



Share with Us

MDAA Inc. Newsletter

May 2017

Bilpin Fruit Bowl Excursion 15 April 2017

On Easter Saturday, 15 April 2017 members of the NSW Network of Women with Disability as well as MDAA staff travelled to Bilpin Fruit Bowl in the Blue Mountains National Park to pick fruit and vegetables. MDAA booked two vans from Dooleys which left our Granville office at 9.00am. There were 14 people in attendance. We arrived around 10:30am and shared in an enjoyable morning tea at a local café before walking together to the Fruit and Vegetable farm. Our harvest from the day included lemons, apples, capsicums, cherry tomatoes and cabbages.

The weather was pleasant and sunny with people enjoying the Easter Holiday. Lunch of chicken, rice and salad was shared by all. During the day, we also saw grape vines which were planted in a straight line and animals including horses and alpacas.

The buses returned to Granville at 3pm. The day was enjoyed by all. The attendees would like to return at another time in the year to pick fruit and vegetables from another season.

Shu-Hua Chan and Sarah Butler



Time to renew your MDAA membership for 2017

MDAA Membership Renewal DUE 1 July 2017

Thank you for supporting MDAA through your membership. MDAA has been working for more than twenty years advocating for the rights of people from a Culturally and Linguistically Diverse (CALD)/ non-English speaking (NES) background with disability.

We are looking forward to continuing to promote, protect and advocate for the rights of people with disability, their families and carers over the next 12 months and into the future. Your support as a member is important to MDAA, so please renew your membership as soon as you receive this reminder.

Please note: Your membership should be renewed to be eligible to vote at MDAA's AGM or to nominate for the Governance Committee. We will enclose a membership renewal form for you. Kindly return the membership renewal form with the applicable fee by 1 July 2017.

If you have any questions, please contact MDAA on (02) 9891 6400.

MDAA gratefully acknowledges funding provided by the Australian Government through the Department of Social Services, as well as funding from Ageing, Disability and Home Care, Department of Family and Community Services

MDAA News

NSW Sexual Lives & Respectful Relationships Sessions

NSW Sexual Lives & Respectful Relationships (SL&RR) conducted four training sessions 23/24 February and 2/3 March 2017. The training covered two sites - Liverpool and Blacktown. There were 17 Peer Educators and 12 Program Partners in attendance. These included Blacktown Women and Girls Health Centre, Bonnie Support Services, Ethnic Community Services Co-op, Family Planning NSW, First Peoples Disability Network, Immigrant Women's Speak Out, Intellectual Disability Rights Service, Multicultural Disability Advocacy Association, Synapse / Brain Injury NSW and Wash House.

Patsie Frawley and Linda Stokoe From Deakin University were the facilitators. In preparation for the program the participants received training manuals in accessible formats.

Julia Finn MP visits MDAA Granville 29 May 2017



Ms Julia Finn MP, member for Granville, was invited to MDAA Granville to discuss the concerns about the future of advocacy. Present on the day were MDAA staff, Governance Committee members and Community Voices participants. The management team raised concerns regarding advocacy.

They mentioned the significant contribution of Systemic Advocacy to people with disability (PWD) and the state of NSW, as well as the important support provided to PWD, their families and carers by our Individual Advocacy Program. A concern was raised by PWD at the meeting that the NDIS will not cover many PWD after its full rollout. Those who have received their packages will not be covered by advocacy if they have issues with domestic violence, Justice Department, Housing or Immigration. Ms Finn took notice of the points raised and promised to follow up with other decision makers.

Relationship Building Forum 31 May 2017

MDAA Advocates, Jozmaye Benn and Tanvi Joshi, held a forum at our Granville office on Wednesday 31 May 2017. The forum covered the topic of Relationship Building Skills as well as signs of healthy relationships and domestic violence. This was achieved by role playing scenarios and interactive discussions. They used their expertise to deliver a successful forum to 17 participants. The participants were very happy with the presentation and felt they have learned something beneficial and would like to attend future forums on this topic.

