



Share with Us

MDAA Inc. Newsletter

June 2024

Celebrating 10 Years MDAA House Granville

MDAA Head Office - Granville Official Opening on 9 April 2014

Ten years ago, the then Governor of NSW, the Hon Professor Marie Bashir AO CVO officially opened our new head office MDAA House at 10–12 Hutchinson Street, Granville. More than 100 people attended, including MDAA staff, community members, Human Services Minister Marise Payne, Auburn MP and shadow Ageing and Disability Minister Barbara Perry, Granville MP Tony Issa, Fairfield MP Guy Zangari, Assistant Police Commissioner Frank Menili and Rosehill police commander Scott Whyte. The opening followed MDAA's acquisition of the former State Heritage listed Granville Police Station.

A Smoking Ceremony and Welcome to Country was carried out by Indigenous Elders Uncle Greg and Uncle Wes. The Australian National Anthem was played by staff member Stephen Kerr on Scottish bagpipes. The MDAA Choir made up of staff and volunteers sang "Heal the World" and then lunch was served in the marquee erected in the carpark of MDAA House. The official opening of MDAA House marked the beginning of a new era.



Time to renew your MDAA membership 1 July 2024

MDAA Membership Renewal for 2024/2025

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 nearly 30 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.

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 Communities and Justice

MDAA News

MDAA's Forums



MDAA has held a number of Forums both in Granville and our regional offices including:

- Navigating Health Systems Forum - 8 April 2024
- Navigating Medicare Forum - 14 May 2024
- Community Forum on the NDIS - 5 June 2024
- Tenancy and Housing Forum - 11 June 2024

Thank you to all who attended these sessions.

IDRS Rights and Relationships Forum

MDAA and Intellectual Disability Rights Service ran a Rights and Relationships course in April 2024. There were 3 sessions covering relationships and the law; healthy and unhealthy relationships; public and private boundaries; and being safe and technology. A person with disability cofacilitated the sessions. There was always a safe space in the room for people to share openly. The feedback overall was very positive. The carers in the group who have young adult children with disability spoke about the importance of these topics and that they would like to attend again.

Feedback from Phuong Thi:

"Thank you very much for inviting me to attend the class. I hope in the future , MDAA will have many useful courses for people with disability, so they can have a safe life".



Art of Happiness workshops April/May 2024



MDAA has held a number of Art of Happiness Workshops in various locations including Wollongong as part of the Personal and Family Safety project. They were a part of empowering wellbeing and happiness and included a mediation session. We also celebrated International Art Day held on 16th April 2024. Thank you to the MDAA staff, students and the Admin Team for their support.



MDAA City & Inner West update

On April 9 2024, MDAA City office attended 2024 Northern Sydney District Interagency Forum in Chatswood. During the event, MDAA staff actively promoted disability advocacy services, enhanced knowledge and practice, connected with other organisations, and explored vital topics like mental health, domestic violence, and multicultural impacts.



MDAA Newcastle update



Thank you to the Multicultural Neighbourhood Centre Inc. for organising a wonderful expo on 29 May 2024. MDAA Newcastle CBSO Joanne Chater and Granville staff members Dolma Sherpa and Rosa Touch held a stall at the Expo and met many community members. Over 50 organisations attended and there were different cultural performances.



MDAA Wollongong update



MDAA Wollongong CBSO Lynn Meignen held a stall at the 2024 Illawarra Disability Options Expo. MDAA staff met community members and networked with different organisations.



MDAA staff including CBSO Wollongong and our Executive Director attended the Regional Annual Summit, hosted by Multicultural NSW in Wollongong. The Summit involved leaders and stakeholders from various multicultural communities discussing the future of multiculturalism, community resilience as well as capacity building.



Tamworth & Gunnedah visit June 2024

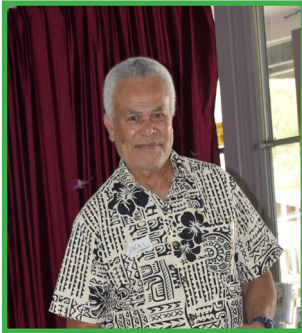
MDAA staff members Abu and Bharat met with Ms Amalin Sundaravej on 13 June 2024, from MOSAIC Multicultural Connections Tamworth and exchanged information about multicultural population with disability in Tamworth areas. They also met with Multicultural Tamworth Inc and discussed issues faced by migrants including accessing disability services. On 14 June 2024 they held a meeting with Ms Amanda Fisher, Team Manager of Disability Advocacy Support Helpline (DASH) in Tamworth and shared information about referral. Also during this visit they met with



doctors at Tamworth Hospital, promoted MDAA services at Tamworth Mosque, participated in Multicultural Women's Association (MWA) Multicultural Festival, Gunnedah and promoted disability advocacy information to the community. Met with Councillor Rob Hooke, Deputy Mayor of Gunnedah Shire Council.



