



# 'OUT & ABOUT WITH ABILITY'

**Volume 2 \* Issue 7 \* July 2009**

---

## **INSIDE THIS ISSUE:**

- President's Report
- New PWD ACT website launched
- Pat on the Back for a Person with a Disability
- Optional Protocol to Disability Convention
- Request for Information for ACT Disability Information Book
- Living in Networked Communities Project
- Toilet Smart Program
- Get Into Adult Education
- PWD ACT Activities over the past month
- PWD ACT Social Group
- Upcoming Activities & Community Events
- Free PWD ACT Membership Disability Definition
- Organisational Members
- PWD ACT Contact Information
- PWD ACT Newsletter



## RESIDENT'S REPORT FOR JULY

### AUGUST 2009 PRESIDENT'S REPORT

As mentioned in my July President's Report, Ian Trehalla and I had a meeting with Jon Stanhope, the Chief Minister on 8<sup>th</sup> July 2009. We discussed the complaints about the WATS services and the Chief Minister said that complaint phone calls about WATS services would be accepted by Canberra Connect on 138821. Please call Canberra Connect about any problems that you have with the Wheelchair Accessible Taxis.

On 20<sup>th</sup> August, representatives from Women with Disabilities Australia, Advocacy for Inclusion and PWD ACT Inc met with a consultant from The Sports Commission about a national program called Sport CONNECT which connects sport and people with a disability. He wanted to know how to increase participation of people with disabilities in sports. We said that in Canberra that transport, the cost of sport participation and the inaccessibility of many venues were the greatest barriers for a person with a disability participating in sports.

Some of our members attended a "Come and Try Day" at the Sports Veldrome in Tuggeranong on 29<sup>th</sup> July 2009.

I represented PWD ACT Inc at a Transport Roundtable where the Sustainable Transport Action Plan was discussed. The priority for this plan was to encourage people to use more public transport or to walk or cycle to work and recreation in Canberra. If there was more accessible public transport and venues, people with disabilities would be pleased to assist in creating a sustainable future.

On 11<sup>th</sup> August Mike Swift, Liz Clarks and Jenny Bowler from ACTION have offered to meet with PWD ACT Inc to discuss the issues that people with disabilities find in travelling on the bus system in Canberra.

During the month of August the Department of Territory and Municipal Services (TAMS) will be conducting a review of the taxi industry including the Wheelchair Accessible Taxis (WATS). PWD ACT INC has been asked to contribute to the review by checking the Terms of Reference for the Review as well as providing input into the review.

In response to a letter written to Katy Gallagher, Minister for Health, about the move of the Independent Living Centre to the former Village Creek School in Kambah it was suggested that PWD ACT Inc provide a representative to be on the Steering Committee for the move. However there has to be an realisation the inaccessibility of the venue to people with disability in Canberra.

Margo Hodge OAM  
2008 ACT Volunteer of the Year  
President

---

## **NEW PWD ACT WEBSITE LAUNCHED**

We have had web designer Michael Mecham completely re-design our website as the old website contained a lot of out of date information. In line with our policy of trying to hire people with disabilities first, Michael has a neuromuscular condition that requires him to use a wheelchair.

Please check it out and let us know what you think. You can register for the online discussion forum and let us know your thoughts on the new website and any other disability issue that is bothering you.

The website has been designed to be as accessible as possible to people with all kinds of disabilities. If you have trouble accessing any part of the site, please let us know and we will endeavour to fix any accessibility problems.



**[WWW.PWDACT.ORG.AU](http://WWW.PWDACT.ORG.AU)**

---

## **PAT ON THE BACK**

We would like to give Ian Trehwella a pat on the back for his lobbying work regarding the move of the Independent Living Centre from Weston to Kambah. Ian has been trying to improve the situation for consumers of this service.

## TO THE OPTIONAL PROTOCOL TO THE DISABILITY CONVENTION

Thursday, 30 July 2009

The Australian Human Rights Commission has welcomed the Australian Government's announcement today that Australia will become a party to the Optional Protocol to the international Convention on the Rights of Persons with Disabilities (the Disability Convention).

If an effective remedy is not available at home for rights which countries have recognised under the Disability Convention, the Optional Protocol provides for disability rights issues to be taken to the International Committee on the Rights of Persons with Disabilities.

Disability Discrimination Commissioner Graeme Innes said this announcement was an important addition to a series of recent commitments by Australian Governments to change the daily realities of exclusion and disadvantage for Australians with disabilities.

All sides of politics and Federal, State and Territory Governments contributed to Australia joining up with the Disability Convention, and work has started on a National Disability Strategy to deliver on that commitment.

