



The Advocate



Advocacy for Inclusion Newsletter

December 2010

INCLUDED IN THIS ISSUE...

- **Order your Advocacy for Inclusion Christmas cards today!**
- **Inclusion Art Exhibition**
- **Meet our new Team Members**
- **National Gallery Art Workshop**

General Manager's Report

It's been an incredible and busy few months.

We welcomed Ellen Read and Roxy Le Cornu.

- Ellen is our new Advocate and has been working alongside several consumers to achieve outcomes. Already she has assisted in making some break throughs for people and is really making a difference to the team.
- Roxy is here as our intern for several months. She has been working on our self advocacy projects and is part of developing new resources and training.

The big focus recently was our exhibition, at the Legislative Assembly, showcasing the entries in our Inclusion Art Competition; the exhibition ran for a week from 9 to 12 November. The launch was well attended and provided a wonderful opportunity to meet several of the artists.

Our new Board was elected at the Annual General Meeting on 9 November. Thanks once again to Jon White for being our returning officer. I'd like to make a personal thanks to retiring Board members Alex Ramsey and Margo Hodge. Alex was our Treasurer and has been instrumental in developing our new financial systems, and Margo has been invaluable with her knowledge of current issues facing people with disabilities in Canberra.

This edition of our newsletter focuses on the many celebrations we have recently had: the art exhibition, the workshop for our shortlisted artists at the National Gallery, and the big graduation for our self advocacy courses.

We've had significant support recently from many community members and organisations, including:

- Steve Doszpot MLA;
- Gai Brodtmann MP;
- Helen Maxwell;
- The National Gallery;
- Goanna Print;

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- Rod and his team at the Legislative Assembly;
- Mike Welch from Hang Ups;
- the Community Arts Office;
- Sexual Health and Family Planning ACT;
- Mary Durkin from the Human Rights Commission; and
- Canberra Institute of Technology.

Thanks so much to everyone; we could never have done it without you.

Our advocacy work has continued during this busy period with many people with disabilities approaching us for individual advocacy assistance to resolve issues they face. We have worked alongside people experiencing employment discrimination, care and protection matters, education difficulties, inappropriate accommodation, living with violence, and lack of support services. These are just some of the areas that continue to present barriers to people with disabilities living lives of inclusion and dignity.

Finally I'd like to wish everyone a safe and happy Christmas. Thank you to everyone who has been involved with Advocacy for Inclusion at any time during 2010. We really value our friends in the community and look forward to working with you again in 2011. I would also like to say an enormous thank you to the Advocacy for Inclusion team for their dedication and skills, and our board for their support and guidance.

Christina Ryan
General Manager



Meet our new Team Members

Ellen

Hi, my name is Ellen. I started with Advocacy for Inclusion this year in mid-September as the new Advocate.

I am currently a full time student at CIT studying an Advanced Diploma in Community Services and am planning on going to University next year. Before working with Advocacy for Inclusion I worked as a Disability Support Officer for three years.

I had a wonderful experience working with a range of people in the ACT. I love working in the field of community services, especially with people with disabilities.

I have really enjoyed my first 2 ½ months working with Advocacy for Inclusion and have already learned a lot of new things.

Working as an advocate is proving to be an eye-opening experience for me and I am looking forward to the experiences ahead.

Ellen Read - Advocate

Roxy

Hello I'm Roxanne Le Cornu and I am an intern at Advocacy for Inclusion. I started in September as part of work experience at CIT where I am currently studying Certificate III in Disability work.

I've always had an interest in advocacy and disability rights, so when it came time to choosing where to go for work experience I chose Advocacy for Inclusion.

I was born with physical disabilities and health issues so I have some first-hand experience when it comes to dealing with the disability sector.

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My goal is to soak up as much knowledge as I can while I'm here and when I've finished my Certificate, get a job either in Advocacy or the disability sector and work on improving access for people with disabilities in Canberra.

