type of music, to go out together to see live music and shows in their local area.

Bandmates will also work with venues to talk about being easily accessible, and offer training in disability awareness.

Volunteers complete safety checks, including police checks, before they can join Bandmates. Joining Bandmates is free, but there may be entry costs to some venues.

Some of the questions Sara and Nikki asked the network members were:

- When do you want to go out to see live music (nights, weekends)?
- Are you happy to go on public transport with your band mate?
- Do you want your band mate to be around the same age as you?
- Do you want the person to be the same gender (male/female)?

Sara is the contact person for the Bandmates Project. If you are interested in joining Bandmates, or want more information you can contact her on 0437 161 061 or email bandmatesvic@maribyrnong.vic.gov.au

VALID Self Advocacy Forum

The VALID Self Advocacy Forum is a group of self advocates who come together from different regions across Victoria. Guest Speakers are invited to the meetings to talk about issues that affect all Victorians with a disability. The group will advise guest speakers on how to do presentations to people with disabilities.

The members met on 30th May.

Some of the topics discussed included:



Kevin Stone CEO, VALID has a new book out “Dead to the World”, it is available on i-books. All money raised from the book sales will be donated to VALID to go towards supporting parents of men and women with behaviours of concern.

Heather and Dom attended a meeting last month with the Police to talk about the Police being trained on disability awareness. Michelle from Victoria Police may present to the network meetings later this year or early next year.



There was a discussion about Bill Shortens appeal to the government for a Royal Commission into abuse in disability.

Changes to the Disability Act

Seven members of the Self Advocacy Forum attended the session – DHHS talked about what the Disability Act is, and changes they want to make to the Act.



- Zero tolerance of abuse
- Giving the disability service commissioner increased power to look into cases of abuse and neglect.

The Disability Act 2006 will run until 2019, which will then be replaced under the NDIS rollout.

Uniting workshop

Three people from Uniting and a consultant attended VALID to talk to people about their lives, if they were happy and what could be improved.

Questions included topics like

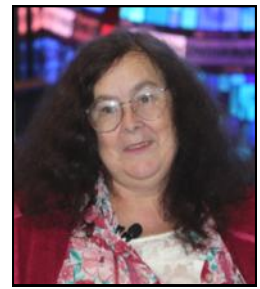
- **Housing:**
Who do you live with?
Are you happy there?
Why you want to live independently?
- **Work opportunities**
Do you want to work? Why?



This was an opportunity to give feedback about what makes a good service, and the future.

Heather Speaks Up

Articles on self advocacy by *Heather Forsyth, a highly experienced self advocate, who has overcome many challenges in her life to become a leader and support worker for other people with a disability.*



Our Voice Committee

I was recently elected as the Chairperson of the Our Voice Committee. Our Voice is a group of self advocates from around Australia. One self advocate from each of the 5 states, Victoria, New South Wales, Queensland, Tasmania and South Australia are elected onto the Our Voice Committee.



Our Voice is a sub-committee of the Inclusion Australia - NCID Board. The role of the Our Voice Committee is to inform the board about issues that affect people with disability. My role is to chair the Our Voice meetings and report any issues or suggestions about policy to the Inclusion Australia – NCID Board. I work with Julie from Speak Out Tasmania who assists me with sending out the minutes and the agenda to the members of Our Voice Committee.

Our Choice Expo

The latest Our Choice Expo run by VALID was held at the State Basketball Centre in Wantirna South on 7th June. The expo provided information about the National Disability Insurance Scheme for people living in the Eastern suburbs. Lots of people attended the expo.



Self advocates and families took home lots of information provide by the exhibitors about the services and equipment they provided. Part of my role was to welcome self advocates to the expo and support other VALID staff wherever I was needed. The venue staff were very friendly and helpful.

VALID Committee of Management member wins a bronze medal

Lisa McLeish participated in the All Abilities Ten Pin Bowling competition in Sydney this month, and won a bronze medal for her bowling, Lisa attended the Southern Network meeting and talked about her trip to Sydney to the members and showed them her medal. Well done Lisa!



Having a Say Conference 2018



Monday 5th, Tuesday 6th & Wednesday 7th February

Deakin University,
Geelong

Waterfront Campus,



Australia's largest conference for people with disability

The Having a Say conference is a place where people can speak up and have their voice heard, be respected and empowered and it's a lot of fun!

Expression of Interest to do a presentation or performance at the conference

Having a Say Local Reference Committee (LRC)

Part of the role of the Having a Say, Local Reference Committee is to work together with VALID to plan and run the conference. It also provides support to people with disabilities to learn meeting and conference planning skills.

Pictured are
the members
of the 2018
LRC



Network News



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



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