



**People With
Disabilities**
ACT Inc

'OUT & ABOUT WITH ABILITY'

Volume 3 * Issue 4 * April 2010

INSIDE THIS ISSUE:

- Introducing Pwd's New Executive Officer
- PWD ACT Activities over the past month
- Pat On The Back
- Review Of National Standards For Disability Services
- Update On Independent Living Centre (Ilc) Move To Kambah.
- Launch 'Breaking Down The Wall' Report
- Upcoming Activities & Community Events
- Health & Wellbeing
- Sport & Fitness
- Music & the Arts
- Disability Sector And Sport Research
- Employment Opportunities
- Free PWD ACT Membership Disability Definition
- Organisational Members
- PWD ACT Contact Information

COME AND JOIN PWD ACT FOR THE WORK PLACE WALK

12.30pm Tuesday 4th May from ACTON Ferry Terminal at Lake Burley Griffin

Gold Coin donation entry - all proceeds go to the Heart Foundation

3 May - World No Tobacco Day
8 May - Red Cross Day
9 May - Mothers' Day

INTRODUCING PWD'S NEW EXECUTIVE OFFICER

My name is Robert Altamore and I commenced work as PWD ACT's Executive Officer In April. I am very much looking forward to working with the PWD Committee and membership to grow our organization and to making a real difference for people with disabilities by removing all barriers which prevent us from participating fully in society and promoting high standards of inclusion.

A little bit about myself. I am a person who is blind. I am a lawyer and have worked in legal and policy positions in the Australian Public Service. When I first came to Canberra in 1981, I became involved in disability organizations in particular Blind Citizens Australia and the then ACT Branch of (Disabled Peoples International) which later became PWD ACT. I have held leadership positions in blindness and cross-disability consumer and service organizations at the local and National level. I am married to Wendy and among our shared activities is our interest in assistance to the people of East Timor. My other interests are reading books, listening to radio (an important source of information for me) and watching and participating in sports, (currently blind cricket).

I look forward to meeting you and to working with you in our shared concerns and activities.

Robert Altamore OAM
Executive Officer
People With Disabilities ACT

PWD ACT ACTIVITIES OVER THE PAST MONTH

- 8 April** Accessible Transport Advisory Meeting for ACTION - attended by Secretary
- 12 April** Secretary met with Huy Nguyen about project of Gr8venue
- 13 April** PWD ACT Board Meeting
- 13 April** Long Service Leave (Portable Schemes) Act 2009 – attended by Treasurer
- 16 April** WAT meeting – attended by Robert Altamore EO
- 19 April** The Politics of Social Innovation/ Jonathan Greenblatt from USA attended by Nicole O'Callaghan and AO
- 21 April** Chronic Disease Self Management Expo – attended by Sarah



PAT ON THE BACK

WE REMEMBER AUSTRALIANS WHO SERVED IN OUR ARMED FORCES

On ANZAC day, 25 April, we remember Australians who served in our armed forces in various theatres of wars and conflicts. Accordingly, in this month, PWD ACT remembers and recognizes those men and women who acquired disabilities in the course of their military service and who having returned to Australia as persons with disabilities continued to make great contributions to society in general and to the disability movement in particular. In many countries, veterans who have disabilities have been prominent as leaders in the disability rights movement and have done much to raise the consciousness of their societies to include and provide for people with disabilities.

In Australia the movements and organizations of totally and permanently incapacitated (TPI) veterans and organizations such as the blinded soldiers organizations are but two of the groups which have contributed substantially to the development of rehabilitation services community provision and the awareness of the capacities of people with disabilities. There are also the many individuals veterans with disabilities who have following their military service made particular contributions in their public and private lives.



REVIEW OF NATIONAL STANDARDS FOR DISABILITY SERVICES

The National Standards for Disability Services are the Standards which Commonwealth funded services must meet to obtain and retain Commonwealth funding. As such they are an important measure by which the quality of disability services is maintained and improved. This review is an important part of the development of a National Quality Framework for Disability Services. From April to July 2010, consultations will be held in every state and territory to enable all key stakeholders the opportunity to provide input into the National Standards. PWD ACT will be actively participating in these consultations. Details regarding the NQF, and links to information about the upcoming consultations, are available on the [Victorian Government Department of Human Services website](#).