I will be working here every Thursday for the next 4 months and I am so excited to learn about advocacy and disability issues. I've only been here a few weeks and already I've learnt so much and met the nicest people in the sector. The girls here have been so helpful and have welcomed me into their little office and made me feel a part of the team.

Roxy Le Cornu - CIT Student Intern

Annual General Meeting

Our Annual General Meeting was held on 9 November 2010.

The new Board for Advocacy for Inclusion is:

Chair: Dwayne Cranfield
Deputy Chair: Vincent McCormick
Treasurer: Melissa Guilfoyle

Board members:

- Marcia Williams
- Ian Tunstall
- Liam Waldron
- Sue Carbone
- Gambhir Watts

We would like to extend our gratitude to the returning Board members and welcome the new members to the Board. We look forward to a fantastic year ahead together.

A special **THANK YOU** to our retiring Board members, Margo Hodge and Alex Ramsey for their invaluable contributions over several years!!

If you would like a copy of the Annual Report or the Financial Statements, please contact Thao on 6286 9422.

*Our AGM venue was made possible by
Steve Doszpot, MLA*

Nutrition Project Update

The Nutrition Project is focusing on training people with disabilities living in supported accommodation about nutrition and eating and preparing healthy, cheap and delicious meals, and also self advocacy skills so that they are able to speak up and have a say in what they cook and eat, and the other parts of their lives.

At the moment the project is in the development stage, with Karen working on the workshops for next year, and resources for those workshops such as a cookbook.

There will be 5 lots of workshops running, with the first (pilot) course starting in February 2011, followed by 4 more courses between April 2011 and June 2012.

Each course will be available for up to 6 people to participate in, and will run for 8 weeks at various days and times. You are welcome to register your interest in participating.

If you require support to attend you will need to provide your own, but please contact us if you are having trouble finding someone to support you, we may be able to help.

Topics covered in the workshops will include:

- What is self-advocacy?
- What is nutrition?
- Eating healthily
- Exercise & being active
- Reading nutrition labels
- Human rights
- Hygiene & kitchen safety

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- Assertiveness & respect
- Meal planning
- Shopping & saving
- Making decisions & goal setting

Workshops will include the chance to cook, and to learn basic cooking and kitchen skills, but they are not cooking courses. There will be lots of other things to learn and talk about, to help people become strong self advocates.

If you are interested in finding out more about the workshops, or putting your name down to do one, please contact Karen or Thao on 6286 9422.

Karen Hedley - Nutrition Project Officer

Christmas card Orders

Have you ordered yours?

With Christmas just around the corner, don't forget to order your Advocacy for Inclusion Christmas cards by filling out the order form in this newsletter or by calling our office on 6286 9422.

Thank you in anticipation of your support!

Current Issues

Many people with disabilities rely on community services to meet various needs in their daily life. This includes funding, housing, accommodation support, domestic assistance and case management.

These services are highly important to the lives of many people however they often operate in ways that can cause barriers for individuals. These barriers are often the cause for individual advocacy support at Advocacy for Inclusion.

Barriers can arise when a service's policies, procedures and philosophies are not flexible

enough to respond to the individual and changing needs of the people they serve.

Barriers also result from a lack of funding or resources. Unfortunately, instead of the service fitting the needs of the consumers, the consumers often have to fit their lives into the service.

This is particularly an issue for people who have community services involved across most or all aspects of their life.

When a person who requires daily support finds that a service is not responding adequately to their individual needs and desires, then the service can become a barrier to the person's choice and freedom. This affects the person's human rights, self-determination and quality of life.

Many consumers with Advocacy for Inclusion are dealing with these barriers daily and we work with them on an ongoing basis to break them down.

Ellen

There were many moments of frustration and head butting bureaucratic brick walls throughout 2010 but with persistence and determination some of these turned into gold star moments including:

- Recognition that people with disabilities have the right to choose where and who they live with.
- Recognition that people with disabilities have the right to feel safe in their living environment and workplace.
- Recognition that people with disabilities have the right to make decisions regarding the way they choose to live their life.
- Recognition that certain supports are needed for people with disabilities to sustain a quality of life or maintain their parental responsibility.

