



Share with Us

MDAA Inc. Newsletter

July 2017

“What’s in it for us” The Future of Advocacy 22 June 2017



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.

On 22 June 2017, MDAA hosted a forum for members and consumers called What’s in it for us?

Advocacy: Now and in the Future Conference at Dooleys Lidcombe, in response to the government’s



future plans to cut funding to some community organisations in June 2018. Presenters included Maria Katrivesis (Consultant) and Mary Mallett from Disability Advocacy Network Australia. MDAA consumers were invited to have their say on key issues that are important to them as the NDIS is rolled out in NSW. The aim of the conference was to provide a platform of consumer’s voices to be heard and for consumers to openly discuss their concerns regarding five key issues; NDIS, Housing, Immigration, Employment and Education and how advocacy provided by MDAA supports them in tackling these issues while breaking down entrenched barriers faces by people with disability from CALD/NESB. Our consumers felt that coming from CALDNESB, they are disadvantaged and marginalised within society. The forum resulted in empowering conversations that brought to light many issues. The roundtable method provided participants equal opportunity to address each issue with support from a facilitator to ensure respectful discussions. This process was



effective in strengthening and enhancing the stance consumers and MDAA have on the new funding laws. MDAA received positive feedback from participants and concluded the conference with a summary of the key points that will be presented in Canberra.



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 CALD)/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

In April 2017, NSW Sexual Lives & Respectful Relationship (SL&RR) Team launched the first Local Network Meetings. These were held at the Mt Druiitt Hub and at Liverpool Library. The meetings were received positively by participants and were effective in bringing together the network members creating an environment of learning and understanding. There were friendships within the room which opened the way for discussion. The SL&RR Team also acknowledged feedback from the group which will help in developing the program to meet the needs of the local networks. This has established a strong foundation from which each individual local network can now grow.

SL&RR was showcased at the Domestic Violence and Disability Forum in Penrith on 6 July, 2017. The NSW SL&RR Project Manager, Dr. Zhila Hasanloo, was a panel member and presented on the significance of developing the capacities of women with disability through access to education, information and services. Attendees included the Penrith Mayor (Cr John Thain), service providers, people with disability, carers, students, local media as well as local citizens. The presentations, both individual and systemic, approached the problem of combating the abuse and violence against women with disability, including changes to policy and procedures, specific projects developed to support, educate and empower women with disability as well as individual and group advocacy.



Korean students 2 June 2017



On Monday 2 June 2017, 28 Welfare students from Korea attended MDAA for a presentation. Vanco, Catherine and Nidhi presented to the students. Vanco spoke about MDAA's history and gave an overview of the NDIS process. Catherine spoke about Community Voices project and how the most important person to speak about disability is the person themselves. Nidhi shared her story, the barriers and challenges she has faced and how she has learnt to overcome them throughout the years.

NDIS Bega 6 June 2017

MDAA held an NDIS Information session at Bega Civic Centre on 06 June 2017. MDAA introduced services and talked about advocacy by Individual Advocate Nina Lavite. NDIS Community Information Officer Luis Moreno talked about MDAA NDIS services such as support on how to apply for NDIS, Pre-Planning, Reviews and Support Coordination. Lydia Armour from NSW Fair Trading presented about Consumer Rights. Comments from the participants were: "It was a positive outcome,...everybody thought it related to their current circumstances", "Thanks for giving some information that was not available to me" and "We need more promotion about these meetings".



Small Stone Update

Small Stone is a project *by and for* young people aged 16-25 from CALD/NES background with disability. The aim of Small Stone is to create opportunities for real inclusion and active participation of young people. The NDIS pre-planning project prepared young people for the NDIS through a series of interesting and informative workshops facilitated by experienced professionals and NDIS pre-planners. The four-week project was provided to MDAA consumers and the invitation was extended to local schools within the region. Granville Boys High School attended two of the workshops, one hosted by Zizi Charida, Director of Community minds. The project allowed participants to identify barriers, develop strategies and recommendations for increased social inclusion within the community as well as the opportunity for personal development.



MDAA City & Inner West(CIW) Update



My name is Alex, the new Advocate with MDAA's City and Inner West (MDAA-CIW) office. The office is operating smoothly following our recent re-location to Waterloo. Advocate Natalie Deng and I are based at MDAA-CIW and you can reach us Monday-Friday from 9am – 5pm on 96987100 or 0434 745 866 if you need any advocacy assistance.

