



Citizen Advocacy Sunbury & Districts Inc.

Quarterly Newsletter

Email : casunbury1@bigpond.com.au

Autumn Edition 2014

Office 5
36 Macedon
Street
Sunbury 3429

Postal Address:
P.O. Box 420
Sunbury 3429

Tel: 9744 7378
Fax: 9740 8535
Mobile
0408 178 614

Web
casunbury.net

As the year progresses and we continue to support our existing CA relationships and recruit new ones, our thoughts must turn to our upcoming surveillance audit on the 1st May 2014. This is a follow up from last year's Standards Audit and will ensure that we continue to make progress and develop our programs policies and systems and ***most importantly look after our people.*** Letters have gone out to Advocates and Protégés asking for people's involvement by attending interviews with the auditors. As stated last year, this is in no way assessing the relationship but rather the way we support the matches and manage the program – If you are available your time and input would be greatly appreciated.

I'm glad to say that work has begun on the production of a new DVD about Citizen Advocacy, highlighting examples of advocate / protégé relationships and what they achieve. This is a joint project between this program and North East Citizen Advocacy. The DVD and associated photos are being produced by Gary Radler Photography. Gary's vision is "to create compelling, high quality images of people who are members of groups that have demonstrated resilience and survival in the face of marginalization and discrimination". I look forward to sharing this exciting new production with you and using it to promote the work of Citizen Advocacy in our community.

To operate a community based program such as this, not only takes paid staff and funding, but also people with a range of skills and passions for the cause, that can help run the program through the committee of management. We have always been fortunate to have many excellent people involved on our committee of management over the years, but people move on and other commitments take over. We are currently in need of a treasurer and a couple of other committee members. This is a most satisfying and rewarding opportunity to contribute something to your community through a program that exists to help some of the most disadvantaged members in society. Please call the office if you know anyone!

We will in this first half of the year hold a couple of advocate information sessions and are always open to suggestions people may have around obtaining information about existing services or ideas to help protégés live a better life. Further information will be sent out to individuals as soon as dates are confirmed.

Regards to all

David Abela.
(Co-ordinator)

Adult Ed Program

Protégé Heather, writes about her studies with Adult Ed

My name is Heather Smith and as you probably already know my advocate is Lyn Plummer. I am enjoying married life living independently with my husband, Gavin, who also goes through different challenges every day. While my husband is at work three days a week, I also go to school to improve my education for something interesting to do, different from staying home every day.

Going to school and having something to keep me busy is such a enjoying part of my life because every day I go, I am learning something new. I really like keeping myself busy by going to school because of the benefits of learning and being taught some life skills, which are very useful when living independently. This school that I go to is held in the city, by the disability organization “Yooralla” and the education program is known as “Adult Ed”. This Adult Ed program gives me the opportunity to catch public transport into the city, by myself, which I wasn’t doing before starting at Adult Ed.

It also gives me the opportunity to meet new people and to make friends with other people like myself, who also have got some form of disability. Going in there when scheduled, I really feel that I am in a happy and friendly atmosphere, which helps me leave my trouble behind at home, where they belong.

Since starting at Adult Ed about a year ago, it has given me more opportunities on my future goals and more choices on what I would like to doing when going into employment. In my first year going to Adult Ed, I have written up a couple of newsletter articles, become more familiar with Facebook and email, sign up to YouTube and other internet social media and had my PhotoShop work included in the newsletter, amongst other things. Just before finishing last year one of my trainers suggested that because my work was so good quality I should consider going to TAFE college and getting my certificates in further and more advanced education, before thinking about employment, while another trainer suggested that I should consider doing a more advanced creative writing course.

The Adult Ed program also has a couple of students making their own lunch recipes and selling them out available to other students and staff members for every Tuesday, just for \$5.00. Another interesting thing about Adult Ed is that some students get to make their own homemade ‘Zine to sell in a near-by ‘Zine shop and make up their own PowerPoint presentation or make their own movie to upload onto the Internet. Other more advanced students (in the Mentoring Program) get to help out other basic learning students who have more difficulties reading and writing (including spelling). In the Retail class, students are encouraged to help out at the “Yooralla” opportunity shop in Carlton. Yooralla also has got a couple of UCAN cafe’s around Melbourne, where a bunch of students work at part time, as well as going to Adult Ed. In the practical office skills class, the students are encouraged to help out with humongous mail outs for different companies and other organizations. I find this is really great fun for me, just keeping busy and talking to others, while doing the mail-outs. There is also Riff Raff Catering, where students prepare and serve food to small to large crowds of people for different functions.

I enjoy taking part in each of my classes ranging from Life Skills to Multimedia. On special-outing days, I also enjoy getting out there into the Community and going to different places, rather than being bored staying at home. The places where I have visited while taking part are St. Kilda and Werribee, amongst others on the outskirts of Melbourne.