UPDATE ON INDEPENDENT LIVING CENTRE (ILC) MOVE TO KAMBAH

ACT Aged Care and Rehabilitation Services have provided the following information on the move of the Independent Living Centre to the old Village Creek Primary School in Kambah.

The programme of works for the first stage is progressing well, with the Stage 1 relocation planned for June 2010. The first services to move to the Village Creek Centre will be the Equipment Loans Service (ELS), ACT Equipment Subsidy Scheme (ACTESS), ACT Continence Support Scheme, Domiciliary Oxygen and Respiratory Support Scheme (DORSS), Prosthetics and Orthotics (P&O), Specialised Wheelchair and Posture Seating Service (SWAPS), Driver Assessment and Rehabilitation Service (DARS) and Vocational Assessment and Rehabilitation Service (VARs). These services are currently developing policies and procedures to ensure effective implementation of the models of care devised for the centre. Further consultation with consumers, via a second workshop, will occur in May to provide feedback about these draft policies and procedures. The project Steering Committee has also developed an evaluation strategy to measure the effectiveness of the new ILC services. The steering committee have endorsed a transport strategy to ensure consumers are able to access the centre in line with their current transport options. You can obtain more information or have your specific questions answered by contacting the ACRS by email to

ACRSKambah@act.gov.au or write to: ACRS Village Creek Centre,

**C/o Executive Officer
Aged Care & Rehabilitation Service
PO Box 11 WODEN ACT**

LAUNCH 'BREAKING DOWN THE WALL' REPORT

Northside Community Service (NCS) will launch the report *Breaking Down the Wall: Barriers to Social Inclusion amongst Older Australians in Canberra* on **Monday, 10 May 2010**.

Over the past 12 months, NCS has undertaken research aimed at creating a basis of awareness about various issues affecting social and community participation of older people living in Inner North Canberra. The result of this study is a report that examines the nature of social inclusion among people over 60 years, highlights the key barriers to social inclusion and explores gaps in services.

In addition to the presentation of the findings, this launch will provide an opportunity for networking and discussion of how the findings can be used to promote social inclusion amongst older Australians with discussion themes in line with the key priorities of the ACT Strategic Plan for Positive Ageing.

Should you be interested in attending the launch, a summary of the results can be provided on request. Please contact - Hannah Palfreyman on 6163 0436 or hannah.palfreyman@northside.asn.au

UPCOMING ACTIVITIES & COMMUNITY EVENTS

ACT HUMAN RIGHTS COMMISSION LAUNCHES 2010 ART AWARD!!

The annual art award asks young people to create a piece of art consistent with a particular human rights theme. This year, the theme is: "disability: inclusion through friendship".

We are asking young people to think about the many ways they can include people with a disability in their friendship groups - at school, at home, playing sport, at work, at their Youth Centre, their church, anywhere - and to create a piece of art which reflects these ideas.

The award is open to young artists between 12 and 18 years of age, and entry forms can be collected from the Commission, or downloaded from the Commission website. There are a number of prizes to be won, including an iPod, movie tickets, vouchers and t-shirts, and the Commission is planning on displaying the best entries at an art show at a popular local venue.

Winners may also have their art work used in future Commission promotional material.

All entries need to be submitted by 27 May 2010.

For more info and an entry form, go to: <http://www.hrc.act.gov.au/> or phone Alasdair or Samantha on 62052222 - or email alasdair.roy@act.gov.au or ACTkids@act.gov.au



ADVOCACY FOR INCLUSION ARTS COMPETITION

Design our *inclusion* poster!

Do you enjoy drawing or painting? Have you got some Picasso in you?

Advocacy for Inclusion needs an *inclusion* poster design that will also be used for our Christmas card.

Let your imagination and creativity run wild!!

All artists with disabilities are invited to submit artworks.

Details include:

- Artwork must be in colour your artwork can be on paper or computer
- You can send it, or email it, or drop it into the office

Closing date: Friday 21 May 2010

Please contact the office on 6286 9422 to register your interest.

