



Illawarra & Shoalhaven *DISABILITY NEWS*

Information about Disability and Services for People with Disabilities, their Families and Disability Service Providers

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November 2010

Conference Provides Self Advocacy Boost

Ten members of Wollongong Self Advocacy recently travelled to Nambucca Heads to attend Ability Incorporated's conference about self advocacy. The conference, held on 4th to 7th November, was Ability Incorporated's 21st annual National Disability Advocacy Conference and proved to be most successful with more than 200 people with a disability attending.

The purpose of this conference is to assist people towards self determination and to be able to speak on their own behalf. The conference also gave opportunity to celebrate achievements.

Dynamic speakers together with inspiring stories from participants created an atmosphere of empowerment, camaraderie, empathy and hope. People with a disability were reaffirmed in their successes and struggles and challenged with new activities and ideas. This beach side setting of Valla Park Resort also gave opportunities for relaxing walks.

Department of Sport and Recreation's Rob Robertson was considered a most entertaining and captivating speaker. Rob spoke about the increasing incidence of obesity in Australia and the negative effects



on a person's general health. Susan Thompson, a member of Wollongong Self Advocacy told of her 12 month struggle to lose 26kg. She was unanimously congratulated and her story gave encouragement to others.

Another member of Wollongong Self Advocacy, James Holt found the courage to voice his experiences of living independently and trying to deal with social problems. James took away strategies to advocate for himself. James felt that this conference was invaluable in bringing past knowledge and skills to the foreground. It gave him the opportunity to reflect on these skills and develop them further. He said that the conference has helped to give him greater



confidence and that this was the first time since he left school 25 years ago that he has had the opportunity to develop in this way.

NSW Housing presented an informative session entitled "How to be a good tenant". Tracey Lee was able to recount a situation of discrimination and harassment that escalated over many years. She described her long and difficult road to a successful outcome after involving the Police, Intellectual Disability Rights Service and the courts. Tracey attributed her success to the encouragement of friends and services as well as her own determination and improving her documentation skills. Tracey's contribution was inspiring to others at the conference.

Some of the other speakers that presented at the conference were Julie Loblinzk and Robert Strike from Sydney Self Advocacy . Their session was about how to stay safe in the community. Other sessions were "Budgeting Your Money", the fire brigade's "How to protect Your House", Interrelate's "What is Counselling?" and an information session by Legal Aide. The conference had many opportunities to meet people and to enjoy some fun with a Karaoke event, Riding for the Disabled activity and a most enjoyed final night of fancy dress and dancing in the theme of Your Favourite Rock Star.

The ultimate goal of an advocacy service is to provide opportunities for individuals to connect and form friendships, to develop greater self confidence and to develop the skills of adapting to new situations. These are long term life changing experiences, he things that make a difference in a person's life and help a person to make real choices. The things that contribute to getting "a good life".

Wollongong Self Advocacy members who contributed towards the cost of their conference registration were appreciative of the opportunity to learn new skills. Members express their gratitude to The Disability Trust for their support in attending this enriching experience.

Wollongong Self Advocacy meet each month

at The Builder's Club. If you are interested in joining ring Claudia on 4255 8031.

Congratulations go to Ability Incorporated for providing an outstanding conference. If you would like to attend next year's conference contact Ability Incorporated on 6628 8188.

Article by Claudia Bartsch, Information Services, The Disability Trust.

Bounce and Slide

There will be Free sessions of fun and activity for young children with additional needs at Bounce and Slide, South Nowra.

Thursday the 2nd of December
Preschool aged 9.30am to 10.30am
1st Primary session 11.00am to 12.00 noon
2nd Primary session 12.30pm – 1.30 pm

Children will need to be supervised by their parents, carers or teachers during sessions. Children must wear socks.

Please note younger siblings of children with additional needs may buy tickets on the day for sessions.

To book call Kerry Kyriacou on 0412 340 669 or fax group bookings to Noahs Ark Centre on 4422 5156 by the 26th November.

Proudly Sponsored by Shoalhaven Early Intervention Network.