NDIS Promotion Sessions Wollongong May 2017

MDAA worked collaboratively with the Multicultural Health Service Illawarra Shoalhaven to promote NDIS to local community in the Wollongong area.

On 17 May 2017, we held two information sessions in Wollongong. The morning session was dedicated to the Arabic community and the afternoon one was open to all people from CALD backgrounds in the community.

Members of the community and workers asked questions and shared their views about NDIS and how MDAA may support them to access it.

On 24 May 2017, MDAA in partnership with The Macedonian Welfare Association of NSW (MWA) held an information session for the Macedonian speaking community in Port Kembla. Many questions were answered by MDAA representatives. The presentation was followed by networking with participants during the sharing of traditional Macedonian food "Burek", which was enjoyed by everyone.



MDAA City & Inner West Update



MDAA City and Inner West office has relocated. The office is now co-located with Ethnic Communities Council of NSW at 221 Cope St Waterloo NSW. MDAA welcomes our new Individual Advocate, Alex Erenbourg to the CIW team.

To contact the City and Inner West office please call: 0434 745 866

MDAA Newcastle Update

Tim Crakanthorp MP met with Ruqia Chavla (Individual Advocate MDAA) Salwen Ameen (Islamic Relief Australia), Lulu Tantos (Northern Settlement Services Ltd) and at the launch of the Hunter Culturally and Linguistically Diverse Elder Abuse Prevention Campaign. MDAA is part of this campaign and is raising community awareness about this issue and how MDAA can support people in the region. The Hunter Filipino Choir entertained at the launch.



NDIS Promotion Sessions-Griffith May 2017

MDAA held NDIS Community Information and Pre-Planning Information Sessions in Griffith On Tuesday 2 May 2017. MDAA staff members (Daniela and Luis) held meetings with people with disability and carers as well as members of the Griffith Multicultural Interagency network.



Daniela and Luis also met and exchanged information with Griffith MS Society and Post-School Options on Wednesday 3 May 2017. The aim of the presentations is to raise awareness in the community, especially to those of Culturally and Linguistically Diverse (CALD) backgrounds, about NDIS and what MDAA can do to support people with disability to transition to the new funding model.



Community Voices

Article by CV presenter Shu Hua Chan

“On the 10.04.17 at 8 AM I needed to be at MDAA office to meet Luis then we go to Strathfield UWS drive by car. When we arrived there we tried to find the entrance of the UWS. Then we tried to find a classroom where we should do the talk with all the students. We met the teacher and the group of students. The teacher welcomed us. Then Luis started talking about Community Voices. After Luis I started to talk. Then I had a chance to look around the university. The place looks good. The university had a large garden. That morning the sky looks sunny and beautiful. We brought some Community Voices flyers to give to all the students on the day. It is a short presentation. Before the Community Voices day Luis, Sara and I came up with some questions.”

The Community Voices (CV) program held an Information Session on 4 May 2017. This included an icebreaker session and speeches given by past Community Voices volunteers who shared their experiences. There was also a video presentation and an activity about what is considered important and comfortable to share. There were 12 participants who attended the session and a delicious lunch was provided. The Community Voices training will commence on 15 May 2017 for four weeks.



MDAA's Community Voices team have been involved with the Cumberland Council Employment Expo held on 17 May at council chambers. There were 25 information stalls including a presentation of supports available in the workplace, advisory desks, free workshops and a mock interview skills workshop. Nidhi, CV participant, shared her success story of employment experience with MDAA. A lovely lunch including a barbecue was provided. It was a big success and the expo provided a chance to network with other organisations. The community voices team is in the midst of training new volunteers for the program.