MDAA Executive Director & GC Report



Embracing Excellence: MDAA's Commitment to Inclusive Advocacy and Empowerment



MDAA has always been dedicated to supporting the rights of Culturally and Linguistically Diverse (CALD) Persons with Disability (PWD).

Our main goal is to make sure your voice is heard, valued, and respected. Together, we aim to create a society where everyone is celebrated, and every person can thrive.

To achieve this, MDAA is making some changes to become the best in advocacy and support for CALD PWD. These changes include:

- 1. Strengthening Community Engagement:** We will work harder to reach out to different communities.
 - 2. Enhancing Accessibility:** We are committed to making our services easier to access for everyone. This means improving our materials and resources to meet the needs of all.
 - 3. Advocacy and Policy Influence:** We will work closely with other organisations, government agencies, and community groups to build a strong network of support and advocacy.
- Together, we can break down barriers, challenge stereotypes, and build a more inclusive future for all. We are excited to start this journey with all of you, and look forward to the amazing impact we will make together.

With gratitude and determination,

Malakai Madden – Chairperson

Yvonne Munce - Executive Director



Another productive meeting of the MDAA Governance Committee

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 three months.

'Share with Us' Newsletter deadlines for 2024:

Articles due in by: 20 September 2024 for sending out end of Sept 2024

Articles due in by: 16 December 2024 for sending out end of Dec 2024 or early Jan 2025

MDAA Systemic Report

MDAA was chosen to provide nationwide training on Culturally Safe Advocacy. We appreciate the opportunity to continue sharing our expertise in best practice for working with people from diverse backgrounds.

Culturally safe advocacy views diversity as a strength. In a multicultural country like Australia, it ensures that everyone feels respected, valued, and supported regardless of their cultural background. MDAA is passionate about the social model of disability. This approach highlights the importance of cultural awareness in addressing the social, environmental, and institutional barriers faced by people with disability. Beyond the ethical and human rights benefits, organisations also gain from increased engagement and trust, stronger relationships and partnerships, and an improved reputation.

Culturally safe advocacy has evolved from earlier concepts like cultural competency and cultural humility. Ongoing learning helps us provide the best support to our communities. We thank our consumers for their continuous feedback, which guides our own development of best practices in this area.

This training was delivered by our Systemic Advocate and Policy Officer, Alicia Rodriguez.



Executive Director, Yvonne Munce attending Western Sydney Executive Women forum

MDAA Staffing Updates

MDAA would like to warmly welcome our ongoing student placements to the MDAA Team.

MDAA would like to farewell Marian Onofomi, Capacity Building Support Officer (CBSO) in Granville, Nina Lavite, CBSO Bega, Charry Cammarano and Stefano Cammarano. MDAA wants to acknowledge Abu Bakar Sadozai, CBSO Education. He has been a part of the organisation for 20 Years and an employee for five years. We wish all of them well in their future endeavours.



Events at MDAA

MDAA Membership Survey

MDAA is conducting a survey on our change management initiatives, and your feedback is important to our continuous improvement. Your feedback will help us better support your needs and directly influence the future direction of our services and programs. Thank you for contributing to the positive changes at MDAA. Our Change Management Communication Plan survey is enclosed in this newsletter.

Please return this survey by 31 July 2024 to:

Mail

MDAA

Reply Paid 87581

GRANVILLE NSW 2142 **OR**

E-Mail: mdaa@mdaa.org.au

Thank you for your time.



Aged Care Volunteer Visitors Scheme (ACVVS)

The Aged Care Volunteer Visitors scheme (ACVVS) visits aged people who:

- are socially isolated
- have frailty, mobility or communication impairment that prevents them from participating in any social or leisure opportunities
- do not have regular and reasonably frequent contact with friends and family

The ACVVS program at MDAA focuses on aged people from Culturally and Linguistically Diverse/non-English speaking (CALD/NES) background who live in Western Sydney, Southwest Sydney and Illawarra areas.

Who can get support from ACVVS?

- Residential Aged Care Facility (RACF) who do not have frequent engagement with friends or relatives
- A person living in their own home and receiving a Home Care Package (HCP)
- elderly people who are on the waiting list for HCP

MDAA's Social Circle program is a FREE service.

Please call our ACVVS staff on 02 9891 6400 or 1800 629 072 for assistance.

Melody in Motion Workshops

Bridging Heart and Culture

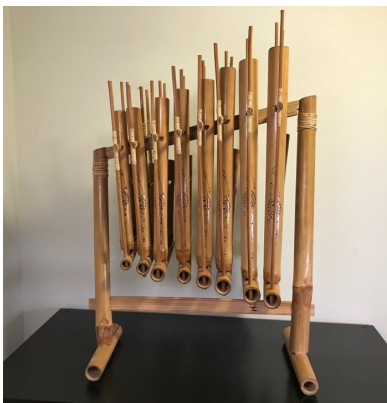
MDAA will be holding weekly FREE music lessons.