Mums' Winery Tour

Sun 21st Nov

Are you a carer of a child with a disability? Are you in need of some special time to spoil yourself? Then come and join us on the South Coast Food and Wine Day. A chance to escape the day by immersing yourself in a broad range of local food, wine and enjoyable experiences! The tour starts at 10am from a location in Nowra. The day will include:-

- Lunch at an Award winning Winery Restaurant
- Wine tasting at 3 different wineries
- Local cheese and produce tastings

The Winery Tour is FREE and numbers are limited. To book your place contact Mandy Muller on 4423 5882 or 0427 788 456 or email her on mmuller@tscnsw.org.au

Down Syndrome Illawarra



Are you or do you know a parent of a child with Down Syndrome? Having trouble finding a support group/playgroup in the Illawarra ?

I have "good news". Down Syndrome Illawarra has been created for you

My name is Shirley Bungard. I am the mother of a beautiful boy who makes me

smile every single day. I have created Down syndrome Illawarra in an effort to bring parents of children with Down syndrome living in the Illawarra area together in order to keep each other up to date on what services are available give each other support share stories organise get together and have some fun with the kids. After all the best information comes from US! Parents

WHAT DOWN SYNDROME ILLAWARRA HAS TO OFFER

At present playgroups will be held at a Park & Play venue within the Shellharbour area 3 days a week between 10am and 12pm. The park & play van will be there with toys and other fun stuff for the kids 0-5 yrs. Connect and share with other parents in the Illawarra who also have a child with Down syndrome.

This is all absolutely FREE.

Monthly meetings will be held for those who wish to share ideas for the group.

Contact Shirley email dsillawarra@live.com.au or mob 0466 266 729. Join face book page <http://facebook.dj/downsyndromeillawarra/>

Emerge Leadership Conference



The Emerge Conference is an exciting gathering of young people with disabilities who want to inspire change in themselves and

others. Mixing inspiring speakers, performance and an opportunity for your opinions to be heard all in an action-packed day!

Run in partnership with ING Foundation, ING Australia and The Spastic Centre it is also draws to an end a 9 month Leadership program for young people with disabilities. This is an exciting opportunity not to be missed!! Presenting will be Sam Cawthorn; hear his amazing story of bouncing back after doctors said he would never survive, blind athlete Lindy Hu and many others. Plus Live music from one of Australia's top Hip Hop artists - Morganics with special guest performers - The First Flight Crew!

Date: Sat November 20th

Location: Crowne Plaza Hotel, Baulkham Hills, NSW

Cost: \$20 (includes lunch and light refreshments)

For more information or an application form contact Peter Horsley, phone 9975 8466, email phorsley@tscnsw.org.au or Josh Page, email jpage@tscnsw.org.au

The age group target is 16 to 30 years. RSVP by 10th Nov but some places may be available after this date.

Ring to find out if it is sold out.

Get in touch with Sculpture by the Sea Bondi 2010



This year *Sculpture by the Sea*, one of Sydney's favourite annual outdoor events, will run a series of tactile tours for people with

low vision and people with intellectual disabilities.

Guided tours, through the exhibition site of Mark's Park, will encourage people to interact and engage with a series of artworks that are located in accessible areas. A successful pilot program last year introduced audiences to new ways of engaging with the artworks,

and increased access to the event for people with low vision.

Both Accessible Arts and *Sculpture by the Sea* are committed to building on that experience and have expanded the reach of the program. This year, in addition to [audio described tactile tours](#), *Sculpture by the Sea* will also present [tactile tours in Easy English](#) for people with intellectual disabilities.

Sophie Clausen, Accessible Arts' Access Coordinator, welcomes the increased access and said "Easy English tactile tours will enable people with intellectual disabilities greater participation at the exhibition through an interactive experience."

Audio described tactile tours will be delivered by Carolyn Bethwaite and Wendy Payne, who bring over ten years experience working in the visual arts and with people with disability. The tours are free but places are limited and bookings are essential. Contact *Sculpture by the Sea* at education@sculpturebythesea.com or tel: 8399 0233.

Trithegong

Wollongong's inaugural "TriTheGong" triathlon and multisport festival will be on 4th and 5th December at Wollongong Harbour. The Disability Trust is a Community Partner and will also be fundraising for two programs: Kids Fund and Sport and Recreation.

There are a variety of races including swim legs, mini-triathlons and also a Corporate Cup triathlon (300m swim, 8km bike, 2km run). It's all about having a go. See www.eliteenergy.com.au for race details! Elite Energy will be donating back to The Disability Trust the entry fees of 20 Ocean Swim entries, 5 teams and 10 individuals across any of the triathlons – including MiniMan.