MDAA Governance Committee Report



The National Disability Insurance Scheme (NDIS) has taken off so quickly and swiftly which stresses that many community organisations like MDAA need to change their models of operation. We are still unsure of our funding in the future. I am personally worried on behalf of our group about the possible loss of services and its impact on the lives of people with disability particularly those from a Non-English Speaking (NES) and Culturally and Linguistically Diverse Backgrounds (CALD) who, until now, are still under-represented in many services.

MDAA's Governance Committee (GC) has engaged consultants who are mentoring the GC as well as MDAA's Management Team to effectively guide the organisation into the post-NDIS environment. The consultants are assisting us to embark on new opportunities as well as in creating and implementing MDAA's Business Development Plan with the aim of positioning MDAA to continue supporting our consumers especially after 2018.

With the roll out of the NDIS, funding changes are inevitable and we are hopeful that through MDAA's planned business ventures, there will be other sources of funding for MDAA to continue its vital work in protecting the rights of people with disability from NES/CALD backgrounds. Uncertainty in funding is not the only issue impacting people with disability from NES/CALD backgrounds as we see a very low percentage of people from NES/CALD accessing the NDIS.

I believe that MDAA, along with other advocacy organisations, are important in promoting and protecting the human rights of marginalised members of our society. It is the obligation of the government to support community organisations so they can continue to work with diverse communities to increase their participation and inclusion in society.

My colleagues in the GC are actively going out representing MDAA in different meetings and networks such as with our national body, National Ethnic Disability Alliance (NEDA), Child Safe Organisation Reference Group of the Office of the Children's Guardian, Skilled to Thrive with NCOSS, Disability Inclusive Disaster Preparedness in NSW with the University of Sydney, NSW Multicultural Health Communication Service and many more.

Together with my colleagues in the GC, we will continue to lobby for MDAA and it is worth noting that whenever we attend different meetings, we all try to promote MDAA individually or jointly. We are proud to say we are working towards a shared goal.

Contributions to the MDAA 'Share with Us' Newsletter

Attention MDAA Members - This is your newsletter- your stories, your ideas and your experiences are important to MDAA and its membership. Would you like to try writing something for the next Newsletter? The 'Share with Us' Newsletter is produced every two months. If you are worried about writing in English, someone here at MDAA can help you.

'Share with Us' Newsletter deadlines for 2017:

Mon 24 July 2017 for sending out **Fri 28 July 2017**

Mon 25 September 2017 for sending out **Fri 29 Sept 2017**

Mon 27 November 2017 for sending out **Thurs 30 Nov 2017**

Please contact MDAA on 02 9891 6400 or mdaa@mdaa.org.au if you have any questions.



MDAA Executive Director's Report



As we receive funding from the government, MDAA is required to undergo reviews by external auditors to make sure we are doing the right thing with the people we work with. MDAA is currently preparing for its Third Party Verification (TPV) and the National Disability Advocacy Program (NDAP) National Standards for Disability Services audits which are due later this year. Once again, we will be requesting your support and we will be inviting you to come and participate during the audit in November.

We also appreciate the confidence that the Department of Social Services (DSS) had given us by providing funding to assist everyone who are or will be applying for the NDIS and who might be unhappy or discontented with any decisions made by National Disability Insurance Agency (NDIA).

Our various projects funded by Ageing Disability and Homecare (ADHC) namely Sexual Lives Respectful Relationships (SLRR), My Life, My Future (Pre-Planning), Counselling Support Information and Advocacy (CSIA) and the NDIS Community Information Project are doing well. Promotion to the community has been extensive with some teams travelling to Wollongong, Griffith and surrounds.

Our other projects - Small Stone, Community Voices (CV) as well as our auspiced group NSW Network of Women with Disability have been actively recruiting more volunteers.

The CV members had been to various expos, stalls and made presentations in university, schools and in Council activities. Significant CV presentations include the Live, Work Play (Social Inclusion) Conference held on 17-18 May as well as Cumberland Council's Employment Expo.