"Of course I know that people with disability and their families want to have their human rights respected and fulfilled in practice rather than just the right to complain about it not happening, and that full human rights are far from the daily reality for too many of our people" the Commissioner said. "But I'm very excited about this latest commitment to accountability for human rights as another step in Australians and their governments working together to turn rights into realities."

The Committee is made up of independent experts elected by parties to the Convention, and includes Australia's Professor Ron McCallum.

Media contact: Brinsley Marlay 02 9284 9656 or 0430 366 529



## **REQUEST FOR INFORMATION FOR PEOPLE WITH DISABILITIES ACT DISABILITY INFORMATION BOOK**

PWD ACT is putting together an information booklet for people with disabilities in the ACT. We would like it to contain useful, practical information that helps make the lives of people with disabilities easier.

Are there any tips you want to share with others that you wish you had been told earlier? Are there any services that you would recommend to others? Is there an activity that you have found to be fully inclusive? Do you know of businesses that go out of their way to be accessible?

We want to know about this information so we can share it with all people with disabilities living in or visiting the ACT in a compact, easy to read booklet.

Please send us your suggestions by email, post or phone.

---

### **PWD ACT ACTIVITIES OVER THE PAST MONTH**

- |                    |  |
|--------------------|--|
| 7 July             | WD Morning Tea at the Pearce Community Centre was well attended  |
| 7 July             | EO Kylie Mahar has been attending a Management Diploma Course  |
| 20 July            | Inclusive Sports Meeting with Consultant Ken Black , Project Officer Disability Sports Melanie Kleeberg, Consultant Sue Salthouse, Margo Hodge and Kylie Mahar.    |
| 23 July<br>24 July | Employment Project Meeting with President Margo Hodge, EO Kylie Mahar Administration Assistant, Maida Kajkic finished the Winter Adult Education Course on Web 2.0 |
| 24 July            | Mental Health Foundation Christmas Party in July attended by Maida Kajkic and other PWD members  |
| 29 July            | Disability Sports Expo – attended by Sarah Ferguson and Maida Kajkic   |



## PWD ACT SOCIAL GROUP

Facilitator: Sarah Ferguson [sarahf@shout.org.au](mailto:sarahf@shout.org.au)

Hi there! This is Sarah here from the PWD Social Outings Group. I thought you might be interested in one of the fun recreational activities I participate in:

Every Wednesday morning I go to the Majura Community Centre in Rosevear Place, Dickson for an activity called "Radiance". The people who take part in "Radiance" are women who both have disabilities and others who don't. So what is "Radiance" I hear you ask. It is a wonderful activity involving creative and imaginative movement and dance, both in groups and by ourselves. The variety of music we move to is wonderful too and prompts our movements.

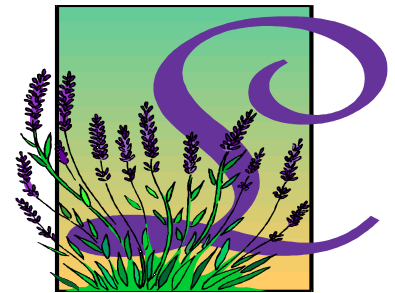
The facilitator gives us great ideas on which to base our moves on, and at the end of the year she plans for the "Radiance" group to put on a public performance!!

### NEXT SOCIAL GROUP OUTING

Due to repeated requests the **August Social Group Outing** will be at the **Lavender Farm** near Yass.

Peter Crisp, a glass artisan, has a studio/gallery on the **Hume Highway** 14 km from the Yass service station on the Hume Highway towards Melbourne. There is also a lavender farm with lavender products for sale and an antique gallery. The phone number is 6227 6073.

If you would like to meet us there at **11am Saturday 22<sup>nd</sup> August**, please let Sarah know if you will be coming. Email Sarah or ring the PWD ACT office to leave a message.



### Disability Sports Expo

Sarah Ferguson and Maida Kajkic attended the Disability Sports Expo on Wednesday 29 July 2009 in Fadden, a joint initiative of mpowerdome, LEAD and the ACT Government. The Expo provided a great opportunity for people with varying disabilities to try out different sports, including Basketball, Cricket, Table Tennis Bocce and Hartmoves. It was great to see participants enjoying themselves and being active. A well organised event.

---

## UPCOMING ACTIVITIES AND COMMUNITY EVENTS

### Something for everyone

#### Advocacy for Inclusion presents... 'Damsels in the Drivers Seat'

- A self advocacy course for women with intellectual disability
- Speak up in your IP meeting
- Have the confidence to say No
- Know how to get help when you need it
- Feel safe when moving into intimate relationships
- Be in the driver's seat of your life!