WORKSHOP: WORKING WITH YOUNG PEOPLE FROM A REFUGEE BACKGROUND*

This workshop will give participants information about:

- ❖ the refugee experience for young people and their families
- ❖ refugee communities in Canberra
- ❖ the impact of trauma on young people and their families

The workshop will discuss practical strategies for workers to assist young people and their families from a refugee background achieve their recovery goals. The session will also examine strategies to deal with workers' emotional reactions.

Date: Wednesday May 5th (1pm to 5pm)

Where: Youth Coalition 46 Clianthus St O'Connor

Cost: Free

RSVP Essential. Contact: Glenn Flanagan or James Mayen Ph: 6247 7227 or email: glenn.flanagan@companionhouse.org.au or james.mayen@companionhouse.org.au

NATIONSHART CHRISTIAN COMMUNITY

Rough Diamonds

Rough Diamonds is a social group for seniors and people with special needs meeting on alternate **Wednesdays from 10am - 2pm.**

Community Meal

A free community meal is available every Tuesday night at 6pm

The FoodHut Co-op

Our **FoodBank** provides a range of **grocery** items at very affordable prices to those who are on a limited income or in need.

27 Rae Street
(PO Box 3125)
Belconnen ACT 2617
Ph: (02) 6253 1672
Email: office@nationsheart.org.au

BELCONNEN COMMUNITY SERVICE TERM 2 PROGRAMS

BRIDGES IS AN ACT-WIDE PROGRAM SUPPORTING PEOPLE WITH A DISABILITY, TO PARTICIPATE WITHIN THEIR COMMUNITY TO REDUCE SOCIAL ISOLATION

COMMUNITY ACCESS AND SKILLS DEVELOPMENT IS A PROGRAM WHICH COMBINES SOCIAL INTERACTION WITH A RANGE OF RECREATIONAL AND LIVING SKILLS ACTIVITIES

TERM 2 PROGRAMS 2010

CASTAWAYS

9 Week Programme. Tuesdays, from 1:30pm to 3:30pm. Group Lunch 12:30 to 1:30, buy from the café or byo \$50 PER TERM

For people with disabilities who want to enjoy a range of social & recreational activities. Participants meet for lunch first at the Belconnen Community Centre café, and then begin our activities such as ball games; craft activities or creative movement.

BE ACTIVE

9 Week Programme. Wednesdays, from 1:30pm to 3:30pm. Group Lunch from 12:30 to 1:30, buy from the café or byo \$50 PER TERM

A program designed to act as a bridge to community activities and interests. Participants meet for lunch first at the BCC café then begin our activities such as outings to various places of interest and organised activities at the Belconnen Community Centre.

TASTY LUNCHES

4 Week Programme. Thursday mornings, from 10:30am to 12:30 \$30 module
For people with disabilities who would like to enhance their cooking skills and enjoy a nutritious meal with friends. During the month of May

ABOUT FRIENDS

5 Week Programme. Every Thursday, from 10am to 12:00

\$30 module

For people with disabilities who would like to enhance their social skills to enable greater community inclusion and participation.

CERAMICS

9 Week Programme. Monday afternoons, from 1:30 pm to 3:30

\$50 PER TERM

What will our students and tutor dream up this term? All we know is that this popular class just rocks with creativity and fun. Come and join in this fabulous class. To give you a clue –we will be tackling ceramic sculptures.

PHONE: 6264 0232 FAX: 6251 9952

EMAIL bridges@bcsact.com.au WEBSITE: www.bcsact.com.au

VENUE: Belconnen Community Centre at Swanson Court, Belconnen

ENROLMENT ESSENTIAL FOR ALL PROGRAMS AS PLACES LIMITED!

PLEASE COMPLETE EXPRESSION OF INTEREST FORM

HEALTH AND WELLBEING

ACT HEPATITIS RESOURCE CENTRE

The ACT Hepatitis Resource Centre is organising a one day seminar at ANU University House on 14th May to launch the Hepatitis Awareness Week in the ACT.

Program:

Opening Address

Justice Richard Refshauge, Supreme Court of ACT

Lessons from Research

Dr **Cathy Banwell**, Convenor, National Centre for Epidemiology and Population Health (NCEPH), ANU

Women and hepatitis C, lessons learned and research findings.

