



# NEWSLETTER

**April 2018**

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Eloise May	Asst Coordinator
Kirby Millard	Admin Assistant
Liz Handley	Project Officer

## Patron - Graham Mabury

OAM, BA (Hons), Dip Ed., FECU

2002 WA Citizen of the Year for Community Service; 2012 Western Australian Volunteer of the Year

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### CITIZEN ADVOCACY - PERTH WEST (Inc)

is funded by the **Australian Government** through the  
**Department of Social Services**

# *From the board*



A warm hello to everyone.

Last year the Board commissioned a Feasibility Study to examine the possibility of extending our existing services to more Perth suburbs and perhaps some country areas. The study identified significant potential for expansion and the decision was made to progress the initiative.

Liz Handley has joined the team as a short term project officer to work on the expansion. Liz will be making contact with many service providers and others within the disability sector over the next few months. If you do hear from Liz we would certainly appreciate any assistance you may be able to offer.

Our advocate breakfasts are always popular and I take every opportunity to promote them. One last month provided the opportunity for advocates and staff to focus in on solutions to many issues that arise in supporting protégés. The issues include financial, legal including wills, housing and medical, along with everyday practical matters and the transition to the NDIS. We will provide specialist input to the most popular or concerning topics at future breakfasts so we hope you can join us.

We have decided to farewell autumn with a special theme for the next annual event and extend a very warm welcome to you to join us for afternoon tea on Sunday, 20th May from 2pm to 4pm. 'Aloha at The Palms', will be a Hawaiian themed event – an opportunity to find your Hawaiian shirt, sunglasses, lei, straw hat, or hula skirt! Don't worry if you don't have anything to hand. Just wear something colourful and you might be tempted to thread a lei when you get there. There will be tropical food, music and activities creating lots of reasons to take great photos of everyone enjoying themselves. Looking forward to seeing you there.

*Anne Bellamy*

President



# *Living, laughing and learning*

I AM ONLY ONE,  
BUT STILL I AM ONE.  
I CANNOT DO EVERYTHING,  
BUT STILL I CAN DO  
SOMETHING;  
AND BECAUSE I CANNOT  
DO EVERYTHING,  
I WILL NOT REFUSE TO DO  
SOMETHING THAT I CAN DO.

EDWARD EVERETT HALE

"If **opportunity**  
doesn't *knock*, build  
a *door*."

Milton Berle

**Do not**  
underestimate  
**yourself** by  
comparing  
**yourself** with  
**others**. It's our  
**differences** that  
make us **unique**  
and **beautiful**.



It's not about  
perfect. It's about  
*effort*. And when  
you bring that  
effort every single  
day, that's where  
*transformation*  
happens. That's  
how *change*  
occurs.

"The secret of  
**CHANGE**  
is to focus all of  
your energy not on  
fighting the old, but  
on building the new."

-SOCRATES

“

There is no greater  
disability in society, than  
the inability to see a  
person as more

”

ROBERT HENSEL

# *A message from Liz*



Hello Everyone! I am Liz Handley, your Project Officer. My role is to prepare and deliver a Promotion & Recruitment plan to recruit new advocates, identify new protégés, and increase awareness of the amazing work that all of you do in assisting people with intellectual disabilities by the end of June. It is a real privilege to have this role.

I am a project professional with more than 14 years' experience working with Lend Lease and the City of Perth and consulting to Rio Tinto, Barrack Gold, Kalgoorlie Consolidated Gold Mines, and Qantas. But you know what? This is the project I am most excited about. Getting to bring my skills into the not-for-profit sector and contributing in a small way to the betterment of the lives of protégés is humbling. Needless to say, this is a big challenge and one I cannot do it on my own. I need your help please.

We need to increase our reach into the hearts and minds of potential advocates. I want to use both Facebook and Linked In to do just that. Both of these sites are powerful social media tools for reaching potential advocates; strengthening public recognition of Citizen Advocacy and our work; educating others about the needs of individuals with intellectual disabilities, and promoting recognition of the Citizen Advocacy name.

