



NEWSLETTER

August 2018

2A/28 Guthrie Street, Osborne Park WA 6017

t: 9445 9991

e: admin@capw.org.au

w: www.capw.org.au



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Board members and staff

Board:

Anne Bellamy	President
Shalini Saldanha	Vice President
John Ferreirinho	Secretary
Thomas To	Treasurer
Anne Griffiths	Member
Peter Onley	Member
Sean Kelly	Member
Daniel Ogle	Member

Staff:

Rosalind Lewis	Coordinator
Dianne Fraser	Administrator
Eloise May	Asst Coordinator
Bernadette Macri	Admin Assistant

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

NOTE: The opinions expressed in this newsletter are not necessarily those of Citizen Advocacy - Perth West (Inc).
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CITIZEN ADVOCACY - PERTH WEST (Inc)

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Department of Social Services

From the Board



Dear Friends

As a Board we maintain an interest and keep abreast of all matches. Our events are an excellent way of building our connection and putting faces to names. Our advocate breakfasts provide a good forum for Board members to personally hear the triumphs and challenges experienced by citizen advocates. Additionally, it is an opportunity for advocates to raise any issues directly with the Board. And of course our social events allow us to meet the protégés also. Our next is planned for 18th November, with another picnic in Kings Park. So please save the date and we will send invitations closer to the time.

Our Board maintains an overview of the program. Each member brings a range of skills so we took the opportunity to submit the following entry to the 2018 Not-for-Profit Treasurers' Awards. In addition to sincerely singing the praises of our Treasurer, we hope it may bring a welcome boost to our coffers. (Wish us luck!)

Our Treasurer is a true treasure! Thomas To has a rare and highly valued combination of professional skills and personal values which align perfectly with our not-for-profit organisation, which assists vulnerable individuals with intellectual disability. As a Certified Practising Accountant, Thomas's qualifications in overseeing the finances of our Government-funded organisation are unquestionable. Furthermore, his analytic style brings clarity and insight to regular meetings of our voluntary board of management, essential to effective strategic planning. But Thomas's most valued qualities are his innate sense of respect, justice, warmth and compassion to people of all abilities. A treasure indeed (and excellent Treasurer)!



At a recent advocate breakfast it was a pleasure to celebrate the 80th birthday of another valued CAPW Board member and former President, Anne Griffiths. She is an inspiration to us all. And whilst on the subject of our multi-talented Board, Peter whipped up some delicious eggs. ☺ (Just one of his many skills.)



We look forward to hosting the forthcoming National Citizen Advocacy Network meeting in September. Over the years, board and staff of CAPW have learnt from and enjoyed the hospitality of other Citizen Advocacy programs which have hosted CA Network meetings. Network meetings provide an excellent opportunity for the exchange of ideas, sharing of knowledge, establishment of links between programs and refreshment of commitment to the Citizen Advocacy model.

We are slowly gaining a presence on Facebook and LinkedIn and we would like to thank Liz Handley for her role in that regard. We would really appreciate it if you would help to promote Citizen Advocacy by sharing links within your networks to attract more wonderful people—like you! (Please read page 9 for more details as we value your assistance in spreading the word.)

Shalini Saldanha

Vice President

Living, laughing and learning

Keep your face always toward the sunshine - and shadows will fall behind you.

your speed
doesn't matter,
forward
is
forward



I am not my disability.
I do not need fixing.
I need to be understood.

We are the average of the five people
we spend the most time with.

- Jim Rohn

Celebrate
EVERY TINY
VICTORY



20 years of commitment and change

Following a call from a whistle-blower at a hostel, we introduced Colin to his citizen advocate, Patrick, in July 1998 - 20 years ago!

In those two decades, Patrick has shown admirable diligence, patience, compassion and care as he changed Colin's life in memorable ways.



Having been picked up off the streets as a 7-year-old, despite never having a mental illness, Colin had been inappropriately siloed in the psychiatric system until his mid-40s, when Patrick came into his life. Until that time, Colin's life was unimaginably narrow so Patrick had great pleasure in introducing Colin to new experiences – his first movie, choosing his own clothes for the first time, and so much more.

When Patrick discovered that Colin's brother, also with mild intellectual disability, was living independently he reunited the long lost brothers. Having arranged for Colin to move in with his brother, Patrick then showed Colin how to catch public transport, found him employment, and enrolled him in classes to learn to play the guitar, literacy skills and drama. (What an extraordinary and welcome change from a cramped psychiatric hostel!)

When Colin's brother died prematurely from a wound infection leading to peritonitis following routine surgery, Patrick took it upon himself to undertake systemic advocacy alerting the medical profession to the need for greater understanding of individuals with intellectual disability in the health system. For example, some may nod and give the impression they have understood instructions to keep a wound dry or change the dressing, but in fact would benefit from temporary in-home health care to avoid further unnecessary tragedies.