On 29 May, MDAA was visited by our local member of State Parliament, Ms Julia Finn who came to discuss with MDAA staff, GC members and consumers about our work and issues of concern. MDAA will strongly lobby for the continued funding of advocacy by its own efforts or in collaboration with our partners such as the National Council for Social Services, our national body Nationa; Ethnic Disability Alliance, and the Disability Network Forum which consists of a group of advocacy organisations in NSW.

MDAA Staff updates

Farewell message by Giovanni Patania (NDIS Information and Promotion) "I just wanted to say goodbye and thank you. I have been with the organisation of a little over 6 months and I have really enjoyed my time here, The NDIS brings change but embrace it and focus on the positive and you will get the best outcomes possible for the people you assist. I wanted to let you know the wonderful hard work that you all do (Committee, Management and all team members) everyday helps people in our community and this needs to be commended – This work really matters and helps positively shape peoples lives!!!! So well done and thanks for everything."



MDAA would also like to welcome Tanvi Joshi (Individual Advocate) and Rosa Touch (CSIA) to the staff of MDAA. We also have students on placement from Western Sydney University, Alicia (Social Work) and Saja and Vivian (OT) helping with projects.

Upcoming Events at MDAA

“What’s in it for us” 22 June 2017



“What’s in it for us” The Future of Advocacy

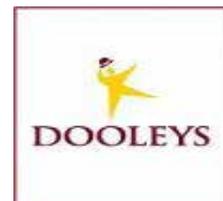
The National Disability Insurance Scheme (NDIS) is coming. It brings reforms and changes in the Disability Sector and individual funding. The future of advocacy and MDAA is uncertain.

We invite you to join us to explore the future of people with disability from CALD/NES background.

Where: Dooleys Lidcombe Catholic Club: 24-28 John St, Lidcombe NSW 2141

When: Thursday 22 June 2017

Time: 9.00 am to 2.00 pm.



To register please call MDAA on 02 9891 6400 or 1800 629 072

Disability Services and Rights Awareness- Newcastle

MDAA Newcastle is holding a Disability Services and Rights Awareness Forum for the Arabic Speaking community. Guest speaker Wendy Dorn from the Royal Institute for Deaf and Blind Children will also be attending the forum.

Where: Northern Settlement Service Community Hall

When: 21 July 2017

Time: 10:30am to 1:30pm

Please contact Ruqia Chavla on 02 4960 2577

Disability Awareness Forum

Disability Awareness Forum

MDAA Granville invites you to an information session about disability awareness. We will be discussing issues related to Housing and accessibility. Also modifications and maintenance.

Please join us at MDAA Granville.

Further details will be available on our website. www.mdaa.org.au

Contact MDAA on 9891 6400 to register your interest.



Coming up: Yarn Bombing workshops at MDAA

Yarn bombing or urban knitting or is a type of graffiti that employs colourful type of street art where public objects are covered with colourful, woolly knitted or crocheted yarn or fibre. MDAA wants to lift the spirits of the wider community by having workshops in Yarn Bombing as well as improving the skills of members and consumers.

You will need

- Assorted scrap yarn colours for knitting, crocheting or sewing
- Yarn needles
- Time and imagination

To register your interest please call Sara on 1800 629 072



Information

Carers and the NDIS free workshops

The Carers and the NDIS workshop is a two part workshop.

Part 1: An introduction to the NDIS

Part 2: Your role as a carer in the NDIS. This part includes working within a supported decision making framework. (Please note attendance at day 1 is required to attend day 2).

The workshops are free and lunch will be provided.

Registration is essential and can be made online at www.surveymonkey.net/r/ndissdm or <http://www.carersnsw.org.au/how-we-help/education/calendar/>. Venue details will be provided on confirmation of registration. For more information contact Carers NDW at education@carersnsw.org.au or (02) 9280 4744.



My Choice Matters

My Learning Matters

My Learning Matters is a new e-learning tool that will help you get prepared for NDIS.