By endorsing Citizen Advocacy and public recognition of our work, you make it easier for people to find us through sites like Volunteering WA, Seek Volunteering, GoVolunteering, and our own website.

Many of you are modest about your roles with Citizen Advocacy, approaching your freely given advocacy role as an integral part of life. You don't think about touting, sharing or publicising what you do. It is simply your personal

commitment to making the world a better place. We understand.

However, the fact is that we always have people on our Working List who need to be matched with wonderful people like you.

By reaching out through your Facebook and Linked In networks, you make the possibility of matching these protégés a stronger one.

People know, trust and respect you. They will more naturally consider exploring a voluntary role through CA knowing your association with us.

**Did you know that in 2016 more than 1.7 million people in Western Australia had Facebook pages?** [Source: BAM Creative]

If you have a Facebook page and/or Linked In page, we would like you to consider posting a series of messages from May to June. We will provide the text and all you will have to do is cut and paste it on to your page and share. If you are willing to help spread the word about Citizen Advocacy and help us to find more wonderful people like you, please take a moment and email me at [admin@capw.org.au](mailto:admin@capw.org.au) I will email back the standard text for posting on Facebook and for Linked In. And I can assist you with any questions.

I am working with Marketforce to complete their pro bono work and commence airing radio adverts in May to support this campaign. We want Perth to see and hear us!

**Thank you for supporting us in being social media savvy and connecting with future advocates!**

*Liz*

# *Special Olympics - and the 'R' word*



From April 16-20 Special Olympics athletes from across the country will be assembling in Adelaide to attend the National Games. The National Games consist of 11 sports and one exhibition sport. There will be 1000 athletes from across the country taking part in sporting competition, healthy athlete programs and athlete leadership programs. These games are used as a qualifier to select members of the Australian Team to compete at the World Games in Abu Dhabi next year.

Team WA will be sending 73 athletes and 27 staff members to the Games in athletics, basketball, bocce, equestrian, football (soccer), golf, swimming and ten pin bowling. The team recently had its preparation camp and is now looking forward to the Games.



**Spread the Word to End the Word** is an ongoing effort by Special Olympics, Best Buddies International, and their supporters to inspire respect and acceptance through raising the consciousness of society about the R-word and how hurtful words and disrespect can be toward people with intellectual disabilities.

The campaign, created by youth, is intended to engage schools, organizations and communities to rally and pledge their support at [www.r-word.org](http://www.r-word.org) and to promote the inclusion and acceptance of people with intellectual and developmental disabilities.

Respectful and inclusive language is essential to the movement for the dignity and humanity of people with intellectual disabilities. However, much of society does not recognize the hurtful, dehumanizing and exclusive effects of the R-word.

Language affects attitudes. Attitudes impact actions.

The R-word is the word 'retard(ed)'. Why does it hurt? The R-word hurts because it is exclusive. It's offensive. It's derogatory.

Their campaign asks people to pledge to stop saying the R-word as a starting point toward creating more accepting attitudes and communities for all people. Language affects attitudes and attitudes affect actions. Pledge today to use respectful, people-first language. <https://www.r-word.org/Default.aspx>

## *From the office*



Dear Friends

The ancient philosopher Heraclitus was onto something when he observed: “There is nothing permanent except change.” Ain’t that the truth! (Not sure who said the latter. 😊)

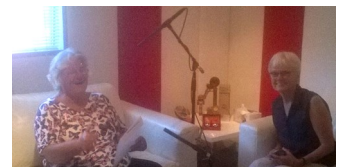
Most of us are becoming familiar with major changes in the disability sector with the introduction of the National Disability Insurance Scheme, as well as changes to Local Coordination (the former Disability Services Commission now being Department of Communities - Disability Services.) The extent to which individual protégés are affected depends on their circumstances but, almost inevitably, plans need to be considered and developed for all.