8 week course - \$15

Wednesdays 1.30pm – 3.30pm Commencing Wednesday 9<sup>th</sup> September 2009

Accessible Woden location

Contact Julia to discuss registration

Phone Advocacy for Inclusion: 6286 9422

Email: [julia@advocacyforinclusion.org](mailto:julia@advocacyforinclusion.org)

---

### Music at Midday

Performed by the Band of the Royal Military College, Duntroon

**Tuesday 29 September 2009 at 11.00am & 12.30am** at the Canberra Theatre Entry by Gold Coin donation, all proceeds to support Tandem

### **Nurturing Nortons**

**Nurturing Nortons is for People with a Disability** to learn life and work skills in an enjoyable and supportive environment.

Relaxation, Self-esteem, Confidence and Assertion Training

The next course is on 15th and 22nd August 2009 from 9.30am to 3.30pm Carers are also most welcome to attend.

Personal Tuition in Literacy and Numeracy Skills

Participants need to be able to learn, be at least 13 years old, and to live or work in the ACT.

\* This free help is provided through an ACT Adult and Community Education Government Grant

**Contact ph: 02 6241 5341**

**email: [nurtnort@ozemail.com.au](mailto:nurtnort@ozemail.com.au)**

---

### **Multiculture Community Cooking Club**

Last Tuesday of each month,(25/8, 29/9, 27/10, 24/11, 22/12) at Pearce Community Centre Building 1 Room 22

At 10.30am – 1.00pm. Cost \$5 (\$3 for Public Housing tenants) Phone Prillisia on 0422 737 751

### **Canberra Careers Market**

The 2009 Canberra Careers Market will be held on 9.30am to 2:30pm and 4:30pm to 8:00pm on Wednesday 5th and 9.30am to 2:30pm on Thursday 6th August. At the AIS Indoor Arena. Free

### **Well, Able & Mobile Program for Women**

10 Week exercise Program for Women with disabilities or mental health issues at the YMCA Chifley and Hackett Health Centres is continuing next term.

Contact the YMCA on 6281 0124 or email [woden@ymca.org.au](mailto:woden@ymca.org.au)

---

## **Inclusive Drama Program**

Express yourself through sound & movement.

This 9 week program is open to adults with and without disabilities. Sessions aim to develop your creative potential, build connection & collaboration with others in a supportive and playful environment & increase confidence in using your body as an expressive instrument. No specific skills, ability or experience required.

**Wednesdays 3.30 - 5.30pm for 9 weeks**  
**Term 2 starts Wednesday 29th July**  
**Downer Community Centre, Frencham Pl, Downer**

Come and Try \$5 for first session (completion of payment in full required if you choose to enrol after trial session) Total Contribution \$45 for 9 week term (Support workers free). Bookings Essential.

Facilitated by Morgan Jai-Morincome, a qualified & experienced community arts professional specializing in inclusive community based projects & programs & Bren Weatherstone, qualified & experienced performing arts teacher.

**Contact:** Morgan Tel: 6161 1192 or 0400 455 965

Email: [enquiry@expressivearts.com.au](mailto:enquiry@expressivearts.com.au) Web: [www.epressivearts.com.au](http://www.epressivearts.com.au)

## **Street Soccer**



### **FUN FREE EVENT FOR ALL**

Community soccer every **Wednesday 2pm – 4pm**  
Reid Sports oval Ellimatta Street, Reid opposite the Australian War Memorial

For more info contact Tim on 0466 386 249 or visit [canberrasoccer@bigissue.org.au](mailto:canberrasoccer@bigissue.org.au)

---

## **Useful Web Links**

[www.communitiesonline.org.au/index.php](http://www.communitiesonline.org.au/index.php)

[www.dhcs.act.gov.au/disability\\_act/services](http://www.dhcs.act.gov.au/disability_act/services)

[www.concessions.act.gov.au/](http://www.concessions.act.gov.au/)  
[www.specialolympicsact.org.au/](http://www.specialolympicsact.org.au/)

**PWD ACT Memberships are now FREE for people with disabilities!  
Please contact us if you would like to be a member.**

## FREE PWD ACT MEMBERSHIP DEFINITION OF DISABILITY

PWD ACT uses the definition of disability that is in the Disability Discrimination Act, this broad definition includes:

- Physical
- Intellectual
- Psychiatric
- Sensory
- Neurological, and
- Learning disabilities, as well as
- Physical disfigurement, and
- The presence in the body of disease-causing organisms.

This covers a disability which people:

- Have now,
- Had in the past (for example: a past episode of mental illness),
- May have in the future (eg: a family history of a disability which a person may also develop).

