



MDAA Inc. Newsletter

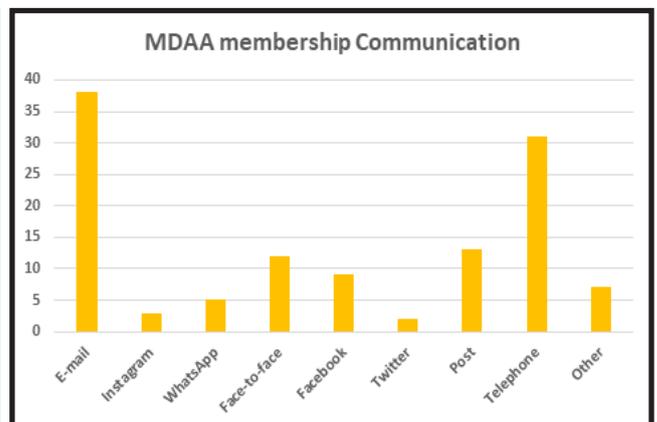
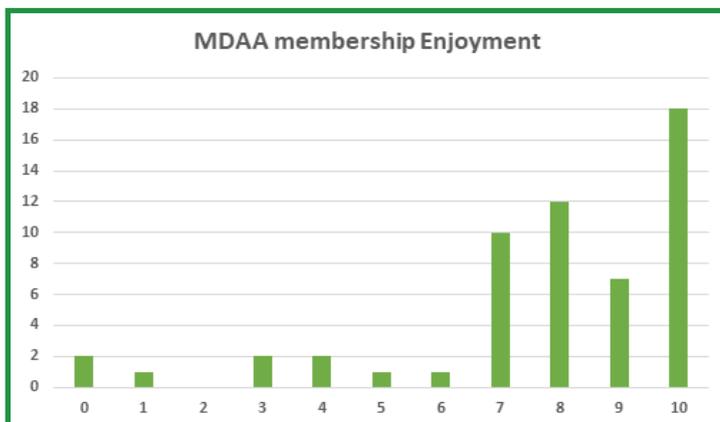
May 2021

## MDAA Membership Satisfaction Survey

MDAA would like to thank all the members who participated in our annual Satisfaction Survey for 2021. We had positive feedback on our services and activities. Some of the comments on what our members enjoy included:

- Cultural activities, meeting different people, learning about different cultural backgrounds.
- Enjoyed services regarding immigration etc.
- Learning new skills, peer supports, public speaking, volunteering, art crafts and dancing
- Everything is amazing at MDAA, senior staying connected and outings.
- Workshop and social activities where the members can come together, learn new information, make new friends, and ask each other about which services are good.

MDAA also received feedback regarding the ways we can improve our services and communication. These included more social activities, NDIS related information and using more social media. We appreciate the time taken by our members and look forward to another year of supporting people with disability.



## Time to renew your MDAA membership

### MDAA Membership Renewal for 2021/2022

Thank you for supporting MDAA through your membership. MDAA has been advocating for the rights of people from a Culturally and Linguistically Diverse (CALD)/Non-English Speaking (NES) background with disability for more than 25 years. We are looking forward to continuing to promote, protect and advocate for the rights of people with disability from CALD/NES background, 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 when you receive this reminder. A MDAA membership renewal form is enclosed.

**Please note:** Your membership should be renewed to be eligible to vote at MDAA's AGM or to nominate for the Governance Committee. Kindly return the membership renewal form with the applicable fee. Please contact MDAA on (02) 9891 6400 for a renewal form.

MDAA gratefully acknowledges funding provided by the Australian Government through the Department of Social Services, Department of Family and Community Services

# MDAA News

## Information Forum 6 May 2021

MDAA held an Information forum about MDAA services at Alpha Park Community Hall in Blacktown on 6 May 2021 for the Fijian- Indian community. Speakers were from the Disability Royal Commission team, CBSO team and the NDIS Appeals and Reviews team.

Mely from our Community Voices project discussed her story and experiences with MDAA. 17 consumers attended the forum and the feedback was well received. Participants were pleased with the information and presentation.



## Domestic Violence forum 11 May 2021

MDAA held a forum on how to deal with Domestic Violence at St Marks church Granville on the 11 May 2021. Even though it was a difficult topic we still had 10 consumers in attendance.

Participants were handed out information flyers including important information about safety and emergency situations. After the forum, consumers had lunch together. Consumers talked to each other to build friendship and form supportive networks. Participants commented that this forum was great, and they gave feedback of how they have learnt to distinguish between different types of Domestic and other abuses and also how to stop and report them.