And there have been changes within the CAPW office also. As you will have read on page 4, we recently welcomed our new Project Officer, Liz Handley, a “planner extraordinaire” who hopes to promote Citizen Advocacy widely. We also look forward to Bernadette Macri joining the team shortly during Kirby’s maternity leave. Liz and Bernadette have heard so much about the myriad ways that our wonderful advocates enhance the lives of their protégés, so they look forward to meeting you in person at our next afternoon tea — Aloha at The Palms in Subiaco on 20th May.

It is always so exciting and rewarding to welcome new matches to the program. They’re listed on page 10 and we look forward to hearing how those relationships progress and lives change.

In addition to new matches, we’d also like to welcome some other new arrivals ... Advocates Tori recently gave birth to Frank, and Dom welcomed Lily Grace into her family. Congratulations to all!!! (Lives will change for those families for sure!)

We are excited to be working with Marketforce, who are generously developing a marketing campaign. Phyllis and Hilary, pictured in the recording studio, kindly helped us out and our sincere thanks also extend to Terry, who made himself available at very short notice on the day of the recording. Radio ads are still being developed but we hope they will go to air shortly.



Thank you to all those who took time out of their busy weekend to attend the recent advocate breakfast (see page 7.) Board members in attendance were impressed to hear first hand the interesting stories shared by advocates. Indeed we all feel humbled and privileged to be part of this organisation. You inspire us!

*Roz, Di, Eloise, Kirby, & Liz*

# *Advocate breakfast*



Our advocate breakfast on 24.03.18 provided a good forum to hear stories and share interesting ideas. Topics covered included assisting protégés with:

- budgeting
- involving Centrelink to pay bills through Centrepay
- developing a visual diary
- keeping a record (book, chart or card) of important people in their lives, schedule, etc
- scrapbooking – recording memories to places visited or activities shared
- Companion Cards – in order to access affordable activities
- exploring opportunities through local councils

Depending on the circumstances of each individual, the links below for budget planning, bill paying through Centrepay, and the Companion Card may prove useful:

<https://www.moneysmart.gov.au/tools-and-resources/calculators-and-apps/budget-planner>

<https://www.humanservices.gov.au/individuals/services/centrelink/centrepay>

<http://www.wacompanioncard.org.au/>

The Independent Living Centre <https://ilc.com.au/> may be another useful resource.

Another useful link may be the Taxi Users' Subsidy Scheme:

[https://www.transport.wa.gov.au/mediaFiles/taxis/ODT\\_F\\_App\\_TUSS.pdf](https://www.transport.wa.gov.au/mediaFiles/taxis/ODT_F_App_TUSS.pdf)

Also known as TUSS, the scheme provides taxi travel at a reduced rate for people who have a severe and permanent disability that will always prevent them using conventional public transport services.

If you were unable to attend or would like further information, please contact the office.

## *How do we measure vulnerability?*

What constitutes vulnerability? If it is not just about urgency, complexity of needs, or degree of disability, what other measurable indicator can we use? One problem is simply that words are inadequate. When it comes to vulnerability we need to be feeling the experience itself, not just understanding the words which describe the experience. For example:

- Does “isolation” adequately portray the feeling of being alone and unable to speak;
- only seeing people for whom your bodily functions are an inconvenient problem to be attended to, when they have time;
- to believe, because you are told again and again, that you are a burden to your family, the staff, the community, and society as a whole;
- to fear for your life because many people in our society would say that you would be “better off dead”;
- to fear for your life because someone might decide one day to make you better off.

Is “rejection” adequate to describe the experience of:

- being “given up” to an institution as a new born baby on the instructions of a doctor;
- to only ever experience human touch when it involved pain and humiliation, but to welcome it as better than no touch at all;
- to keep believing that the staff are your friends because they say so, and not understand why your friends don’t arrive one day and never come back;
- to try to talk to people and get to know them but find that they never have time to talk, even though they seem to have time for other people.