Other classes in the Adult Ed Program are basic food handling, digital imaging, practical office skills, numeracy/technology, mentoring program, employment preparation, verbal communication skills, creative writing, gardening skills, book club, money management, participating in the community, literacy/technology, retail skills, job seeking, art & craft, sports +, office computing, active life, cake decorating, discovering Melbourne and music/song writing.

Advocate Testimonial

Joan Purton writes about her Protégée & friend, Mary

Life with Mary

I first met Mary when my husband Don and myself moved to Sunbury from the small town of Balranald, South Western NSW in 2003.

Being new to the area, and wanting to meet people and be of some use in the community, I answered and advertisement for people to help writing stories for adults with disabilities at Distinctive Options.

The words "I'd bashem" were what first made me notice Mary. She had been asked what she would do in a certain situation, and that was her reply. Wow! I hoped that I'd never cross her!

Bruce Mitchell, Ronnie Jelbert and Mary lived in a community house at Underhill Court, and because of a shortage of taxis back then, I began running them home when each session finished. It was during this time that I got to know the three of them, and we would sing in the car and have one on the way home. One evening, Mary invited me in to see what "Me and Ronnie are going to be in". It was a deb ball for the disabled, so I offered to make Mary's dress for her. It was shortly after this that I was approached to be Mary's Advocate.

At first, I didn't know just quite what to expect, but once I set my boundaries (being a retired school teacher helped I'm sure) we got along fine.

I have found that Mary is somewhat of a "rough Diamond" She can be very rough on the outside but her

heart is in the right place.

The first time I went down town with her, I was surprised at the number of people who knew her. She loves shopping and takes her calculator with her, working out what she can and can't afford. We regularly go to Sunbury Square where she has Hot Chocolate and I have coffee (Mary told me which shop was the cheapest) She likes to get a "treat" to "take home for the boys" whenever we are out.

A keen photographer, Mary likes to go and take photos of the Myer Christmas windows, and we follow this with Yum Cha as a special treat in the city.

Mary loves knitting and crochet and always has something in the bag. She loves cooking and has been promised that when her room is nice and tidy we will have a cooking day again. (that will be in a couple of weeks time as she is trying very hard).

We've been together for ten years now, and while I only took on the position as a trial, I can't imagine what life would be without Mary in the background now.

I'm proud to call Mary my special friend and have a special place in my heart for her as she does for me.

To hear her say "Ya know I love ya" gives me a feeling of satisfaction for bringing a little happiness into the life of my "special friend".



'We've been together for ten years now, and while I only took on the position as a trial, I can't imagine what life would be without Mary in the background now'.

Do You Know Someone?

An important part of the Citizen Advocacy Sunbury program is to find suitable community members to become part of the Committee of Management.

Citizen Advocacy Sunbury needs a Treasurer

Some of the Treasurer duties include:

Preparing the treasurer's report for and attendance at the once monthly Committee meeting, oversight of preparing EOFY reports, Bas Returns and Payroll including managing Long Service Leave entitlement, salary sacrifice and chattel mortgage on motor vehicle are among the requirements of the position. Xero accounting software is currently in use. An interest in social justice and the NFP sector would be helpful.

Existing advocates and friends of the Citizen Advocacy Sunbury program are an important resource when we go in search of a new Committee member. Your work colleagues, associates, family and friends are all individuals who may potentially be suitable for a specific Committee role or to assist the program using their skills and knowledge in other ways.

If you or someone you know might be able to take on the role, please contact the office on 9744 7378 and we will be more than happy to discuss it in detail and provide any further information required.

'Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in' - Author Unknown

Complaints Resolution & Referral Service (CRRS) Who are they?

There are 10 Standards that Commonwealth funded disability services (like ours) must follow to get money from the Government. If a service does not follow the Standards you can complain to the Complaints Resolution & Referral Service (CRRS). A copy of the Standards is included in your Citizen Advocacy Sunbury & Districts Inc. Handbook.

What is the CRRS?

The CRRS is a service that helps people with disability sort out complaints about disability employment and advocacy services funded by the Commonwealth Department of Social Services.

Complaints Resolution & Referral Service

Free Call: 1800 880 052 Telephone

Typewriter: 1800 301 130 Fax: 02 8412 7199

Email: crrs@workfocus.com Postal Address: PO Box 126, St Leonards, and NSW 1590

National Relay Service: 1800 555 677 and ask them to call CRRS for you

For an interpreter who speaks another language: 13 14 50 and ask them to call CRRS for you.

**Would you like to
contribute to our newsletter
or website?
Please contact the office on
9744 7378**