Professor **Jim Butler** & Dr **Rosemary Korda**, ACERH, ANU

The epidemiological and economic impact of chronic hepatitis B in Australia to 2017 and the cost-effectiveness of enhanced treatment.

Robyn Davis, Executive Officer, ACT Hepatitis Resource Centre

Risky business: experiences of hepatitis C stigma and discrimination in the ACT.

Lessons from Practice

Tony Blattman, Senior Project Officer, Policy and Programs, Population Health Executive Office, ACT Health

Key highlights from National Strategies for HCV, HBV and Indigenous communities.

Nicole Wiggins, Executive Officer, CAHMA

Lessons learned from Hepatitis C initiatives and programs for People Who Inject Drugs.

Narelle Wright, Health Promotion Coordinator, ACTHRC

Hep C and the inside story

Ineke Wyle & Glen Wilkins, Outreach and Health Promotions Directions ACT

Harm minimization and Needle and Syringe Program

Kelly Gourlay, Hepatitis C Program Manager, The Pharmacy Guild

Pharmacy Guild Hepatitis C Health Promotion

Michael Bolton, HIV & Related Programs Manager & Gail Legg, Senior Nurse Manager, Alcohol and Drug Services, Greater Southern Area Health Services

Providing hepatitis C treatment services in Rural New South Wales

For more information contact: Samir El-Sabagh, Project Coordinator, **ACT Hepatitis Resource Centre** at communications@hepatitisresourcecentre.com.au or Phone: 02 6282 2611 / 1300 301 383

LIVING A HEALTHY LIFE WITH LONG-TERM CONDITIONS. "

This is a course for anyone with a chronic condition such as diabetes, asthma, obesity, arthritis, cancer or chronic pain.

It teaches participants strategies to manage their condition. The course runs for 6 weeks, 2.5 hours per week and is free!

Carers and friends of people with a chronic illness are welcome to attend.

May/June courses, Belconnen Health Centre

When: Tuesdays 10am-12.30pm May 4,11,18,25, June 1 & 8

Where: Phillip Health Centre

When: Tuesdays 2-4.30pm May 4,11,18,25, June 1 & 8

Where: Tuggeranong Health Centre

Thursdays 2pm-4.30pm May 6,13,20,27 June 3 & 10

To register for a course contact **Community Health Intake on 62079977**

BELCONNEN COMMUNITY SERVICE FAMILY SUPPORT PROGRAM

Is holding First Aid Workshops for parents/carers living in the Belconnen Area Learn about First Aid for your children/children in your care.

This workshop will cover how to apply first aid for broken bones, strains etc, bleeding, cuts, diabetes, asthma, choking, burns & anaphylaxis.

Bookings essential

Facilitated by ABLAZE

www.ablazetotalsolutions.com.au

Time and Date: 10 am-1.30pm, Monday 24th May or 2nd August

Where: Kippax Health Centre, Kippax Place, Holt

Contact Angela 6278 8112 or Yolanda 6278 8115 or Moira Turnbull | Manager Family & Community Work Programs | Belconnen Community Service

Ph 02 6278 8130 | Fx 02 6278 4200

ACT CHRONIC CONDITIONS ALLIANCE

May Meeting presented by Epilepsy

Kimberly Au - Exercise physiologist to speak about diet and exercise

When: Wednesday, 12 May 7 - 8:30 pm

Where: Woden Community Services Rooms

For more information contact: ACT ME Society on 6290 1984 or by emailing admin@mecfscanberra.org.au

Cost: \$2, Refreshments available

WALKING THE TALK ON SELF MANAGEMENT OF CHRONIC DISEASE"

Guest speakers:

Assoc Professor Paul Dugdale, Director, ANU Centre for Health Stewardship Rebecca Vassarotti, Executive Director, YWCA Canberra Tim Gavel from the ABC.

Prof Dugdale will talk about the changing approach to chronic disease that is going on in our health system. Changes include recognising

patients-as- professionals, more self management and building community support for people to get out and about with their chronic disease.

Rebecca Vassarotti will talk about welcoming people with chronic disease into community activities.

Tim Gavel will then lead the Mall Walk where you will have the chance to experience a simple and effective way to get people out to enjoy social and physical activities.