Vulnerability is about those people whose lives are characterised by segregation, isolation, rejection and abandonment, all capable of inflicting deep wounds. Appreciating it is only possible by using a deliberate and genuine process of empathy. Measuring it is more difficult, unless you can rate the cold chill which sweeps through your body when you think:

*“What if that was me!”*

*shared by Bob Lee and inspired by Adam “AJ” Hildebrand*

*The only disability in life is a set of ingrained social constructs which normalise the oppression, exclusion and othering of people with disability.*

## *The impossible dream*

**You know that feeling of sand between your toes? Simone Stevens never felt that.**

Or the simple pleasure of a day at the beach? She never felt that, either.

Or the exhilaration of catching a wave? That was simply out of the question.

Simone has had cerebral palsy since she was a baby and despite living near the coast, she had never been to the beach in her 40 years on earth.

It is one of those things that most people take for granted, but can be incredibly difficult — or even impossible — for people with a disability.

Thanks to a program by the Disabled Surfers Association of Australia (DSAA), the impossible dream has become a reality.



PHOTO: Simone Stevens looks like a natural as she catches her first ever wave. (ABC News: Cameron Best)

[http://www.wadsa.org.au/wd\\_activity/disabled-surfers-association-of-perth/](http://www.wadsa.org.au/wd_activity/disabled-surfers-association-of-perth/)

The excerpt above is from:

<http://www.abc.net.au/news/2018-02-11/disabled-surfers-makes-dreams-a-reality/9415732>



The **West Australian Symphony Orchestra** generously offered CAPW tickets to live performances at the Perth Concert Hall. Quite a few from our program availed themselves of this opportunity. One advocate commented that her protégé “loves music of all kinds and this was extra special. She also enjoyed dressing up to attend a special concert in the city. It is especially welcome as there is not much cash to spend on luxuries.”

## *Celebrating new and established matches*

### **Welcome NEW MATCHES**

Tori & Leenah  
Tony & Dean  
Barry & Matthew  
Haydon & Matt

### **ANNIVERSARIES**

#### **November**

Vivien & Gina 1 yr  
Rachelle & Rosa 7 yrs

#### **December**

Kevin 'n' Janine & Doug 15 yrs  
Ashley & Douglas 2 yrs  
Donelle & Amanda 4 yrs  
Troy & Michael 5 yrs  
Trish & Anna Maria 1 yr

#### **January**

Claire & Daphne 1 yr  
Barbara & John 5 yrs  
Michaela & Lizzie 4 yrs  
Angela & Erica 8 yrs  
Oana & Christine 4 yrs  
Geraldine & Janet 18 yrs  
Michelle & George 15 yrs

#### **February**

Dick & Vaughan 23 yrs  
Stella & D'arcy 3 yrs  
Bill & Vince 1 yr  
Debbie & Brendan 1 yr

#### **March**

Pam & Lizzie 29 yrs  
Patrick & Dennis 16 yrs  
Mike & Doug 11 yrs  
Trish & Gabi 8 yrs  
Caroline & Dorothy 10 yrs  
Carole & Aileen 2 yrs  
Amarja & Cherill 1 yr

### **WHEN SOMETHING'S NOT RIGHT, IT'S TIME TO SPEAK OUT**

There's a story about two parents who were very distressed about their son, who at the age of six still wasn't talking. Doctors couldn't find anything wrong with him, teachers couldn't get a word out of him, and his loving parents had just about given up. And then one day the boy looked up from his breakfast and said, "This porridge is cold." You can imagine his parents' astonishment, and the celebrations. Afterwards, someone asked the boy, "But why haven't you spoken before?" "Up till now," he said, "everything was more or less all right."

You may not have had to provide strong advocacy in the past, but sooner or later something may come up that needs fixing.

**When something's not right, at whatever level, it's time to speak out.**



### **COMPLAINTS & DISPUTES**

Citizen Advocacy Perth West promotes the right of any person to raise and seek resolution of any complaint or dispute they may have regarding the program without fear of retribution and in the fairest manner to all concerned.

All complaints or disputes will be dealt with courteously and will be given high priority for prompt resolution and remediation.