We can support you if you're having issues with service providers or if you're unsure about your rights. We can also assist you with applying for the NDIS or if you want to apply to review a decision by the National Disability Insurance Agency (NDIA) or are unhappy about your NDIS plan. In March, MDAA CIW successfully supported Granville Head Office to hold a Self-advocacy for Housing Forum. The forum was to support consumers to gain knowledge and skills on advocating for themselves when they have issues with the Housing Department and was well attended. There was a role play presented by MDAA staff, and a scenario of applying for a house at a local Housing Office. Following this MDAA staff facilitated a brainstorming session on knowledge, communication skills, and attitudes needed when it comes to deal with housing issues.

Disability Rights Awareness Forum Newcastle July 2017

MDAA Newcastle held the Disability Services and Disability Rights Awareness Forum on 21st July at Northern Settlement Services for Arabic speaking community. Six families attended the forum. Guest speaker Wendy Dorn from Royal Institute for Deaf and Blind Children provided useful information about her services. Kirstie Blais, English second Language Teacher-Refugee Support Group from Heaton Public School explained her role working with families with disability. Erin Crockford from Ability Links (St Vincent de Paul) CALD Disability Engagement Project provided information for mainstream services for people with disability. Belinda from Department of Human Services sent information in Arabic regarding Centrelink benefits, Disability Support Pension and Carer Allowance. It was a great learning experience as families shared their good and not so good experiences dealing with services. Fatima from Hunter New England Health – Multicultural Health Services provided great interpreting



MDAA Griffith Update- Pre-planning June 2017

MDAA pre-planners, Daniela, Vandana, Tanvi, and Rosa flew to Griffith to meet the NDIS participants awaiting to receive their NDIS packages. Belinda, Griffith Individual Advocate, played a big role in helping the 2 days flow very smoothly by organising the different locations for the meetings to be held, transport and co-ordinating the catering so that the pre-planners were well fed while seeing the participants. There was a total of 32 participants. It was a very busy and successful 2 days. There was positive feedback by the participants and their families and there are more people wanting to get their pre-plans done by MDAA. For the pre-planners, it was an eye-opener to observe how participants living regionally experience getting access to services and what are the barriers, hardships and issues facing them.

Community Voices

Community Voices (CV) attended Strathfield Girls High School on 19th June. - The CV participants presented information regarding MDAA's services and the CV program to the welfare team meeting. This was attended by 10 staff members. CV member, Nidhi also shared her experience of having attended school as a person with disability. Catherine Vanisi and Iman Rehman (work placement student) also attended the presentation and supported the presentation. A big thank you to Catherine and Iman for their valuable assistance provided on the day. It was a very good experience for the CV team. Also in June the new CV trainees graduated.



MDAA Governance Committee Report



It is very sad to inform you that our valued Chairperson, Vivi Germanos-Koutsounadis has resigned from the position of Chairperson of the MDAA Governance Committee due to personal and health reasons.

The Governance Committee has met in a Special Meeting on 4 August 2017 and has elected a new Chairperson and Vice Chairperson.

The complete set of Office Bearers are as follows:

Chairperson: Mary Kumar

Vice Chairperson: Robina Yasmin

Secretary: Sarah Butler

Treasurer: James Anvia

Public Officer: Dr Zhila Hasanloo

This is a very challenging year for MDAA for staff and management as we navigate through the changes that the NDIS brings so please let us join hands and work harmoniously. I am happy to report that the Governance Committee, management and some staff have been actively lobbying the Federal and State governments to continue funding advocacy.

As the new Chairperson, I would like to personally request everyone's cooperation to work towards our goal of a bright future for MDAA. Let's not lose sight of who, what and why we are here: the Human rights of people with disability especially those from a non-English speaking background, their family and carers.

Mary Kumar
MDAA Chairperson

MDAA Staff updates

It has been very busy at MDAA. We have had staff farewells and new staff beginning their MDAA journey. Brett Collis left his position as Admin SL:RR and is now Enquiry Officer. Farewell also to Samiha Makkouk; IA South East Sydney, Vandana Saini; Intake and Enquiry Officer, and Sonali Chatterjee: temp Admin SL:RR.

We would like to welcome to MDAA Simon Weldemichael; IA Wollongong, Zaya Toma: NDIS Appeals Tory Karmakar; Admin SL;RR and Iman Rehman; Student placement. Welcome back Carmelita, MDAA volunteer who has returned from a holiday in America.

Congratulations to MaryAnn Odo who has just been appointed Head of Corporate Services and Jozmaye Benn who is Acting Head of IA and projects.



Sonali and Samiha



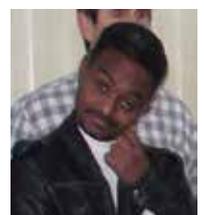
Vandana



Zaya



Brett



Simon

MDAA Executive Director's Report



Hi everyone, it looks like Winter is finally about to end and we are starting to enjoy milder, sunny days. I hope not many people caught the flu bug over the season as a very nasty one had hit me for nearly 2 weeks. It was good however that my flu developed after I had made my first blood donation with the Red Cross. My recent learnings from these experiences are to have the flu vaccine and donate blood regularly as both can save lives. At any rate, here are some things that are happening at MDAA.