20 years of commitment and change

Furthermore, Patrick was also instrumental in getting Colin's sister, Winnie, out of the psychiatric hostel into a home for ladies with intellectual disabilities where, instead of sharing a cramped bedroom with four others, Winnie had the hitherto unknown pleasure of a room of her own. We were able to introduce Winnie to her own citizen advocate, Michelle, who, like Patrick, had the satisfaction of watching a life transform. With Michelle's support Winnie, instead of being clothed in the cast-offs of deceased residents, was able to choose her own clothes for the first time. But, most important of all, Winnie found her voice! After decades in the psychiatric hostel, where she had learned to "put up and shut up," everyone thought she was non-verbal. Imagine Michelle's astonishment when, after a birthday lunch for Winnie by the ocean, and having been offered the choice to go or would she rather stay, Winnie spoke a whole sentence: "I would like to stay." !!! From then on she found her voice.

Such is the transformative capacity of citizen advocates!

And without the commitment and dedication of Patrick, the siblings would not have been reunited and none of this would have happened.

When Patrick decided to follow his calling and went to Rome for four years to become a priest, we introduced Colin to a co-advocate, Simon. After decades of institutionalisation, Colin refused to go into shared supported accommodation, cherishing his independence. Colin continues to live alone in the community with some paid support. To ensure continuity of staffing, Simon manages Colin's funding and ensures his life continues to run smoothly.



Having now been ordained, Patrick is a priest in WA's wheatbelt. He remains in contact with Colin and visits when he returns to Perth.

What a remarkable journey. 20 years. What a remarkable commitment.

Thank you, Patrick, for being you.

From the office



Dear Friends

The advocate breakfast, afternoon tea, changes in the office, a new arrival, new matches, anniversaries of long standing ones ... Where to start? We are spoilt for choice!

You will read about the topics mentioned above elsewhere in the newsletter, so we will focus here on changes within the office. As you will read on page 11, tiny, beautiful Phoebe came into the world on 1st June. Our congratulations go to Kirby and Luke and we look forward to Kirby's return in February. Bernadette joined the team recently and is fitting in really well. (Better than our clothes - in addition to her excellent admin skills, Bernadette makes *marvellous* cakes! 😊)

Change is an integral part of life but we seem to be experiencing more changes than usual of late. There have certainly been significant changes within the disability sector in recent times and we hope that our frequent communications in preparation for the NDIS have been helpful. We encourage all advocates to be well prepared in order to support protégés through this transition.

We were most fortunate that in recent times the West Australian Symphony Orchestra offered us free tickets to several concerts. Quite a number availed themselves of this wonderful opportunity to enjoy a night of live orchestral music at the Perth Concert Hall. Thank you WASO!

You will also read on pages 4 and 5 of the 20th anniversary of the remarkable match between Patrick and Colin.

We are constantly inspired by the dedication and selfless commitment shown by citizen advocates. **Thank you all.**

Roz, Di, Eloise, & Bernadette

PLEASE SAVE THE DATE ...

We will be sending invitations closer to the time, but we hope you will pencil in:

11.30am-1.30pm SUNDAY, 18th NOVEMBER 2018
Vietnam Memorial Pavilion, Kings Park

Advocate breakfast

Advocate breakfasts provide an excellent forum for long term citizen advocates to share their experiences with new advocates, staff and board members. There was a broad mix of attendees at our last get together held on Saturday 28th July.

Barbara told the moving story of her 15-year relationship with Margaret, whom she lovingly refers to as 'My Lady.' Barbara acknowledged the things she did well, as well as the things she wonders if she might have done better. Even now, a year after Margaret's death, Barbara is still advocating on her behalf (and expressed her appreciation of the records kept in our office in this regard.)



During the years of their match, during which time they developed a warm, respectful relationship, Barbara supported Margaret through a variety of significant events, including surgery for cancer and transition to aged care when in her 60s. Barbara was there for Margaret through thick and thin, and needed to speak up on her behalf on numerous occasions. Barbara is quick to add that her time with Margaret enriched her own life immensely, having adopted an 'attitude of gratitude.' Margaret accepted the cards life dealt her, yet so many of us complain.

As a result of her relationship with Margaret, Barbara learnt a great deal about herself, life, and specifically the challenges faced by some of our community members. When it came to finding appropriate accommodation for Margaret when her support needs increased, Barbara encountered unexpected prejudice and discrimination. At one aged care facility close to Barbara's home, she was advised that Margaret would not fit in well with their residents, made up of the social elite. Even in the chosen facility which had a far more accepting ethos, Barbara found that residents and staff lacked an understanding of individuals with intellectual disability.

Recognising a significant gap in the system, Barbara is keen to liaise with any advocates experiencing similar difficulties, with a view to taking this to a higher level, raising awareness and undertaking systemic advocacy. If you would like to join Barbara in this endeavour, please contact the office and we will be pleased to put you in touch.