When: Tuesdays 16 July 2024 to 3 September 2024

Time: 10.00am to 12.00pm

Where: MDAA Granville 10-12 Hutchinson St Granville NSW 2142

For more information and to book a spot please call MDAA on 02 9891 6400 or 1800 629 072



Information

Daily Habits to improve Mental Health

Caring for your mental health can lead to improved mood, reduced anxiety, clearer thinking, deeper relationships and improved self-esteem and confidence. Below are eight proven daily habits to improve your mental health:

- Get restful sleep
- Cut back on social media
- Strengthen your relationships
- Move your body on your own terms
- Savor nutrient-rich foods
- Know when to take it easy
- Make time for rest
- Get some sunshine



Your mental health plays a pivotal role in your quality of life. Many of the factors that can affect mental health remain beyond your control, but adding beneficial habits to your days can promote greater wellness. Just know that when it comes to adopting new habits it's generally more helpful to start with just one or two at a time, instead of a complete overhaul. Then, check in with yourself to take stock of how those changes helped.

Carer Gateway Community Forum

Carer Gateway Community Forum is part of Carer Gateway. This is a safe and anonymous online space that allows Carers over 18 years to share experiences, gain support and learn new strategies to help them in their caring role. The Forum is available online 24/7 and it's easy to join in. Carers have already posted about their caring journeys, sharing helpful advice and supports they have found useful. This Forum also provides a safe social space to chat about shared interests such as recipes, hobbies and self care tips. This is an Australian Government initiative and provides free peer support. To find the Carer Gateway Community Forum simply visit: <https://forum.gateway.gov.au/s/>



Learn and Lead Group

EXCITING OPPORTUNITY: Want to build your leadership skills and join a group of people with intellectual disability? Down Syndrome Australia are looking for 10 people to give advice to the new National Centre of Excellence in Intellectual Disability Health. The Learn and Lead Group will guide and provide advice.

Why join?

- Be a leader and help guide projects.
- Share your ideas to improve health services.
- Learn new skills in advocacy, research, and public speaking.
- Work with a supportive team and make new friends.
- Get paid for your time.

Down Syndrome Australia welcomes everyone to apply and are keen to hear from First Nations people, people from different cultures, rural and regional residents, people who are LGBTQIA+ and those with communication support needs. You need to have an intellectual disability to apply, but you don't need to have Down syndrome.

Applications close at 5pm on Friday 26 July 2024.

Visit their website to learn more and to apply.

<https://www.downsyndrome.org.au/national/learn-and-lead/>



Multicultural Food - Japan

Japan is an archipelago, or string of islands, on the eastern edge of Asia. Almost four-fifths of Japan is covered with mountains. The Japanese Alps run down the center of the largest island, Honshu. The highest peak is Mount Fuji, a cone-shaped volcano considered sacred by many Japanese. Japanese food is very different from food in Western countries. There is lots of rice, fish, and vegetables, but little meat. With little fat or dairy, this diet is very healthy, which helps Japanese people live, on average, longer than any other people in the world.

Okonomiyaki

Ingredients: ½ medium finely shredded cabbage, 1 bunch chopped scallions, 1 cup panko breadcrumbs, ¾ teaspoon sea salt, 3 eggs, beaten, Extra-virgin olive oil for brushing.

For serving:

Vegan Worcestershire sauce, Mayo, Sesame seeds, Pickled ginger, ½ sheet sliced nori, ½ cup microgreens, optional.



Method:

- In a large bowl, combine the cabbage, scallions, panko, and salt. Gently mix in the eggs. (Note: the mixture will be very loose and cabbagey, not like a flour pancake batter. If it's very dry, let it sit for 10 minutes).
- Heat a nonstick skillet over medium heat. Brush the skillet with olive oil and use a ¼ measuring cup to scoop the cabbage mixture into the skillet. (It's ok if it doesn't seem cohesive, it'll bind together as the egg cooks). Flatten gently with a spatula so that the mixture is about 1/2 inch thick. Cook 3 minutes per side, or until browned, turning the heat to low as needed. Repeat with the remaining mixture, wiping out the skillet and brushing more oil, as needed.
- Drizzle the okonomiyaki with Worcestershire sauce and thin strips of squeezed mayo. Top with sesame seeds, pickled ginger, and nori. Sprinkle with microgreens, if desired. Serve hot.

National Standards for Disability Services

Standard Three: Individual Outcomes

The intent of this standard is to promote person-centred approaches to service delivery whereby individuals lead and direct their services and supports.

The standard emphasises the importance of:

- people with disability leading and directing their supports with support from family, friends, carers and advocates (with consent)
- service planning, implementation and review being based on individual strengths, needs and life goals
- collaboration and dialogue,
- responsiveness to diversity; and
- options.

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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