Jamelle Boettcher - Advocate

2010 'Damsels in the Driver's Seat' Graduation



Damsels graduates Tracey, Tanika, Feebie, Phillipa, Annie & Myra with Mary Durkin, Disability & Community Services Commissioner

In October, six Canberra women celebrated their graduation from the 'Damsels in the Driver's Seat' Self Advocacy course with their families and friends.

Advocacy for Inclusion has run two Damsels courses this year, partnering with Catholic Care and House with No Steps.

The Damsels course provides participants with the information and skills they need to become stronger self advocates and be able to speak up for themselves.

Participants learned about topics such as:

- Feelings
- Rights
- Safe relationships
- Looking after their body
- Being assertive
- and much much more!

If you are interested in finding out more about Advocacy for Inclusion's self advocacy courses – which are available for women only, for men only, and for mixed groups – please contact Karen or Thao on 6286 9422.

Special thanks go to Sexual Health & Family Planning ACT who generously gave their training room as our Graduation venue, and to Mary Durkin, Disability & Community

Services Commissioner with the ACT Human Rights Commission, who presented our graduates with their certificates.

Karen

Inclusion Art Competition – The Story

The Competition...

Earlier this year, we invited artists with disabilities to submit artworks depicting their message of inclusion.



Artworks on display for judging on 1 June 2010

We were very pleased with the number of entries, and the very high quality of the artwork. All of the artists talked about inclusion in many different ways, and with some very strong messages.

A panel of judges debated over the entries and finally agreed on the winning design by Andrew Delaney - "In my thoughts I have many friends", which was transformed into our inclusion poster and Christmas card.



Judging panel on 1 June 2010 (left to right): Steve Doszpot, Christina Ryan, Gai Brodtmann & Helen Maxwell

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The NGA Art Workshop...

The judging panel also short listed the following entries:

- "Inclusion" by Maureen Caelli
- "Lots of people having fun" by Anna Rouse
- "Untitled" by Chris Williams



The Winning & Short listed entries on display at the Post School Options Expo on 3 June 2010

Together with Andrew, these artists attended an art workshop at the National Gallery of Australia. This was a wonderful opportunity for the artists to explore their art further and experience different art techniques.

We were very fortunate to have Penny Low at the workshop from the Education Office at the National Gallery of Australia.

Penny was amazing! Her commitment and dedication to the artists and workshop was unrivalled with her engaging enthusiasm!

We would like to take this opportunity to say a big **THANK YOU** to Penny for running such an interactive and fun workshop for our artists!!

See for yourself how much fun we all had on the day...



Artists with Supporters & Penny touring the James Turrell's Skyspace before the Workshop



Penny Low demonstrating the first art activity – drawing exercises with ink colours



Artist, Chris, hard at work



Artist, Andrew, busy concentrating

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Artist, Anna, taking it all in



Penny, with Andrew & Chris, demonstrating second art activity – monoprinting



Andrew & Chris enjoying monoprinting



Penny with Chris, Andrew & Anna (Left to right)

The Inclusion poster & Christmas card...

Whilst the artists were having a wonderful time at the art workshop, work was well underway to produce Andrew's winning design into an Inclusion poster and our Christmas card.



Andrew signing the Inclusion art posters

Again, we received huge support in this process and would like to acknowledge with **THANKS** to the following:

- George Mackintosh from Some Cowboy for his artistic skills and contribution to the design of the poster.
- Our friends at Goanna Print for printing and donating the extra posters.
- ACT Community Arts Office for their grant towards printing the Inclusion poster.
- Sharon Wishart from Charity Christmas cards for all her help with developing the Christmas cards.

Christmas card order forms and free copies of the Inclusion poster are available from our office by calling Thao on 6286 9422.

Or see further in the newsletter for more details on how to order Christmas cards, including the Order form.

The Inclusion Art Exhibition...