Why not get behind the event by either registering for a race or supporting a team! For more information go to http://www.everydayhero.com.au/kidsfund_corporatetriathlon. If you do register for a race, don't forget to email your name and event to kidsfund@disabilitytrust.org.au so we can organise for the race fees to be donated back to Kids Fund.

Cairo to Capetown 2011



Terry Wall is seeking your support for Exsight Tandems and the visually impaired cyclists of the Illawarra.

On the 15th January 2011 Terry will be embarking on a bicycle journey

from Cairo to Capetown with Tour D Afrique (<http://www.tourdafrique.com/>). A part of the vision of the tour company is that riders are expected to have a charity to ride for. Terry has chosen Exsight Tandems.

Exsight Tandems was started in April 2008. From the humble beginnings of one blind person getting a group of sighted cyclists to ride with him on a tandem, the group has grown rapidly to include a regular roster of able cyclists riding with a group that includes blind, low vision and people with other disabilities. The group aims to get those who wouldn't be able to cycle on their own, regardless of their disability to get out and exercise and enjoy the wonderful environment in the Illawarra area of New South Wales

The Tour features a total of 120 days from Cairo to Capetown. In total there will be 70 cyclists from all around the world. Terry's goal is raise enough money to purchase 10 bikes for 10 countries that he travels through. You can help by either donating financially or by donating a gift that will be raffled off at the fund raising night to be held at the Corrimal Leagues Club on the 8th January 2011. All monies raised will be supporting a local organisation and people of the Illawarra who are not as fortunate as ourselves.

Terry invites you to contact him or view his website for more information and to make a donation.

Terry Wall: mob 0423 953 969 Email: tbwall@hotmail.com

Website: <http://www.terrywall.blogspot.com/>

New National Australian Disabled Parking Scheme

The Australian Disability Parking Scheme helps eligible people park nearer to their destination. The Scheme has been designed through consultations with permit holders, State, Territory and Local Government representatives and other stakeholders.

The Minister for Families, Housing, Community Services and Indigenous Affairs, Jenny Macklin, said that the Australian Disability Parking Permit will replace over 100 types of existing permits currently issued by state, territory and local governments across Australia.

“The permit has enhanced security features, such as holograms and bar coding, which will help reduce abuse and make it easier for enforcement officers to recognise permits when people travel interstate.”

The next step in harmonising state and territory disability parking schemes will be agreement on a revised set of eligibility criteria for the permit, which is expected to be introduced in NSW in 2011.

The Australian Disability Parking Permit will be recognised in all States and Territories. In some States and Local Government Areas, separate parking permits may be provided for specific purposes which are not part of the Australian Disability Parking Scheme.

Australian Disability Parking Permit holders can park in reserved parking spaces and receive concessions in most public parking spaces where the sign or meter shows specific time limits.

All disability parking permit holders will need to check the local rules for parking and obey all other road and parking conditions. Existing permit holders will get the new permit in one of two ways:

- Through the normal permit renewal process when their old permit expires,

or

- They will be mailed the new permit if their current permit is not due to expire for some time.

For enquiries in NSW contact the Roads and Traffic Authority or visit <http://www.rta.nsw.gov.au/rulesregulations/mobilityparking>

Hotline to catch disability parking cheats

The public can report abuse of the NSW parking scheme for people with a disability by phoning **1300 884 899**.

Reach For The Stars Disability Athletics Carnival



Randstad's Health and Community Care, Disability Athletics Carnival is to be held on 29th November 2010 in Blacktown. This will be the 7th annual carnival of its kind.

The fun filled day is designed to provide people with disabilities the opportunity to compete in a variety of events, build their social networks and strengthen their self esteem.

Some of the many athletic challenges that take place include wheelchair races, sprints, long jump and a variety of novelty activities. There are prizes for the best fancy dressed, best banner and best decorated tent. Registration fee includes a sausage sizzle lunch.