## ORGANISATIONAL MEMBERS

Organisational Name	Address	Email Address	Phone:
<b>ACT Deafness Resource Centre</b>	PO Box 3239 Weston ACT 2611	<a href="mailto:actdrc@iimetro.com.au">actdrc@iimetro.com.au</a>	6287 4395
<b>ACT TPI</b>	PO Box 5792 Turner ACT 2606	<a href="mailto:secretary@acttpi.org">secretary@acttpi.org</a>	6286 3593 / 6291 9185
<b>ACTDown Syndrome Ass.Inc</b>	PO Box 717 Mawson ACT 2607	<a href="mailto:admin@actdsa.asn.au">admin@actdsa.asn.au</a>	6290 0656
<b>Advocacy for Inclusion</b>	PO Box 3653 Weston Creek ACT 2611	<a href="mailto:info@advocacyfoinclusion.org">info@advocacyfoinclusion.org</a>	6286 9422

<b>Belconnen Community Service</b>	26 Chandler St Belconnen ACT 2617	<a href="mailto:Karen.etheredge@bcsact.com.au">Karen.etheredge@bcsact.com.au</a>	62640200
<b>Brocklebank's Woodcraft</b>	8 Fitzherbert Pl Bruce ACT 2617	<a href="mailto:hugh_brocklebank@hotmail.com">hugh_brocklebank@hotmail.com</a>	6251 6369
<b>CHC Affordable Housing</b>	PO Box 6239 O'Connor ACT 2602	<a href="mailto:chc@chcaffordablehousing.com.au">chc@chcaffordablehousing.com.au</a>	6248 7716
<b>Community Events Calendar</b>	<a href="http://communityeventscalendar.com.au">communityeventscalendar.com.au</a>	<a href="mailto:communityeventsteam@communityeventscalendar.com.au">communityeventsteam@communityeventscalendar.com.au</a>	62558287
<b>Nationsheart Christian Community</b>	crn Maclaurin & Eggleston Cres Chifley ACT 2606		62531672
<b>Nican</b>	PO Box 110 Mitchell ACT 2911	<a href="mailto:info@nican.com.au">info@nican.com.au</a>	6241 1220
<b>Om Physic</b>	8 Yabtree Pl, Isabella Plains ACT 2905	<a href="mailto:info@omphysic.com.au">info@omphysic.com.au</a>	6248 7716
<b>RSI &amp; Overuse Injury Association of the ACT</b>	Griffin Centre, 20 Genge St, Canberra ACT 2601	<a href="mailto:rsi@cyberone.com.au">rsi@cyberone.com.au</a>	6262 5011
<b>Sharing Places INC</b>	PO Box 704 Mawson ACT 2607	<a href="mailto:admin@sharingplaces.com.au">admin@sharingplaces.com.au</a>	6290 1964
<b>Stroke Association of ACT</b>	PO Box 220 Deakin West ACT 2600		6269 2636
<b>Tandem</b>	PO Box 3501 Weston Creek ACT 2611	<a href="mailto:admin@tandem.org.au">admin@tandem.org.au</a>	6287 2870
<b>YMCA Canberra</b>	Crn Maclaurin & Eggleston Cres Chifley ACT 2606	<a href="mailto:brett.bowden@ymca.org.au">brett.bowden@ymca.org.au</a>	6281 0124

## PWD Latest Organisational Member

### Community Events

[communityeventsteam@communityeventscalendar.com.au](mailto:communityeventsteam@communityeventscalendar.com.au)

Links to: Senior Events Calendar, Find an Age Care Centre, Internet Resources, Longevity Calculator, Broadband for Seniors and more.

**Please support the organisational members who support PWD ACT.**

## PWD ACT CONTACT DETAILS

### POSTAL ADDRESS

PO Box 717  
Mawson ACT 2607

### OFFICE LOCATION

SHOUT  
Building 1  
Pearce Community Centre  
Collett Place  
Pearce

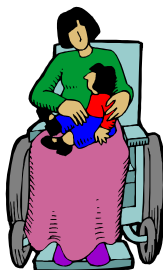
**Phone:** 02 6286 4223

**Fax:** 02 6286 4223

**Email:** [pwdact@shout.org.au](mailto:pwdact@shout.org.au)

**Website:** [www.pwdact.org.au](http://www.pwdact.org.au)

**“For people with disabilities,**



**by people with disabilities.”**

## PWD ACT NEWSLETTER

PWD ACT’s newsletter is an easily read, compact and timely way of keeping members and supporters informed about our advocacy work, issues and coming events. We strongly encourage people with disabilities to send feedback on systemic advocacy issues directly to us on the above contacts. Please send us an email if you would like to receive your PWD ACT newsletter ‘Out & About With Ability’ electronically, as this will save our environment. This newsletter is provided with the assistance of the ACT Government through Disability ACT.