The Inclusion Art competition was wrapped up with an art exhibition, as part of the International Day of People with Disability celebrations, at the Legislative Assembly.

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The exhibition was officially opened by Gai Brodtmann on Tuesday 9 November.

We had a fantastic turn out at the opening where artists, their friends and family and the community attended to celebrate their achievements.



Inclusion Art Exhibition Launch being opened by Judge, Gai Brodtmann MP



Host, Steve Doszpot MLA at the Launch



Friends arriving at the Launch



Steve Doszpot MLA welcoming everyone to the Launch



Helen Maxwell presenting Andrew with his first prize



Judges (left to right): Steve Doszpot, Gai Brodtmann & Helen Maxwell at the Launch

We would like to express our sincere **THANKS** to all those involved in the exhibition, in particular our supporters:

- Judge, Steve Doszpot for providing the Exhibition room at the Legislative Assembly and the welcome speech.
- Judge, Helen Maxwell for presenting Andrew Delaney with his winning prize.
- Judge, Gai Brodtmann for Opening the Exhibition.
- FaHCSIA for the International Day of People with Disability funding towards the exhibition.
- Mike Welch and his team from Hang Ups for beautifully and professionally mounting all the artworks for display.
- Rod and his team at the Legislative Assembly for all their assistance with the exhibition room.

And last, but by no means least, we would like to **THANK** all of our artists who submitted creative and expressive artworks for the competition and exhibition. Your pictures painted a thousand words for the message of inclusion!

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The exhibition was open from Tuesday 9 to Friday 12 November. We hope you managed to get along to view the artworks on display.



Christina with (left to right) Helen Maxwell, Andrew, Gai Brodtmann, Anna, Steve Doszpot & Chris

Office Christmas Closure

Our office will be closed from Friday 24 December 2010 to Monday 3 January 2011 inclusive.

Messages will be checked from Tuesday 4 Jan 2011.

Advocates will make arrangements with individual advocacy consumers to cover any matters over the break period.

From the team at Advocacy for Inclusion, we thank you for your continued support and hope you and yours have a safe and happy festive season!



Framing Made Easy!!

Mike and his team from Hang Ups Australia provide a complete service in picture framing, from basic styles through to extravagant custom frames, with professional and friendly advice and guidance to make your selection easy!

They frame almost anything from the sublime to the ridiculous and from a single piece to the thousands.

Hang Ups will also be providing 50% off the price of framing, in January 2011, for all artworks displayed in the Inclusion Art Exhibition.



Located at the corner of Gladstone and Kembla Street, Fyshwick.

Check out our new Website!

After many months of hard work and support from the students at Canberra Institute of Technology in Reid, our new website is now live!!

The website can be accessed at www.advocacyforinclusion.org

We will now start to review and update the contents of the website to reflect our current work - so watch the web space!

We'd like to take this opportunity to **THANK** everyone involved from CIT Reid for their support and assistance in developing the new website!

Recent publications and submissions

If you would like a copy of any of our publications or submissions, please email info@advocacyforinclusion.org

1. The Nutrition Report - *Where's my 2 & 5. Outcomes Report of Qualitative Interviews.*

**Order your Advocacy for
Inclusion Christmas cards
today!!!**



“In my thoughts I have many friends”

Artist Andrew Delaney

Andrew grew up watching his Grandfather doing art and has always wanted to have a go. He has been doing art classes at Hands on Studio since October 2009 and loves to paint; in particular he loves to paint tractors and farms.

\$10 per pack of 10 cards

All cards are Post Office preferred size.

To order yours today, please fill in this form and return it to the address below.

*Please make your cheque or money order payable to
Advocacy for Inclusion Inc.*

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Weston Creek ACT 2611**

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Membership includes:

- Quarterly newsletter
- Policy consultation on key issues
- Representative opportunities
- Connection with local and national networks
- Right to nominate for our Board
- Membership rates for training

Membership Categories:

- *Full Membership - Individuals*
 - \$10
 - Free for people with disability
- *Associate Membership - Organisations*
 - \$25