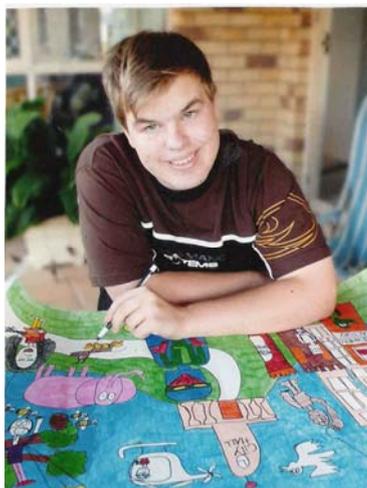
Registrations close on 15th Nov, however late registrations may be able to be considered. For enquiries contact Tracey Cumbers on 8215 1040, mob 0411 282 212 or email carnival@randstad.com.au



Australian Government

Department of Families, Housing,
Community Services and Indigenous Affairs

Aspect South Coast School Artists with Autism Exhibition



Aspect South Coast School is holding their 4th annual Artists with Autism Exhibition.

They are again inviting all young people with autism to submit artwork for exhibition or sale.

The Theme of the exhibition is "We Love The Gong".

The conditions of the Art Exhibition are -

- Limit of 3 artworks per artist
- The show is limited to 200 exhibits
- Artworks are to be no larger than 500mm X 500mm (negotiable)
- Artworks must be framed
- Artworks can be 2D or 3D as long as it can be hung for display
- You need to supply a Biography of The Artist of no more than 70 words, including a passport sized photo
- You must be registered by the 25th February 2011
- Artworks need to be submitted by 8th April 2011

The Exhibition is to be held at North Wollongong Surf Life Saving Club, Cliff Road, North Wollongong on the Friday 6th, Saturday 7th and Sunday 8th May 2011

Cost - \$10 per artwork

If you would like more information or you would like to register for this event contact Aspect South Coast School on 4 Wilford Street, Corrimal, 2518 or phone 4285 2393 or email southcoast@autismspectrum.org.au



Access All Areas Film Festival

Access All Areas is a touring film festival that aims to increase access to Australian cinema. For the third year running the festival will screen across NSW during November and December 2010.

The festival will visit wrap up in Sydney on December 3rd to celebrate International Day of People with Disability.

Featuring films that have been captioned or audio described and screened in accessible venues, Access All Areas is a celebration of Australian cinema to which we invite everyone to attend.

Where: Forum 6 Cinema. 77 Trail St, Wagga Wagga

When: Monday 22nd November

12.00pm HAPPY FEET – 108 mins – PG

6.00pm SUMMER CODA – 108 mins – M

Where: Dendy Opera Quays Cinema Circular Quay, Sydney, near the Opera House

When: Friday 3rd December

6.00pm – Join us for complimentary drinks!

6.30pm SUMMER CODA – 108 mins – M

Two simultaneous screenings will take place:

One with open captions & one with open audio description.

Where: Riverside Theatres. Corner of Church and Market St, Parramatta

When: Wednesday 1st December

12.00pm – HAPPY FEET – 108 mins – PG

6.00pm – SUMMER CODA – 108 mins – M

All sessions of the festival are FREE so bookings are essential.

Please call the festival office on 9281 5608 or email karina@thefestivalists.com to make a booking and inform them of any access services you require.

For more information on films, screening times, venues and access please refer to the visit website:

www.accessallareasfilmfestival.com.au

by not-for-profit company The Festivalists.

Celebration of Ability

Calendar of Events

International Day of People with a Disability is a world-wide celebration, held each year at the beginning of December. A full copy of the calendar can be obtained from Wollongong City Council, call Darinka on 4227 7239.

Art Exhibition

Tues 23rd to Fri 26th Nov. Cost - free

Showcasing the art work of people with a disability

Where - Thirroul Community Centre

Contact - Linda Eather or Joni Braham on 4251 2000

Artability

Wed 24th and Thurs 25th Nov. Cost - free

Art and ceramics workshop for young people with disabilities

Where - Wollongong Youth Centre

Contact - Grahame Glover or Deb Nolan on 4227 3111

Try Sailing Day

Sat 27th Nov, 10am-3pm. Cost - \$5.00

Sailing on Lake Illawarra. Participant must provide a support person if required

Where - Illawarra Yacht Club

Contact - Melissa Richardson 4257 1968 or Len Snowden 0438 873 447

BBQ for Christmas

Sat 27th Nov. Cost - free. Donations accepted

Italian community unites with the Illawarra's Disability Community for the festive season

Where - 21 Stewart St, Wollongong

Contact - Erica Mancilla 4228 8222

Bowl On In

Wed 1st Dec, 10am – 1pm Cost - \$3 per person.

