



# The Advocate



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**Advocacy for Inclusion**

**March 2011**

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## **INCLUDED IN THIS ISSUE...**

- **United Nations CSW 55, New York 2011**
  - **Special General Meeting – Resolution passed**
  - **Our Website Makeover**
  - **Nutrition Project Pilot Course – Up and Away**
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## **General Manager's Report**

This year has already seen some significant work and developments for Advocacy for Inclusion and we have big plans for the rest of the year.

I've just returned from the United Nations Commission on the Status of Women, Session 55, which was held from 22 February to 4 March. My daily bulletins are up on our new website, and there is a more in depth analysis later in this newsletter.

Our pilot Nutrition Self Advocacy Course is well underway with our reference group providing excellent advice and feedback as the course progresses. We will be using this advice to enhance the courses delivered over the coming year and thank the reference group once again for their generous contribution.

The new website is finally up and running after many months of hard work by Thao and a team from the CIT Centre for Information and Communications Technology. Huge thanks to both the students and staff at the CIT for months of work and development. Further major thanks go to Claudia Phillips who provided

training on weekends and after hours. Having friends like these makes community work thoroughly enjoyable.

In February we held a Special General Meeting to make some small but important changes to our constitution to allow us to receive donations. Thanks to all members who attended or sent a proxy vote. We are now working with the Tax Office to get this up and running as soon as possible.

Our Advocates have been working extremely hard in recent months and we have been forced to turn away people with disabilities who really need individual advocacy support. This is very hard to do and illustrates just how much need is in our community that is yet to be supported. Without an advocate a person with disability will often drop a complaint, or continue to endure an unacceptable situation which breaches their rights until it reaches crisis point. The ACT needs another 2 full time Advocates to meet current demand, yet there is no increase in funding on the horizon.

The new ACT Disability Advocacy Network is meeting quarterly.

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This group, convened by Advocacy for Inclusion, has grown out of more informal beginnings and brings together disability advocacy organisations to discuss common work, emerging issues, and areas for collaboration. The ACT DAN connects with the Disability Advocacy Network of Australia and through it some of the other state based networks.

*Christina Ryan*  
General Manager

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## **United Nations CSW 55 New York 2011**

The Commission on the Status of Women (CSW) is part of the United Nations Economic and Social Council (ECOSOC), and is the principal global policy-making body dedicated exclusively to gender equality and advancement of women. Every year, representatives of Member States gather at United Nations Headquarters in New York to evaluate progress on gender equality, identify challenges, set global standards and formulate concrete policies to promote gender equality and advancement of women worldwide.

The 55<sup>th</sup> session of CSW took place at United Nations Headquarters in New York from Tuesday, 22 February to Friday, 4 March 2011. The priority theme for the 55<sup>th</sup> session was *'Access and participation of women and girls in education, training, science and technology, including for the promotion of women's equal access to full employment and decent work'*.

An Australian Government delegation, which attended the 55<sup>th</sup> session, included three NGO representatives. Advocacy for Inclusion's General Manager, Christina Ryan, was one of the three NGO delegates.

The role of the NGO representatives was to act as expert advisors to the delegation, liaise with other NGOs attending the parallel CSW session (outside the UN), and to connect with the broader community back home. Christina attended several side events, including an event specifically about women with disabilities and their access to education and employment, she also sent back a daily e-bulletin, and met with NGOs for a regular briefing session.

The main part of Christina's work was to advise and support the delegation in negotiating Agreed Outcomes. The Outcomes document each year focuses on gender equality through the theme. So, this year negotiations were about *'Access and participation of women and girls in education, training, science and technology, including for the promotion of women's equal access to full employment and decent work'*. The negotiations are by consensus, there is no voting, so all delegations from many individual countries and groups of countries (like the European Union or the African Union) must all agree on what is said. This means that anything really contentious is simply left out.