When - 12 – 2pm on Fri 30 April 2010

Where – Room 8 Griffin Centre

Mall Walk starts and finishes at the Griffin Centre

We will provide tea, coffee and a light snack.

You are welcome to bring your lunch and please wear comfortable shoes to “walk the talk”.

MULTICULTURAL DEMENTIA NETWORK ONE DAY SEMINARE

Date: 12 May 2010

Time: 10am – 4pm

Venue: Southern Cross Club, Phillip

Timetable:

Registration: 10.00am - 10.30am

10.30am - 11.30am, Michele Hawkins

11.30am - 1.00pm, Lily Mutharajah

1.00pm - 1.40pm Lunch

1.40pm - 2.30pm Problem Solving

2.30pm - 2.45pm Afternoon Tea

2.45pm - 4.00 Services, Agnes Miller, Pauline Dunk, Lynette Grigg

Bookings Essential: cost \$40 includes morning and afternoon tea and lunch

TAKE THE PRESSURE DOWN - Stress Containment Course for Women

The Women's Information and Referral Centre is conducting a 4-week course, aimed at assisting women to recognise the pressures in their life and provide tools to take control and reduce the existing levels of stress. Elevate your understanding of stress and learn how, through practical exercises, to: * Relax, get relief *Take control* Get more out of your time *Prevent stress overload.

DATE: Thursdays 6 May - 27 May 2010

TIME: 6:30 pm - 9 pm

VENUE: Women's Information and Referral Centre
Ground Floor, London Court,
13 London Cct, Canberra City

COST: \$80 \$40 concession (Please discuss with course coordinator)

Bookings are essential. No refunds are available for course fees once you have attended the course.

For more information or to register your interest, please contact Bec at the Women's Information and Referral Centre on 6205 0303 or 6205 1076, or drop in and visit us.

SPORT AND RECREATION

THE WHAM PROGRAM

The new term will start on **Tuesday 27th April**

. Hackett Participants:

As of the 1st May the Hackett classes will be running from Belconnen Community Centre, they will, no longer run from Hackett. The times and days will be Wednesday and Thursday 1.45pm - 2.45 pm.

Chifley Participants:

Chifley classes will be are in the new gym Tuesday and Friday 12pm-1pm and both Classes will be gym based. ... There will be no more Tai Chi.

The participants who would like to continue Tai Chi can do so on Thursday with Geoff and Kelly at 10.30am @ \$3- per session.

Contact:, Kelly Cole WAM Coordinator YMCA Chifley Health and Wellbeing Centre YMCA of Canberra **Phone:- (02) 62810124 F- (02) 62854427 or email: kelly.cole@ymca.org.au**

CIT FIT & WELL GYM

CIT FIT & WELL gym staff can develop a fitness program to suit you. You can book in for a health assessment or just head over in your lunch break for a cardio or weights session.

Concessions are available on enquiry. If you have an injury or a disability that needs rehabilitation, please talk to our friendly gym staff about how we can help you get to the gym.

For an extra cost per semester you can have a student fitness trainer assist you at every session. Ask our staff how

Phone 6207 4303 for bookings, information and memberships

CIT FIT & WELL is located in A Block, Bruce Campus.

EXERCISES FOR PEOPLE WITH MENTAL HEALTH ISSUES

When: 12noon – 1pm Mondays

Where: Hall in Building 2, Pearce Community Centre

Contact: Steve Duffy on 02 6205 1448

MUSIC & ARTS

RADIANCE DANCE

Free Workshop with The Radiance Dance Project 2010* *in Creative Dance/ Movement Theatre.

When: 10-11am Wednesday 5th May 2010*

Where:*Majura Community Centre Hall, Rosevear Pl, Dickson This venue has accessible parking & toilets.*

No bookings required. Wear comfortable clothing & bring a bottle of water. This workshop is open to men & women with AND without disabilities.

About The Radiance Dance Project

Radiance is an award winning community arts education program unique to Canberra and continues to be a leading example of social inclusion through the arts.