An indoor lawn bowling festival for teams or individuals followed by a sausage sizzle at the Lake's Foreshore

Where - Warilla Bowls and Recreation Club

Contact - Dianne Avery 4257 9036

Art in the Park

Thurs 2nd Dec, 10am - 1.30pm. Cost - gold coin donation

An art workshop facilitated by local artist Nadia Balatti. A creative and fun experience

Where - Kiama Community Centre

Contact - Margaret Helmer 4232 0475

No Dig Garden

Thurs 2nd Dec, 10am - 12pm. Cost free to residents of Wollongong LGA

Learn how to set up, build and maintain a no dig garden

Where - Ribbonwood Centre, Dapto

Contact - Fiona Netting 4227 7105

Ready Set Snap Rally

Fri 3rd Dec, 10.30am - 2.30pm. Cost - \$5

Follow the clues to a variety of locations, take a photo of the object required and have a sausage sizzle

Where - Integral Energy Park

Contact - Melinda 0437 047 526

“Me and My Story”

Fri 3rd Dec to Fri 24th Dec

Art Exhibition

Where - Wollongong City Gallery

Contact - Sarah Varley 4227 7243 or Darinka Radinovic 4227 7239

Dinner Dance

Fri 3rd Dec, 6pm. Cost \$16 adults, \$8 children under 12

Dinner dance and entertainment to celebrate International Day of People with a Disability

Where - Bomaderry RSL Club

Contact - Karen Baldwin 4429 4311

Hands On Surfing Day

Sat 4th Dec, 9.30am sign in. Cost - \$10 for non members. Free for members

Supervised tandem surfing. A safe surfing experience for young and old

Where - Thirroul beach / pool

Contact - Ian 0421 601 222, Jim 0458 690 455
or Len 0438 873 447

Disco

Sat 4th Dec, 7pm – 10pm. Cost - \$5

Enjoy a night of friendship, fun and fellowship

Where - Warilla High School

Contact - Lynda 0432 201 897

Ten Pin Bowling

Tues 7th Dec, 10am - 12.30pm. Cost - \$10
includes one game, shoe hire and participation
medallion

Disability Services form teams of a minimum
of 3 and a maximum of 6 bowlers

Where - AMF Bowling, Albion Park Rail

Contact - Grant Vukasinovic 0403 063 385

Motorised Scooter Workshop

Thursday 9th Dec, 10am - 2.30pm. Cost - free

Where - Flinders Family and Community
Centre, 12 Adam Murray Way, Flinders

Contact - Jenny Davies 4221 6124

Annual Mass

Sun 12th Dec, 10.30am.

An annual mass held to celebrate the abilities
of people with a disability

Where - St Francis Xavier's Cathedral,
Harbour St, Wollongong

Contact - Fr Greg Burke on 0428 169 945 or
Jacinta Wall on 4228 9059 if you require any
access information

A Christmas Tale

Southern Sydney Theatre Company proudly
presents "A Christmas Tale", a Christmas
variety show.

Tickets \$10

Where - 248 The Boulevard, Miranda

Saturday 11th Dec 7pm and Tuesday 14th
Dec 7pm

For more information and to purchase tickets
contact Southern Sydney Trusted Care on
9540 3011 (during office hours only).



Rui's Place Christmas Function

When: Thursday
December 16th 2010

Where: Dapto Leagues Club

Commencing at: 11.00am till 2.30pm

Cost: \$25.00 per person

As we have in the past, the event will consist
of traditional style Christmas lunch and
dessert as well as fabulous entertainment to
boogie on down to. We are very pleased to
have been able to secure ABBA Lives.

Cathy Potter, Coordinator Rui's Place
Balgownie

capotter@hwms.com.au

Mobile 0434 176 187

Would you like to receive this newsletter in printed form or by email?

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The newsletter is prepared by the Information and Advocacy Service aimed at covering a wide variety of services and issues across the disability sector. The views expressed in this newsletter are not necessarily those of The Disability Trust. Should you have a story or information that you would like included in the newsletter please contact the Information and Advocacy Service.

...creating an inclusive world