The major challenge for Australia, and Christina, was to have recognition of the multiple disadvantage faced by many women, but particularly women with disabilities, included in the Agreed Outcomes. This proved very difficult and several references were removed; however, Australia did succeed in having some references included in the final Agreed Outcomes:

- Paragraph 15: The Commission expresses deep concern about all legal, economic, social and cultural barriers that prevent women and girls from having equal access to education and training,

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and recognizes that some women and girls face multiple discrimination and disadvantages that prevent their participation in education, training and employment.

- Paragraph 19. The Commission expresses concern about high drop-out rates from school of female students in many parts of the world, especially at the secondary level, and including at the tertiary level, owing to multiple discrimination and factors that impede girls' participation in education.
- Under the machinery section: (c) Improve and systematize the collection, analysis and dissemination of sex, age and disability-disaggregated data; enhance capacity development in this regard; and develop relevant gender-sensitive indicators to support legislative development and policymaking on education, training and science and technology;
- And: (k) Continue to strengthen policies relevant for women's economic empowerment aimed at addressing inequality affecting women and girls, in access to and achievement in education at all levels, including in science and technology, in particular to eliminate inequalities related to age, poverty, geographical location, language, ethnicity, disability, and race, or because they are Indigenous people, or people living with HIV and AIDS;

This last paragraph is a real achievement, although having disability included in the disaggregated data paragraph is also significant and in some earlier drafts it was removed.

Recognition of disability and its broader impact on the lives of people is still in its infancy at the United Nations (outside the

treaty process for the *Convention on the Rights of Persons with Disabilities*), so having any reference to disability is important and ground breaking.

As the CSW Agreed Outcomes are by consensus there were many wording changes over the course of negotiations. This year the final negotiations finished late on the Friday night, after CSW had formally closed, so the Outcomes have only just been adopted by a reconvened Session.

There are few people with disabilities at the United Nations and it is very hard to have disability issues recognised as a result. Christina's latest work at the UN outlines how important it is for people with disabilities to participate in these mainstream forums and processes in an ongoing way.

Discussions at the UN showed that Australia lags significantly behind similar countries in our approach to disability. The overly used diagnostic model (now an historical anachronism) is creating barriers, excluding many people from vital services and supports, and wasting substantial funds. Many other countries are watching us with interest and wondering when we will catch up with current global leading practice.

Two major themes have emerged from this work: firstly, people with disabilities must participate in mainstream forums across all areas of the community; and secondly, the urgent imperative to implement a social model of disability in Australia.



## The ACT Disability Advocacy Network

The ACT now has a Disability Advocacy Network – the ACT DAN – which brings together the various organisations working on advocacy for people with disabilities. Current members of the network are:

- Advocacy for Inclusion
- People with Disabilities ACT
- Women with Disabilities ACT
- ADACAS
- The ACT Council of Social Service (ACTCOSS)
- Disability Advocacy Network of Australia (DANA)

All of these organisations are working in a cross disability framework across various forms of advocacy for people with disabilities, including individual advocacy, systemic advocacy, and self-advocacy training and support. Nationally we connect with DANA (the peak disability advocacy body), and the Australian Federation of Disability Organisations (the peak consumer representative body).

The ACT DAN discusses current issues for the disability community, approaches to advocacy, how to collaborate on ACT issues, and how to connect with national issues.

Advocacy for Inclusion is convening the ACT DAN which plans to meet quarterly.

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## Nutrition Project

The Nutrition Project is helping people with disabilities living in supported accommodation to learn about nutrition and self advocacy skills.

This means they can speak up about what they cook and eat, as well as other parts of their life.

## The Pilot Course – up and away!

The pilot course started in February with 4 people participating. So far we have talked about:

- Advocacy
- Food groups
- Exercise
- Feeling good about ourselves, and
- Our rights

Participants' favourite part each week is cooking and they have selected and enjoyed each dish so far:

- Hommus and Crudités
- Vegetable Frittata
- Pita Pizzas
- Red Curry Pork and Pumpkin
- Tuna and Avocado Salad



Marjorie cooking Vegetable Frittata.

## Vegetable Frittata Recipe

**This recipe serves:** 4 people  
**Preparation time:** approximately 20 minutes  
**Cooking time:** 40 minutes  
**Total time:** approximately 1 hour

We made this in week 2 of the course, and everyone loved it!