It is widely known in the disability sector that advocacy funding at the State level is at risk since the State government will be transferring funds to the National Disability Insurance Scheme (NDIS) from July 2018. MDAA, like many other advocacy organisations have been actively lobbying the Federal and State governments for the continuation of advocacy funding. This is particularly important because many of our consumers may not be able to access the NDIS and risk falling through the gaps or experiencing crisis should their access to independent advocacy cease.

MDAA's management, staff, Governance Committee and volunteers have been visiting some of our politicians to bring to their attention our concerns and help ensure advocacy support continues to be available to people with disability throughout NSW. Among those we have seen are Minister Ray Williams, Minister of Disability Services; Ms Sophie Cotsis, Shadow Minister for Disability Services; our own MP Julia Finn; Geoff Lee, Member for Parramatta; and Matt Keane, Minister for Innovation. Ms Jane Prentice, Assistant Minister for Disability Services came to visit MDAA on 27 August 2017, and was very supportive of advocacy. We also took a trip to Canberra to meet with our funders in the Department of Social Services. In this visit, we were joined by Mary Mallet from Disability Advocacy Network (DANA) and Jane from the National Ethnic Disability Alliance (NEDA). MDAA has also started a petition to lobby for continued funding of advocacy. The petition is available on our website <http://mdaa.org.au/> or you can sign the printed petitions with our front desk staff in our head office at Granville. MDAA has joined the alliance with other disability advocacy organisations who will be doing an "Advocating for Advocacy" campaign.

Alongside these lobbying activities, MDAA has also begun developing its promotional strategy to inform the various ethnic groups about the NDIS, particularly through our NDIS Community Information and Promotions program, our Pre-Planning Project, our NDIS Appeals Support program and our Individual Advocacy work.

We have also started our new Support Coordination program and through this, we are hoping to successfully work with people with disability, particularly people from diverse cultures who use our service, to build their capacity and make the most of their NDIS funding by ensuring people truly exercise choice and control in accessing the most suitable services for them.

Meanwhile our other projects, Sexual Lives Respectful Relationship is going from strength to strength and is developing the third network in the Nepean and Blue Mountains area. The project's other two networks in Southwest and Western Sydney are continuing on successfully. Likewise, the Counselling Support and Individual Advocacy (CSIA) project targeting carers is also firmly established and working well, along with MDAA's Community Voices and NSW Network of Women with Disability projects. For now, we invite our consumers and the broader community to work with us lobbying the State government to recognise the importance of delivering independent advocacy for people in NSW, particularly people from CALD and NES backgrounds, and to commit to continued funding of advocacy.

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.

'Share with Us' Newsletter deadlines for 2017:

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

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



Upcoming Events at MDAA

MDAA Fundraising Events

MDAA is raising funds for the NSW Network of Women with Disability which is part of MDAA. All Fundraising Committee money raised will be donated to the network.

We will be holding a barbeque event on Friday 29th of August 2017

Location: North Parramatta Bunnings

1-9 North Rocks Road North Rocks NSW 2151

Time: 9:00am-3:00pm.

MDAA will be continuing these barbeque fundraising events on the last Friday of each month at Bunnings North Parramatta until 29th December 2017.

Future fundraising projects will be held at local shopping centres throughout the year. All money raised will also go to the NSW Network of Women with Disability.



Disability Services & Rights Awareness Forum SES

Disability Services & Rights Awareness Forum

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

Date: 31 August 2017

Where: Benevolent Society Building 2, Level 4, 7-11 The Avenue Hurstville

Contact MDAA on 9146 1695 or 1800 629 072 to register your interest.



St George Transition Careers Expo 16 August 2017

MDAA will be attending the St George Transition Careers Expo and holding a stall.

Please come and visit us at the Expo.

St George Expo (This Expo will have a focus for CALD communities)

Where: Club Central, 2 Crofts Avenue, Hurstville, NSW 2220

When: Wednesday 16 Aug 2017 from 10:00am to 2:00pm



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

Adult Siblings Project Survey- Carers NSW

Carers NSW is currently working on a project focusing on adult siblings of people with a disability. Are you an adult sibling of someone with a disability?

Carers NSW invites you to complete a short online survey on your experience of being the sibling of a person with a disability, including your knowledge of existing supports, identifying any supports or information you would like to access, and what you would like service providers to know about your sibling experience.

Please contact Lorraine Villaret, Project Officer on lorrainev@carersnsw.org.au or 02 9280 4744

Under the Umbrella RUOK Day 2017

City of Sydney Council presents to you the next instalment of community performing arts workshops – Under the Umbrella.