<http://www.expressivearts.com.au/10.html>

Contact:

Morgan Jai-Morincome
Independent Community Arts Worker
BA (Educational Theatre), Grad Dip Ed Drama, MA Communications (Cultural Performance)
Tel: (02) 62951601 Mob: 0400455965
E: morganjaimorincome@gmail.com
Web: www.expressivearts.com.au

AN EXHIBITION OF PHOTOGRAPHY BY LOUIE LAI

The Australian Chinese Culture Exchange and Promotion Association jointly with CMCF present an exhibition of Photography by Louie Lai.

Canberra Multicultural Centre
Theo Notaras Centre
29 May to 13 June.
Level 2, North Building
Civic Square

Opening will be held on Sat, 29 May at 3:00pm.(light refreshment and drinks will be served).

For more details please contact Mimi at mzhang@inet.net.au or ACT Community Arts Office at manager@actartsofficers.org.au M: 0450 960 903

SING ABOUT LIFE WORKSHOPS

Sing about Life workshops with Johnny Huckle For Aboriginal & Torres Strait Islanders Peoples

Fridays 11.30 - 1.30pm
May 14th - June 18th
Lunch provided
Kippax Health Centre, Kippax Place, Holt

These free workshops will assist you to express your thoughts, ideas & feelings through song. Singing & song writing is a great creative artform to express what we think & feel. In a two hour workshop you can learn to create songs & find a tune/melody to accompany the songs we create. You don't have to be a gifted singer or songwriter to join in this creative process. It is fun for individuals & the whole family.

For more information or to book in contact Pam Bell 6278 8110 or Moira 6278 8130

A CHORUS OF WOMEN

A Chorus of Women/ invites you to join a Chorus of Citizens that will play a central role in a series of performances of /The Gifts of the Furies/, during Floriade, in September this year.
IF YOU **ARE** INTERESTED IN BECOMING INVOLVED:

- o Come to the information session at 5.45pm – 7.15pm on 1 June 2010 at Old Parliament House if you can.

Email: chorusofwomen@incanberra.com.au

Call: Johanna McBride on 0402 050 885



INCLUSIVE DRAMA in 2010

An adult community based arts education program.

This drama program is open to adults with & without disabilities.

Sessions aim to support participants to develop their creative potential, build connection & collaboration with others in a supportive & positive environment & increase confidence in communication & self-expression using a range of practical drama activities.

No specific skills, ability or experience required.

Wednesdays 3.30 to 5.30pm for 10 weeks each term.

Enrol in as many terms as you wish (28 Jan - 9 April; 27 April - 2 July; 19 July - 24 Sept; 11 Oct - 17 Dec)

Downer Community Centre, Frencham Place, Downer

Come and Try Session \$5 (first week of program)
Total Contribution \$50 for 10 week term (support workers/ carers free).

Bookings Essential

Contact: Bren 6249 1221 or 0439 026 622 after 19th April
Email: greenhood@netspeed.com.au

Facilitated by experienced performing arts teachers Bren Weatherstone & Mica Cochrane

DISABILITY SECTOR AND SPORT RESEARCH

Thank you for participating in our research. This project is still continuing with the final results to be published June 2010. Please find attached, the third of our research updates.

This update aims to prompt discussion into the constraints and benefits of including people with disability into sport and active recreation across both the disability sector and sport and active recreation sector. We will focus on a different question each month from either the Disability Forum data, the Focus groups or the Online survey as results come in. This will hopefully promote the research project into the sport and disability sectors, create interest in the final results and generate thought about how to promote sport to the disability sector and how to best resolve some of the constraints.

<http://www.ausport.gov.au/participating/disability>

To access previous updates and information on how to get involved in this project, visit the Australian Sports Commission Disability Sport research page at ausport.gov.au/participating/disability/resources/research

EMPLOYMENT OPPORTUNITIES

TEACHING PEOPLE WITH DISABILITIES SWIMMING

Margaret Roberts manages the Swimming ACT program [Swimming for people with a disability](#).

If you have completed your Austswim qualification or are part way through it and have an interest in teaching people with a disability then I would like to hear from you.

They conduct private lessons on Saturday at Civic Pool and Sunday mornings at Civic Pool CISAC at Belconnen and also use the school pools at Malkara, Turner and Cranleigh for after school lessons.

Each lesson is for 30 minutes and there are 9 weeks in a term which is the same as the school term.

You will be paid an hourly rate which is generally above the rate paid by most local swim schools.