Great for a light lunch – you can even eat this cold so try it for work!

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Try these vegetables: capsicum, sweet potato, pumpkin, sundried or semi dried tomatoes, mushrooms, corn, asparagus, shredded raw or well drained cooked spinach, broccoli, and zucchini.

#### Food groups covered:

- **Vegetables & Legumes**
- Lean meat, fish, poultry, **eggs**, nuts & Legumes
- **Milk, yoghurt & cheese**



Vegetable Frittata

#### Ingredients:

- 1 onion
- 2 teaspoons olive oil
- 600g (around 2 cups) of mixed vegetables – we used sweet potato, capsicum, and zucchini
- Freshly ground black pepper
- 4 eggs
- 2 tablespoons plain flour
- 2/3 cup low fat milk
- Handful of fresh basil
- ½ cup grated parmesan cheese

#### Utensils:

- Peeler
- Sharp knife
- Chopping Board
- Cooking spray
- Medium oven-safe dish
- Teaspoon measure
- Large frypan
- Wooden spoon
- 2/3 cup measure
- Fork
- Small bowl

#### Method:

1. Wash, peel (if needed) mixed vegetables. Cut into 1cm dice.
2. Spray an oven-safe dish with cooking spray.
3. Heat oven to 180°C.
4. Peel and finely dice onion.
5. Heat oil over medium heat in a large frypan or pot.
6. Add onion and gently fry, stirring with wooden spoon, for 3 minutes. Add vegetables and pepper and fry, stirring, for 5 – 10 minutes, until just starting to soften.
7. Cut or tear basil into strips and place into small bowl.
8. Measure milk and place into bowl with basil. Carefully break each egg into the milk cup, and then pour each into small bowl with basil and milk. Beat with a fork for a few minutes until well mixed.
9. Place onion and vegetable mix in oven dish. Pour egg mix over and sprinkle with cheese.
10. Bake for approximately 40 minutes or until egg is cooked through. Cut into pieces and serve with a side salad.



"Supported by the ACT Government under the ACT Health Promotion Grants Program"

*Karen Hedley*  
Nutrition Project Officer

## Nutrition & Self Advocacy Courses

There are 4 more courses between April 2011 and June 2012.

Each course is for 4 - 6 people, and runs for 8 weeks at various days, times and locations.

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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 and being active
- Reading nutrition labels
- Human rights
- Hygiene and kitchen safety
- Assertiveness and respect
- Meal planning
- Shopping and saving
- Making decisions and goal setting

Workshops will include the chance to cook, and to learn basic cooking and kitchen skills, but are not cooking courses.

There will be lots of other things to learn and talk about, to help people become stronger 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 or fill out and return the form at the end of this newsletter.

\*\* Please note that filling out the form does not mean you have a place on a course – you will be contacted shortly to discuss your interest further\*\*

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## Special General Meeting

On 14 February 2011 Advocacy for Inclusion held a Special General Meeting to make amendments to our Constitution.

The amendments were designed to simplify financial processes and how they are undertaken, and also to add a clause which

is required by the Australian Tax Office for deductible gift recipient status. These two amendments were approved by the members and the amended Constitution has now been lodged with the ACT Office for Regulatory Services.

Any members who would like a copy of the new Constitution are welcome to contact the office and request one.

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## Website Makeover

Have you visited our website recently?

If so, you would have noticed that it has been undergoing a makeover in the last 12 months, with the support from the students and staff from the CIT Reid Centre for Information and Communications Technology.

You can visit our website via [www.advocacyforinclusion.org](http://www.advocacyforinclusion.org) to access the latest information and updates on our Nutrition project, and all the bulletins Christina posted from New York at the United Nations Commission on the Status of Women.

A special and huge **THANK YOU** goes to Claudia for all her continued assistance, patience and efforts in working with Thao on the website.

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## Current Systemic Issues

The United Nations Convention on the *Rights of Persons with Disabilities* states that people with disabilities have the same rights to parenthood as people without disabilities. Unfortunately, in our daily work at Advocacy for Inclusion we come across many occasions where this human right is not observed.