## Planning Ahead Forum 12 May 2021

MDAA held an information session about the Australian Aged Care System and Planning Ahead for Future Decision-Making on 12 May 2021. A total of 53 individuals attended in person, including 44 participants, 6 MDAA staff, and 3 guest speakers – Sora Machida from Western Sydney Local Health District (WSLHD), and Teresa Rubio and Harry Rutner from Western Sydney Community Legal Centre (WSCLC). Overall, the participants found the topics to be very interesting and informative, especially because it made them more aware of their legal rights. The participants thanked MDAA for organising such forum. They noted that the venue is nice and the event was well organised, speakers were very professional, and the organisers had excellent Covid-19 risk management protocols in place.



## TAFE NSW Mental Health Expo 18 May 2021

On 18 May 2021 MDAA staff members Sera and Marilou, with Shirley (a trained Community Voice of MDAA) were invited to speak to Mental Health students at Mt Druitt TAFE about MDAA services and advocacy. Participants gave glowing feedback with the teacher, Sylvia commenting:

“Thank you so much for sending those lovely girls to provide my mental health class with their presentation on MDAA. Sera and Marilou showed such passion, empathy and knowledge for their work.” The students also commented “Very informative agency presentation, recommend further presentations from these lovely ladies including Shirley Robertson, who is a fantastic strong woman”



## Stroke Recovery Conference 20 May 2021

On Thursday 20 May 2021, Julie from MDAA Community Voices shared her story, challenges, and support from MDAA at the Stroke Recovery Conference at Novotel Hotel Parramatta. Sera Yilmaz, Systemic Advocate, also presented to the conference about MDAA and the ways we can provide support to people with disability. MDAA staff also held a stall at the conference.



## MDAA Bega Update

MDAA Bega, held its annual Consumer Consultation at the Bega Civic Centre on Tuesday, 20th April 2021. Nina Lavite, Bega regional CBSO, was joined by MDAA Head Office staff members: Disability Royal Commission Officer, Yvonne Munce, NDIS Appeals Officer, Nicholas Lay, and Active Citizens Project Officer, Rosa Touch, who were received with appreciation and enthusiasm by 12 community members in attendance. The consultation highlighted regional-rural issues, systemic issues, barriers, access to health services, transport, NDIS, and telecommunications. Lack of local Specialists and Hospital medical equipment availability, puts community members at risk when travelling 2 1/2hrs for treatment. We were delighted to be joined by special guest: Ms Kristy McBain MP, Member for Eden-Monaro who spoke on these issues and answered questions. She also encouraged community members to be proactive, have their voices heard. Bega Valley bush fire recovery continues, displacing community members in desperate need of available housing in Eden-Monaro region. Feedback received from community members of Bega consultation was encouraging.



## MDAA Griffith Update

MDAA staff including Rosa, Zaya and Sera, and Rochelle from the Griffith office were in Griffith on 6th May, educating multicultural residents with disability on the wide array of services available to them including the Royal Commission. MDAA held a presentation at the Griffith Community Centre, advising residents about help to navigate the hurdles of living life with a disability. MDAA's Sera Yilmaz said the visit was about letting people know what their rights are. "We wanted to come down here to Griffith to speak to some of the consumers and let them know about the services we provide at MDAA," The local media attended and local Griffith Councillor, Anne Napoli, attended to show her support for MDAA. It was a very insightful and informative day for consumers in Griffith.



## MDAA Newcastle Update

Staff from MDAA Granville and Newcastle office attended the Multicultural Neighbourhood Expo at the Station Newcastle. There were 30 stall holders and approximately 300 attendees. It was a great day as an annual event including networking and celebrating multiculturalism in Newcastle. MDAA saw a few of our consumers in attendance who were pleased to see MDAA represented and to meet staff from Sydney. Thank you to Catherine, our Community Voices representative, for volunteering her time for the day, it was so lovely to see her.



## NSW Network of Women with Disability-Wollongong

On the 3rd of May 2021 the NSW Network of Women with Disability group travelled to Wollongong for an outing in Randall Park with 20 participants including staff and members of MDAA's G C. Everyone contributed food to share, and MDAA provided the BBQ to cook at the park. MDAA booked two Maxi taxis to transport all of the participants. Rosa Touch (Active citizens project officer) discussed the Active Citizen forums sessions happening at the MDAA office.