The staff will make every effort to establish an atmosphere of trust and open communication so that complaints or disputes are dealt with in an open, constructive way.

(Refer to Policy 15 for full details.)

## *Art as a medium to unlock possibilities*

At a cultural awareness day, Laraine learned a little about story telling and indigenous art symbols. With Laraine's encouragement, her protégé, Nathan, drew the dot picture below of where he had lived in Australia in the past. Being a man of few words, Laraine was thrilled to have found out more about Nathan's past whereabouts in 2 hours than she has in the last 4 years!

Nathan is planning to create another of his favourite places in Perth.



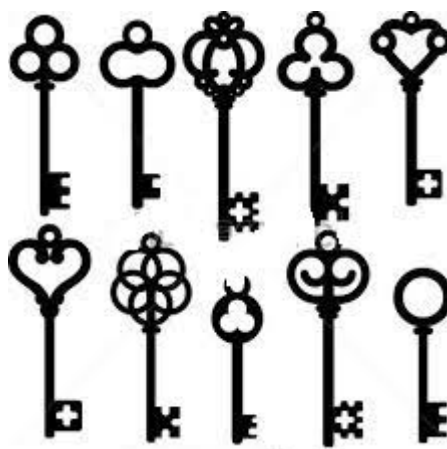
### **POLICIES**

Did you know that all current and potential protégés and advocates can access Citizen Advocacy Perth West's policies?

We have policies relating to privacy, grievances, individual needs, participation in decision-making and entry and exit policies, amongst others.

These policies are reviewed by the board and staff on an ongoing basis and we would like to extend an invitation to any protégés and advocates who might be interested, to actively participate in this process.

There are so many keys to unlock possibilities!



P

Possibilities



**ONE PERSON  
CAN MAKE A  
DIFFERENCE,  
AND  
EVERYONE  
SHOULD TRY.**  
-JOHN FITZGERALD KENNEDY

If you know someone who would make a good citizen advocate, please send them our way!

# Thank you!

Citizen Advocacy - Perth West (Inc) gratefully acknowledges that its existence is dependent on many organisations and people who so generously contribute time, energy, services or finances. Although they are by no means the only people deserving of sincere thanks, we would like to mention the following:



Australian Government  
Department of Social Services

Citizen Advocacy - Perth West (Inc) gratefully acknowledges that we receive a significant proportion of our funding from the Australian Government through the **Department of Social Services**. Visit [www.dss.gov.au](http://www.dss.gov.au) for more information.



On many occasions, **Lotterywest** have assisted us with funding to cover the cost of equipment and special projects. Most recently they have provided funding for our Strategic Plan



**Mondo Community Warriors** have, on a number of occasions over the last few years, assisted us with generous donations to help in meeting unexpected expenses.

## Terry & Cher Harris

DJs extraordinaire who provide the excellent music for our annual functions and do such a great job in entertaining everyone and getting us up dancing.



Leo Kelemanis at **Skoops** has provided delicious gelato for our afternoon teas for many years.

## North Perth Growers Mart

Daniel Ho continues to very generously provide us with beautiful fresh salads and fruit for our picnics.

## Graham Mabury

our wonderful Patron supports us however he can in a variety of ways.

## Carol Osborne

has supported our program with information and advice and has provided her services as an auditor free of charge each year for so many years we have almost lost count.



The West Australian Symphony Orchestra

generously offered tickets to live performances at the Perth Concert Hall.

## Charthill Legal

provided pro bono assistance to draw up the



extension of our lease.

## Image Promotions/Chevron Print

Our next door neighbours at Image Promotions/Chevron Print very kindly donated signage for us. They have also been very helpful with printing pamphlets.

## Bakers Delight

in Kingsley have supported us with



Our special thanks to all advocates, advocate associates, crisis advocates, link people, board members, friends and all the other wonderful people who give so willingly of their time, energy, finances and skills. You all play an integral role in

**making a difference to the quality of life and wellbeing of our fellow community members.**