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There is an apparent ill-informed assumption that people with disabilities are unable to parent.

According to recent research by the Australian Institute of Family Studies, people with disabilities are over represented in child protection proceedings, with discrimination and inadequate support contributing to this. Studies suggest that although having a disability does not equate to poor parenting, having a disability as a parent increases the likelihood of child protection involvement (Lamont & Bromfield, 2009).

Service providers are preoccupied with the individual's disability and focus on their weaknesses (Lamont & Bromfield, 2009). This clearly demonstrates that the right to parent for many people with disabilities are being unjustly interfered with. This needs to change.

At Advocacy for Inclusion we support the right of people with disabilities to parent and the right to have support to do so. We are currently working with services to improve their understanding of the needs and rights of parents with disabilities.

Slowly and hopefully the attitudes about parents with disabilities will improve so that families can stay together. However, there is still a long way to go.

*Ellen Read*  
*Advocate*

Reference:  
Lamont, A., & Bromfield, L. (2009). *Parental intellectual disability and child protection: key issues*. Melbourne, VIC: AIFS



## Cyber Safety

Using the internet is a great way to stay in touch with friends and learn new things, however it can be risky.

It's important to use the internet carefully to keep yourself safe. Remember that you can't really tell who anyone is on the internet.

### Tips:

- **Your Privacy** Think carefully before you give out your name, phone number, address, date of birth or other personal details – you might need to share them when you are buying your groceries from the online shopping sites, but don't give them to strangers you talk to on forums.
- **Passwords** Never share passwords with anyone. It's a good idea to use words AND numbers in your password to make it harder for others to guess what it is.
- **Be Secure** If you need some help ask someone you trust to make sure your computer or your online accounts are safe and secure. Know who you can talk to if you have a problem.
- **Friends Online** On "social media" websites such as Facebook or Myspace, don't accept friend requests from people you don't know in real life.
- **Emails** If you get an email asking for money, or with a link you don't know, ask someone before using it. It's probably a scam and not real. Don't ever reply to the email asking to be taken off the list – then they know your email is real and will send you more emails!

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- **Cyberbullying** is when someone is teasing or threatening you online. If that happens keep the messages and show them to someone you trust. You might need to report this to the police.
- **Log Out!** Don't forget to log out of places like your bank and email websites, instead of just closing the window. Closing down may mean you are still logged in and other people can access your accounts.
- **It is Permanent** Most things on the internet are NOT private and cannot be deleted permanently. Don't write or share anything you might regret later!

For more information on using the internet safely have a look at these websites:

[www.acma.gov.au](http://www.acma.gov.au)

[www.cybersmart.gov.au](http://www.cybersmart.gov.au)



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## Going Beyond Earth Hour in 2011

**Media Release**  
**23 February 2011**

Minister for the Environment, Climate Change and Water, Simon Corbell, has encouraged Canberrans to go beyond the traditional Earth Hour and adopt a more sustainable lifestyle.

"Earth Hour provides a great opportunity for Canberrans to reinforce their strong sustainability credentials, but this year we are encouraging people to not just flick the

switch for one hour but to take the learning from Earth Hour and implement them in their everyday lives," Mr Corbell said.

"While we want as many people as possible to take part, we need the message of going beyond the hour to be taken to heart and adopted by individuals, businesses and the broader community."

"The ACT has strong credentials on sustainable policy development and the community is embracing this with the uptake of solar panels on roofs and increasing energy efficiency in buildings," Mr Corbell said.

"The ACT Government is also striving to achieve a 40% reduction on 1990 greenhouse gas emissions by 2020, and carbon neutrality by 2060. The Actions learned on earth hour, and replicated throughout the year can help to achieve this goal."

Earth Hour 2011 takes place at 8.30pm on Saturday 26 March and people are urged to show their support for reducing emissions by turning off lights and electric devices for one hour.

Canberrans are asked to show their support for Earth Hour by registering at <http://www.earthhour.org.au>

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## The National Disability Strategy Launched!