DISCUSSING DEATH AND DYING

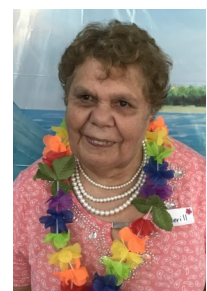
Talking about death can be difficult for anyone. So how do you discuss it with someone who may not understand the concept of death? Research shows people with intellectual disabilities are often excluded from conversations about death and dying — both when it comes to themselves and their loved ones. The following link to an ABC interview may be of interest.

[Discussing death and dying with people with intellectual disabilities](#)

Aloha at The Palms - 20.05.18



Our afternoon tea had a tropical theme this year providing plenty of fun and colourful photo opportunities, not to mention fruit cocktails and Hawaiian fare. Additionally, we were lucky enough to be visited by representatives from Native Arc (the human variety, warm furry friends, as well as some slippery ones!)



Dear magic makers



A belated expression of gratitude for a truly wonderful picnic. It was just fabulous; the theme, nourishment, happiness and amazing visit from Native Arc. Gabi and I took home such heart-warming memories.

Thank you all so much. Intergalactic stars that you are.

Trish xxx

Spreading the word

We are always seeking more citizen advocates. We are looking for kind-hearted people of all ages who would like to see a fellow community member's life run a little smoother.

Below right is just one of many opportunities. It would be immensely appreciated if you would consider those in your networks and circulate accordingly. Thank you!

Additionally, we have two **Facebook groups**:

1. A public group called '**Citizen Advocacy Perth West – CAPW**' that is open to everyone. We post generic information about what we do and provide an avenue for people to join us. We would appreciate if you could join this public group and help to promote Citizen Advocacy by sharing links within your networks to attract more wonderful people — like you!
2. Our second group is a private group called '**Advocates**' that can only be joined by our CAPW friends (i.e. advocates, board members, staff and those invited by the office.) This is for us to share information and ask questions.

If you would like to join the Advocates Facebook page and see the recent posts from the Board, details on advocate breakfasts and so on please go to:

<https://www.facebook.com/groups/196235317661696/>

and select the **Join Group** button. You will be asked three questions which include agreeing to abide by the guidelines for the page.

If you know of an event that is coming up that would benefit any or all of our members then please don't hesitate to publish it in this group.

Thank you!

GAMES ARE HARD TO PLAY ALONE



Are you looking for a low-key voluntary role on an occasional evening midweek? You might play a game and have some fun yourself whilst monitoring the wellbeing of a man with mild disability.

Roger is a quiet, friendly man in his 60s who lives in Mt Claremont. He would really benefit from companionship to watch a bit of sport or a movie, play a game or go for a walk. You might like to improve his literacy skills or help with his iPad.



It's a win:win! Fun for Roger and for you too!



Please contact us on
9445 9991
admin@capw.org.au
www.capw.org.au

Celebrating new and established matches

Welcome NEW MATCHES

Glenda & Jennifer
Timothy & Alex
Stephen & Robert
Bill & Michel
Ann & Marie

ANNIVERSARIES

April

Heidi & Theresa	2 years
Kris & Andrew	6 years
John & Fraser	7 years
Wendy & Bernadette	10 years
Maria & Ian	12 years
John & Trevor	1 year
Alex & Robert	20 years

May

Bob & Rob	1 year
Alain & Hamish	2 years
Peter & Lindsay	2 years
Renae & Lorna Jean	2 years
Laraine & Nathan	6 years
Emily & Kelsie	8 years
Steve & Jeremy	11 years

July

Graeme & Noel	1 year
Noel & Terry	4 years
Celly & Phyllis	4 years
Patrick & Colin	20 years



Phoebe Barnett, pictured with proud mum, Kirby, was born on 1st June (just a week after our afternoon tea) weighing 2090g.

She was in the neonatal unit for her first 3 weeks but is now home and thriving!

We look forward to seeing Phoebe at our future events. 😊

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.)

Happy birthday Anne



It was most fortuitous that Anne Griffiths heard about Citizen Advocacy at a Consumer Protection Awards event in 2007. She wholeheartedly embraced the CA model and joined our Board soon afterwards, bringing with her a wealth of networks and contacts in government and industry, as well as personal experience. She was President of CAPW from 2011 to 2014. Anne is a truly inspirational lady who remains actively involved in CAPW. It was our great pleasure to celebrate her 80th birthday at an advocate breakfast on 28.07.18.

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.



**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 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.

Rob Atkinson

has been of enormous help donating his highly valued IT skills to the office.

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.



The **West Australian Symphony Orchestra** generously offered tickets to several live performances at the Perth Concert Hall.

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.

Charthill Legal

Since contacting them several years ago, Charthill Legal have remained available to us for any issues regarding leases etc.



very kindly joined our afternoon tea — sending some very friendly and informative handlers together with a group of baby kangaroos and reptiles.



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.



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.**