## Active Citizens Update

Intellectual Disability Rights Service (IDRS), Your Life Your Rights Course (4 sessions):  
11 May – Rights, responsibilities and making decisions, - 18 May – Your rights where you live, - 25 May – Your rights with the police, practising standing up for yourselves and others, - 1 June - Your rights at work and making complaints. These sessions covered these topics as well as addressing other topics of interest such as criminal rights in the justice system and where to find more information about rights in relationships. The feedback from participants include, "this is all new content [rights when dealing with police]. It is helpful to know about the different services such as the Justice Advocacy Service – support people when going to court and dealing with police and Ability Rights Centre – free legal advice when first dealing with police." "These services should be promoted more in police stations and on social media in case people get stuck or in trouble." "Thank you very much. This will help me with my children."

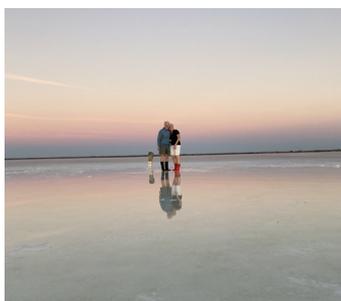
## MDAA Governance Committee Report



### Contribution by Governance Committee member: Paul Caesar:

Day 1 we left for Griffith, about 7 hours, 600 kms away by car. That afternoon, we (my wife Joyce and I) caught up with Rochelle at MDAA Griffith office. She showed us around the Community Centre and explained how much she enjoyed it with Red Cross on the same site compared to the previous office in Ulong Street. She felt there was some synergy in the way the two organisations worked together.

Over the next few days we explored Griffith including walks to the Hermit's Cave and a couple of different tracks through the Cocoparra National Park. From Griffith we went to Swan Hill via Coleambally where we stopped at an Olive Farm and had an olive oil tasting - something different! In the evening in Swan Hill we went to the Pioneer Settlement and watched the Heartbeat of the Murray. Next day was in Sea Lake, Victoria, where we ventured out onto Lake Tyrrell salt lake at sunset. We visited the silo art in Sea Lake and surrounding villages. We have just completed our first 1500 kms getting here plus day trips to different places. Then off to Berri in S.A. where we spent our day on the Murray, firstly in a barge for a river cruise and in the evening in kayaks which allowed us access to deeper parts of the riverside. While in Adelaide we visited the Central Market and tried a bit to eat from several stalls, Botanic gardens, Glenelg Beach and even bought tickets on Tripadvisor to have lunch with a local family. It turned out they were Indian and the food was great as was the conversation. We talked about their travels before arriving in Australia about 5 years ago and their plans and ours for the future. By now we had clocked up our 2500 kms and headed through the Coorong where the movie Storm Boy was made. We stayed in Naracoorte where they have a swimming pool the size of 5 x Olympic pools. The land was donated by a farmer to the community in the 1950s and the Council merely needs to keep the pool operational. Then we went to Halls Gap which is the stepping-off point for visiting the Grampians, a mountain range famous for its waterfalls and walking trails. We did a few of the walks; 2 hours across rocks (no path) and another with 260 steps down to the base of McKenzie Falls and then you've got to climb back up again! Then to Hay as an intermediate stop on the way to stay at a friend's place. By now we'd done 4000 kms. Hay appealed to me as a really friendly, easy-going place. Then to Koorawatha, near Cowra where we stayed in a friend's brand new house that had been built in Wagga and delivered to his new address on the back of 3 trucks. Amazing! Then on to Bathurst where we had a few goes at driving around Mt Panorama race track. I am a very experienced driver yet in some places it is terrifying at 80km/hr. How do the professionals do it at 180 km/hr? Finally down to Erowal Bay to stay at our daughter's weekender and then home. Total 4700 kms. A fabulous trip!



## 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 2021:**

**Articles due in by:** Fri 23 July 2021 for sending out on Wed 28 July 2021

**Articles due in by:** Fri 24 September 2021 for sending out Wed 29 September 2021

**Articles due in by:** Fri 26 November 2021 for sending out Wed 1 December 2021



# MDAA Executive Director's Report



MDAA is busy as can be, buzzing with activities such as projects and consumer information sessions for everyone on various topics such as Domestic Violence, Community Safety, as well as promoting our services in different ethnic communities.

MDAA has formed partnerships with Western Sydney Community Legal Centre who is conducting a fortnightly Legal Clinic for our consumers who want to consult solicitors for their legal issues. We also have linked up with the Immigration Advice and Rights Centre who can provide advice about immigration matters. Both organisations are happily providing our staff with information sessions as well. Feel free to contact us if you have any legal or immigration issues so that we can facilitate a referral.