The National Disability Strategy was officially launched in Melbourne on Friday 18 March by Parliamentary Secretary for Disabilities and Carers, Jan McLucas, together with Dr Rhonda Galbally AO, Chair of the National People with Disabilities and Carer Council, Mr Simon McKeon, Australian of the Year and Professor Ron McCallum AO, Senior Australian of the Year.

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“This is the first time in Australia’s history that the Commonwealth, State and Territory, and Local Government have agreed to a unified, national approach to improve the lives of people with disability,” Parliamentary Secretary McLucas said.

“We will continue to work with people with disability, their families and carers, and the disability services sector, to deliver changes that will improve people’s lives. The strategy provides \$11 million in new funding for accessibility packages to improve access to cinemas, local communities and library materials as well as liveable housing design, leadership development and the new ABC Ramp Up website.”

The long term strategy is supported by six key areas which aim to remove barriers and expand opportunities for people with disability and their carers through the support of:

- inclusive and accessible communities;
- rights, protection, justice and legislation;
- economic security;
- personal and community support;
- learning and skills; and
- health and wellbeing.

For more information or to access a copy of the National Disability Strategy, including accessible formats, visit [www.fahcsia.gov.au](http://www.fahcsia.gov.au).



Left to right: Simon McKeon, Jan McLucas, Ron McCallum and Rhonda Galbally

National Disability Strategy Government Engagement Section. Department of Families, Housing, Community Services and Indigenous Affairs

## Youth Art Award Win \$300 - Enter Now!!

Do you know any young people who would like to win \$300 worth of prizes?

The ACT Human Rights Commission is holding its Annual Art Award.

**Theme:** Equality, Celebrating  
Diversity & Ending Racism

This means your artwork needs to be something about everyone living together, equally, without racism. You can enter a painting, drawing or photo of any size or shape.

If you are the winner you can get \$300 worth of prizes and the ACT Human Rights Commission may use your artwork with your name on it on some of their future publications.

Finalists will also have their work displayed in the Belconnen Arts Centre!

Entrants must be aged 12-18 years. Entries close Friday 13 May 2011.

For more information, please call 6205 2222 or check out the website [www.hrc.act.gov.au](http://www.hrc.act.gov.au)

## Recent publications and submissions

If you would like a copy of any of our publications or submissions, please visit our website [www.advocacyforinclusion.org](http://www.advocacyforinclusion.org) or email [info@advocacyforinclusion.org](mailto:info@advocacyforinclusion.org)

1. UN CSW daily bulletin



**Need a card for all occasions?**  
**We have the perfect card!**  
**Why not order yours 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.*

**Advocacy for Inclusion  
PO BOX 3653  
Weston Creek ACT 2611**

Name \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Number of packs \_\_\_\_\_ x \$10.00

per pack = \$ \_\_\_\_\_ Total Due



## MEMBER APPLICATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Contact Person (Organisations only)

Full Membership

Associate  
Membership

Please tick if you have a disability (free  
membership)

To become a member, please fill in this form  
and return it to the address below.

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

**Advocacy for Inclusion  
PO BOX 3653  
Weston Creek ACT 2611**

### 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



## Nutrition Project Expression of Interest Form

Your name:	
Your postal address:	
Phone number #1:	Phone number #2:
Email address:	

Supported by which organisation?	
Contact / support person at home:	Another contact / support person at home or in the office:
Their phone number:	Their phone number:
Do you have your own transport arrangements to get to the course? <input type="checkbox"/> yes <input type="checkbox"/> no Details:	

Preferred days / times / terms for doing the course (Tick all that suit)

<input type="checkbox"/> Monday	<input type="checkbox"/> 9:30 am	<input type="checkbox"/> June / July / August 2011
<input type="checkbox"/> Tuesday	<input type="checkbox"/> 11 am	<input type="checkbox"/> September / October / November 2011
<input type="checkbox"/> Wednesday	<input type="checkbox"/> 2 pm	<input type="checkbox"/> January / February / March 2012
<input type="checkbox"/> Thursday		<input type="checkbox"/> April / May / June 2012

Who filled in this form?
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