Under the Umbrella is a show that explores the human need to connect with others in an increasingly urbanised environment. The concept is about how people experience adversity in their lives, and the umbrella symbolises a shared resilience through the offering, and co-sharing of safe space so one can reach out and support another in times of need. City of Sydney Council are looking for people from all cultures and backgrounds to experience this journey firsthand, before sharing the show with others at Martin Place on RUOK Day Thursday 14 September 2017. Workshops will be run at Cliff Noble Centre in Alexandria, every Friday from 7 July to 8 September at 2:00pm – 4:30pm. Everyone is welcome. No acting experience is required. For more information: <https://whatson.cityofsydney.nsw.gov.au/events/under-the-umbrella>



Create NSW Screenability Filmmakers

Create NSW is calling on emerging filmmakers with disability to apply for a new Screenability Filmmakers Fund which will support three individual projects with \$30,000 as well as appoint an Executive Producer to each production.

Applications are sought for filmmaking projects that appeal to a broad audience (with or without disability content), from teams that have at least one key creative (writer, director or producer) identifying as having disability and with an intention to develop a career in screen content creation. Applications open Wednesday 19 July and close Friday 11 August 2017. Projects need to be capable of being delivered no later than March 2018. For more information: <http://www.screen.nsw.gov.au/funding/production-support/screenability-filmmakers-fund>



Free Translating Service- Dept Social Services

From 1 July 2017 the Department of Social Services (DSS) Free Translating Service will be transitioning to a new delivery model. Under the new model, Adult Migrant English Program (AMEP) Service Providers will no longer receive applications for the Free Translating Service. The Department of Social Services provides the Free Translating Service for people settling permanently in Australia. Permanent residents and select temporary or provisional visa holders are able to have up to ten eligible documents translated into English. If you have any enquiries, please contact translating.dss.gov.au or call the Free Translating Service Helpdesk on 1800 962 100.



Petersham Outreach and CEAD Centre courses

Petersham Outreach Sydney TAFE are offering courses during semester II 2017. Some of these courses include: Microbusiness, CII Intro Construction, Upholstery and Upcycling, Basic Computing, WOW (Work Opportunities for Women) Computing, Cert I Computing, Graphic Fundamentals Urban Food Growing, Introduction to Horticulture, Eco-therapy, Access to Aged Care Course. For more information contact: Patricia Kenny, Outreach Coordinator, Petersham Outreach Sydney TAFE Phone: 9335 2588

Multicultural Food - Korea

Korea has a population of 69 million people; 21.7 million live in North Korea and 47.5 million in South Korea. The Korean language is spoken in both South and North Korea. Korean food is generally spicy and Kimch'i, a spicy pickled cabbage and rice are the basis of Korean diet.

Korean Kim Chi

Ingredients

- 1 Large Chinese Cabbage
- ½ cup sea salt
- ½ teaspoon Cayenne pepper
- 5 Spring onions, finely chopped
- 2 cloves garlic, finely chopped
- 5 cm fresh ginger, grated
- 3 teaspoons chopped fresh chilli
- 1 tablespoon caster sugar
- 2 ½ cups cold water



Method

Cut the cabbage in half, then into large bite size pieces. Place a layer of cabbage into a large bowl and sprinkle with a little salt. Continue with layers of cabbage and salt, finishing with a salt layer. Cover with a dinner plate that will fit as snugly as possible over the top of the cabbage. Weigh down the plate with cans or a small brick and leave the bowl in a cool place for five days. Remove the weights and plate, pour off any liquid, then rinse the cabbage well under cold running water. Squeeze out any excess water and combine the cabbage with the cayenne pepper, spring onion, garlic, ginger, chilli and sugar. Mix well to combine before spooning the cabbage into a large sterilised jar. Pour the water over the top before sealing with a tight fitting lid. Refrigerate for 3-4 days before eating. Kim Chi is an accompaniment eaten with Korean main meals and with steamed rice.

National Standards for Disability Services

Standard One: Rights

The intent of this standard is to promote ethical, respectful and safe service delivery which meets, if not exceeds, legislative requirements and achieves positive outcomes for people with disability. The Human Rights principles are relevant across all the standards and each standard supports the achievement of basic rights. This standard has a focus on particular rights such as self-determination, choice, privacy and freedom from discrimination.

The standard emphasises the importance of:

- dignity and respect;
- freedom of expression;
- self-determination;
- choice and control;
- confidentiality and privacy;
- freedom from discrimination, exploitation, abuse, harm, neglect and violence;
- the role of families, friends, carers and advocates in the safeguarding of rights; and
- comprehensive systems to prevent or promptly respond to any breaches of rights.

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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