This is a great way to get experience with working with people with a large range of disabilities.

Please contact, Margaret Roberts, on 62584520 or ivan.roberts@bigpond.com

The office of Swimming ACT on 62574837 or officemanager@actswimming.com

REHABILITATION PROGRAMS FOR PEOPLE RECOVERING FROM MENTAL ILLNESS

Mental Illness Fellowship of the ACT offers two rehabilitation programs for people wishing to return to work while recovering from mental illness.

1. NorthSouth Contractors – a garden contracting business based in O'Connor
2. Cane Pazzini – a café in the ACT Health Building in the City

For more information contact Daniel Satrapa, Client Support Manager on: (02) 62057349 or by email: Daniel@mifact.org.au

FREE MEMBERSHIP

PWD ACT Memberships are 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 Disability Discrimination Act definition of disability, 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).

PWD ACT' ORGANISATIONAL MEMBERS

Oganisational Name:	Address:	Email Address:	Phone:
ACT Down Syndrome Ass.Inc	PO Box 717 Mawson ACT 2607	admindsa@actdsa.asn.au	6290 0656
ACT Mental Health Consumer Network		accountant@actmhc.org.au www.actmhc.org.au	6230 5796
ACT TPI	PO Box 5792 Lyons ACT 2606	secretary@acttpi.org	6286 3593 / 629191 85
Advocacy for Inclusion	PO Box 3653 Weston Creek ACT 2611	info@advocacyfoinclusion.org	6286 9422
Arthritis ACT	PO Box 4017 Weston Creek ACT 2611	info@arthritisact.org	6288 4244
Brocklebank's Woodcraft	8 Fitzherbert Pl Bruce ACT 2617	hugh_brocklebank@hotmail.com	6251 6369
CHC Affordable Housing	PO Box 6239 O'Connor ACT 2602	chc@chcaffordablehousing.com.au	6248 7716
Community Events Calendar	communityeventscalendar.com.au	communityeventsteam@communityeventscalendar.com.au	62558287
Komarri	PO Box 262 Woden ACT	reception@koomarri.asn.au mgarnett@koomarri.asn.au	6239 1603 / 6280614

Nationsheart Christian Community	PO Box 3125 Belconnen ACT 2617 27 Rae St Belconnen	office@nationsheart.org.au	62531672
Nican	PO Box 110 Mitchell ACT 2911	info@nican.com.au	6241 1220
Sharing Places INC	PO Box 704 Mawson ACT 2607	admin@sharingplaces.com.au	6290 1964
Organisational Name:	Address:	Email Address:	Phone:
Stroke Association of ACT	PO Box 220 Deakin West ACT 2600	mobeirne@email.com.au	6269 2636
Tandem	PO Box 3510 Manuka ACT 2603	admin@tandem.org.au	6287 2870
TAS Housing	PO Box 4056 Weston Crek ACT 2611	admin@tashousin.com	6287 4344
Volunteering ACT	55 Chandler St Belconnen ACT 2617	volact@volunteeract.org.au	6251 4060
Woden Community Service Inc	PO Box 35 Woden ACT 2606	emma-walter@wcs.org.au	6234 6820
Women's Centre For Health Matters	P Box 385 Mawson ACT 2607	admin@wchm.org.au	6290 2166
YMCA Canberra	Crn Maclaurin & Eggleston Cres Chifley ACT 2606	brett.bowden@ymca.org.au	6281 0124



PWD ACT CONTACT DETAILS

POSTAL ADDRESS

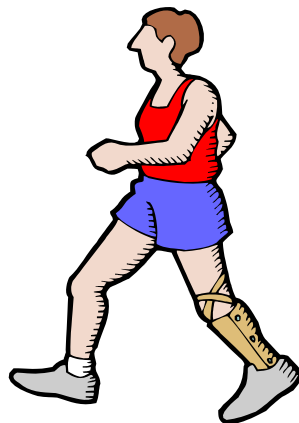
PO Box 717
Mawson ACT 2607

OFFICE LOCATION

SHOUT
Building 1
Pearce Community Centre
Collett Place
Pearce

Phone: 02 6286 4223
Fax: 02 6286 4223
Email: pwdact@shout.org.au
Website: 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.