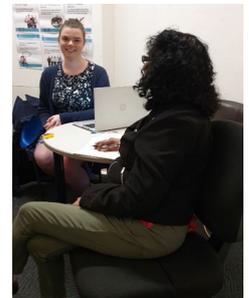
MDAA has had a visit from our Department of Social Services (DSS) Fund Manager who was very impressed with our activities and overall progress. She had an opportunity to see and talk to participants of our weekly Seniors Staying Connected project, where people are learning to use technology such as their tablets, mobile phones and computers.

It is with regret however that our Community Connectors Project is coming to an end this month of June and we will be farewelling the Community Connectors during our Staff Development and Networking.

MDAA is happy to report that we received some grants from the Department of Communities and Justice as well as from the Cumberland City Council.

Our funding for our advocacy, NDIS Appeals and Royal Commission have been renewed by the Commonwealth Department of Social Services, however our state funding hangs in a balance as the DCJ are still reviewing the Advocacy framework/models and funding scheme. It is unfortunate that the community sector has these threats over their funding. So to all our consumers and members, if you are able to speak to your State Member of Parliament to request them to help us get our funding, it would be greatly appreciated.

Remember MDAA is here for you.



## MDAA Staff updates

MDAA would like to warmly welcome our newest members of the MDAA Team, Evrim Gunce. Also welcome back Kaysey Sinpreseuth from maternity leave .

MDAA would like to farewell Novia Phandita and Mustapha Omar from our Community Connector Program and wish them well in their future endeavours.



*Evrin Gunce*



*Kaysey Sinpreseuth*

# Upcoming Events at MDAA

## NSW Network of Women with Disability

The NSW Network of Women with Disability Group has a future event planned for June 16, 2021. We have also organized a Cuppa in the River in Nepean Penrith, using the NSW Discovery voucher to enter and thirty people has been booked for the event. Transport for the event has been organised using Flintwood bus services. The Women's Network would like to acknowledge and thank Nelly and Segundo in securing a donation from the manager of Woolworths Paramatta of goods worth \$250 which can be used for future raffle prizes and events. The Women's Network has discussed planning a trip to Canberra for two nights and three days in October 2021. More information will be provided leading up to this event.



NSW Network of Women  
with Disability

## MDAA Upcoming Consumer Forums 2021

### My Aged Care Planning Ahead for the Future Carer Gateway

17 June 2021- 10.00am to 1.00pm

St Joachim Catholic Church Hall, 2 Mills St Lidcombe NSW 2141

### Afghan Information Forum

1 July 2021 - 10.00am to 1.00pm

Granville Community Centre

1 Memorial Drive Granville NSW 2142



## MDAA Active Citizens Project

Upcoming session for Active Citizens Project:

- Wednesday, 23 June – information session with Health Care Complaints Commission

## MDAA SES Immigration Rights Forum 8 April 2021

MDAA held an Information Rights forum based on immigration matters with a focus on carer visas on 8th April 2021. Nineteen consumers attended the forum in person, and 8 attended via Zoom. MDAA team members from SES that attended were Abu and Violet via ZOOM. From the Granville office, Jennifer and Susan Laguna were in attendance. The guest speaker was Gregory Rohan representing the Immigration Advice and Rights Centre (IARC). Gregory provided an insightful presentation on the intricacies of the carer visa category going from the beginning to the end of the process in detail. There were many consumers asking questions during and after the presentation and they understood the help that can be provided from IARC as well as the overall complexities of the carer visa process. The participants valued the ability to access IARC's free advice through an MDAA CBSO's referral.



## Disability Advocacy Royal Commission (DARC)

One of our newest Disability Royal Commission advocate David Skidmore, met with Ms Julia Finn, Member for Granville and a representative on behalf of Penny Sharpe, Shadow Minister for Family and Community Services, and Shadow Minister for Disability Inclusion. The meeting was an opportunity to discuss MDAA's great work supporting the Culturally and Linguistically diverse community and how important this work is. Ms Finn mentioned a person with disability who came to her office asking for help to get the home modifications they desperately needed. Public housing authorities and the NDIA each expected the other party to pay. David suggested referring the person to MDAA to discuss making a complaint to the Disability Royal Commission. The offices of politicians can sometimes be the first-place distressed people go if they have a problem. Your local MP may not necessarily know about disability advocacy services or how an MDAA can help people with disability. If you need help asking your local MP to support you or would like to make a submission to the Disability Royal Commission please call 1800 629 072 and ask for an advocate.