There are lots of different topics to choose from including,

- Choosing a service provider
- Community Connections
- Speaking up and rights
- Managing a budget

My Choice Matters are running classes to get you started.

For more information on dates and locations please visit <http://www.mychoicematters.org.au/>



National Disability Insurance Scheme (NDIS) Rollout



The NDIS will begin rolling out across the rest of NSW from 1 July 2017, with the NDIS becoming available right across the state after 30 June 2018. Ageing, Disability and Home Care (ADHC) is writing to people with disability who currently receive disability supports in NSW and are moving into the NDIS. The letter will tell them how and when they will enter the NDIS and what they can expect to happen until they become NDIS participants. The range of available resources in plain and easy English as well as community languages are on the NDIS NSW website www.ndis.nsw.gov.au. More information about the NDIS including eligibility and access requirements can be found on the national NDIS website or by calling the National Disability Insurance Agency (NDIA) on 1800 800 110.

Vivid Festival Sydney

The largest festival of its kind in the world, Sydney's multi award winning festival of light, music and ideas presents another innovative and awe inspiring creative program over 23 days and nights. Vivid Sydney runs from 26 May to 17 June 2017 and works to ensure that it is an event for everyone! Enjoy audio descriptions of Light Walk installations, Auslan interpretation of Game Changer events, book into drop off/ pick up zones and accessible parking or get involved as a volunteer on the evening! All details of the access services can be found at www.vividsydney.com/accessibility #vividsydney



DIYmodify App

DIYmodify, developed by HMinfo at the UNSW and funded by NSW Department of Family and Community Services (FACS), was launched on 19th May by the Minister for Disability Services, The Hon Ray Williams. DIYmodify is a first of its kind app, designed with, and for, people with disability and those who are ageing to help them in the decision making and process of doing their own home modifications, the way they would like them to be and at the quality and with the features they decide.



Multicultural Food - Hungary

Hungary has a population of approximately 10 million people. Its official language is Magyar (Hungarian). About two thirds of the population is Roman Catholic. Hungary has preserved many of its own food traditions, and adapted others (dark rich coffee from the Turks and pastry-making from the Austrians, for example). One feature that is important to Hungarian cooking is the use of paprika, which is made from dried sweet red peppers. The Hungarian paprika capital is Szeged.

Hungarian Goulash

Ingredients

- ½ kilo of diced beef
- 1 onion cut in small pieces
- ½ teaspoon of paprika (medium sweet)
- 1 clove of garlic, crushed
- 1 tablespoon of olive oil
- 1 fresh tomato cut in slices
- 1 banana chilli or capsicum



Method

Heat the oil on a medium heat pan. Add the sliced onions and fry until soft. Add the diced beef and fry for a few minutes. Add the red paprika, salt and pepper to taste. Cover pan with lid and let meat soften, occasionally stirring and check that you don't burn it. If necessary add a little water if it dries out, a little water each time. When the meat is tender, add the sliced tomato and capsicum and cook for a few more minutes. Make sure you have a little bit of sauce left. You can use pork and chicken as substitutes- serve with rice and plain boiled pasta.

National Standards for Disability Services

Standard Six: Service Management

The intent of this standard is to ensure that services are managed effectively and efficiently. It requires services to be person-centred and to ensure flexibility to respond to individual strengths and needs. It also requires services to promote a culture of continuous improvement as a basis for quality service delivery.

The standard emphasises the importance of:

- sound governance and management in aspects of service planning, development and provision;
- clear communication to staff, people with disability and other stakeholders;
- continuous improvement and evidence based practice;
- a range of methods for active participation of people with disability and their family, friends, carers and advocates in planning, delivery and review at the individual, service and organisational levels; and
- compliance with workplace related legislation and regulation including Work Health Safety, human resource management and financial management.

Disclaimer: The views expressed in some articles of this newsletter are the authors' and may not reflect the views of MDAA.

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