# Information

## Community Garden



Are you interested in being part of starting a community garden?  
MDAA wants you to be involved!

Our goal is to start a community garden that is friendly and accessible.  
A place where you can learn about gardening & food growing, relax in a  
sensory garden and make new friends in your community.



For more information or if you would like to put your name down to become involved, contact  
MDAA on 1800 629 072.

## Dine and Discover Vouchers-NSW

The NSW Government has launched Dine & Discover NSW to encourage the community to get out and about and support dining, arts and tourism businesses. NSW residents aged 18 and over can apply for 4 x \$25 vouchers, worth \$100 in total.

2 x \$25 Dine NSW Vouchers to be used for dining in at restaurants, cafés, bars, wineries, pubs or clubs. These can be used from Monday to Thursday.

2 x \$25 Discover NSW Vouchers to be used for entertainment and recreation, including cultural institutions, live music, and arts venues. These can be used 7 days a week.

The vouchers:

- can be used at participating NSW businesses that are registered as COVID Safe
- cannot be used on public holidays
- are valid to 30 June 2021.

The vouchers will roll out by Local Government Area (LGA).

<https://www.service.nsw.gov.au/campaign/dine-discover-nsw>

Customers



Apply for Dine & Discover NSW Vouchers



## Spanish Speaking Forum 22.04.21

On April 22, 2021, MDAA held a Spanish-speaking forum at the NSW Spanish and Latin American Association for Social Assistance Inc. (SLA-SA). More than 70 participants from different Spanish-speaking countries attended. The main objectives of this forum were to raise awareness regarding MDAA's services and people with disability and the NDIS in Spanish language. Many people were interested in our services, resulting in nine enquiries from that single event. We thank the CCPs Jessica, Harley and Riam who worked together to make this happen.



## Community Voices TAFE presentation 27 April 2021

Community Voices: On 27 April 2021 our staff members Sera, and Marilou, as well as Shirley (a trained Community Voice of MDAA) were invited to speak to Mental Health students at Mt Druitt TAFE about MDAA services and advocacy. The feedback recorded was glowing and rated their presentation to be excellent. The TAFE teacher, Sylvia, said: "Thank you so much for sending those lovely girls to provide my mental health class with their presentation on MDAA. Sera and Marilou showed such passion for their work. They described empathy and knowledge which was wonderful. Shirley was a lovely added extra".

From the students- "Very informative agency presentation, recommend further presentations from these lovely ladies including Shirley Robertson, who is a fantastic strong woman"



## Multicultural Food - Mauritius

Mauritius, an Indian Ocean island nation East of Madagascar, is known for its beaches, lagoons and reefs. Owing to its geographic location and centuries of colonialism, the people of Mauritius are highly diverse in ethnicity, culture, language and faith. The estimated population of the Republic of Mauritius is 1,265,985 as at 1 July 2019. Languages spoken include Creole, Bhojpuri and French and practice Hinduism, Christianity and Islam. Mauritius was the only known home of the dodo, which is now extinct.

### Mauritius Dhol Puri (Yellow Split Pea Wrap)

#### Ingredients

- 1/2 teaspoons cumin seeds
- 1 cup yellow split peas soaked overnight
- 4 cups flour
- 1/2 teaspoon turmeric
- 1 to 1 3/4 cups water
- salt
- vegetable oil



**Instructions** (The day before you make this recipe soak the yellow peas in water overnight.) Toast the cumin seeds in a dry frying pan and crush with a mortar and pestle. Drain and rinse the peas and boil in fresh water until just tender. Drain well and blend with the cumin in a blender or food processor, you are looking for a fluffy powder) Add salt to taste. Place the flour, turmeric and 2 pinches of salt into a large bowl and mix well. Add water a little at a time and mix until a smooth dough is formed. Knead for about 5 minutes, cover with damp cloth and set aside for 20-30 minutes. Form the dough into balls about the size of a golf ball and make an indent in the center of each ball. Stuff with about a tablespoon of the yellow pea mixture and seal the dough around the filling. Roll the balls out on a floured surface to very thin rounds. Brush a frying pan with oil and cook each dhol puri over high heat for about 2 minutes on each side. Before flipping and cooking the other side, brush with some more oil.

Serve two at a time warm with a lima bean curry and coriander chutney.

## National Standards for Disability Services

### Standard 6 - 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 all 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;
- 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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