

June 2024



NDIS Review Conference

GdA sent our amazing advocates Trudy Joyce, Bernadette Duane and Keiah Meddings-Cooper to the Disability Services Consulting Annual NDIS Conference held in Sydney in March. It was a great opportunity for them to hear from some excellent speakers and talk in more detail about the NDIS Review and its recommendations.



GdA Advocates Trudy Joyce, Keiah Meddings-Cooper, with Fiona Tipping



GdA's Trudy Joyce pic w Bern Duane (L) and Keiah Meddings-Cooper (R)



GdA farewells Carly McKinnis from the Board of Governance

GdA wishes to thank Carly for serving over 3 years with the Board and helping with many important decisions over this period. Carly was instrumental in the Reconciliation Action Plan Working Group. Carly brought much passion to her role in her quest to help ensure people with a disability are receiving the best service possible. Carly is a very busy community leader and we were very fortunate that she could be part of our GdA team



GdA's Independent Pathways and Living Skills winds up after 4 years

GdA's Independent Pathways and Living Skills (I-PaLS) celebrates 4 successful years this year. I-PaLS ran across 11 local government areas, engaging almost 300 people during its 4 years, despite COVID and lockdowns. The program was successfully managed by Carol Starkey, our Partnership and Projects Manager and delivered by our great group of facilitators Lisa Arnfield, Karen McAloon, Jane McMaster, Tiffany Kenny, Sarah Garton, Tadc Quirke & Tilly Schembri.

Our participants did so much including cooking, painting, science experiments, sewing, bowling, dough sculptures, special themed days, fundraising for cancer, trips to the Men's Shed, Melbourne, visiting newly renovated Ballarat library, Daylesford Chocolatery, and great guest speakers from CFA, Ambulance, Police, and many of the local community organisations to cover topics such as first aid, emergencies, money and even a Landcare group to host gardening workshops.

I-PaLS was part of the Information, Linkages and Capacity Building (ILC) funding stream, initially managed by the NDIA by transferred to the Department of Social Services (DSS) in 2022. We would not have been able to deliver such community-based outcomes to people in Ararat, Stawell, Wendouree, Ballarat North, Haddon, Darley, Daylesford, Bacchus Marsh, Creswick, Horsham, Nhill, Warracknabeal, Hopetoun, Edenhope, St Arnaud and Woomelang without this federal funding.



April was Autism month and GdA would like to shine a light on the positive outcomes that one participant had from attending our I-PaLS

(Independent Living Pathways and Skills Program)

This is feedback from one the GdA IPaLS Coordinators:

Initially, our participant was very disengaged and socially isolated, spending much of their time home alone not doing anything. In the first few weeks of the program this person was reluctant to contribute to group discussion and often answered " I don't know" but with encouragement over time they started to contribute to the conversation and connected with some of the other participants. They were able to relax, and their true personality shone through, and they could be themselves.

Being in a place of no judgement and acceptance they came to accept themselves and what they had to offer. This self-belief led them to make choices that will have long term benefits for them and their family.

Having success with their job seeking and then attending a three-day work trial then being offered ongoing work has further increased their self-confidence and belief. It will impact other future decisions and choices they make in all sorts of positive ways.

(this article appeared in the Ararat Advocate on Friday May 3)



CEW Women Leaders
Empowering
All Women

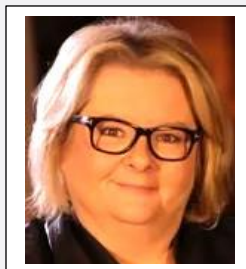
Media release | Monday, 6 May 2024

Job Seeker & Youth Allowance

More than 200 women leaders including from business, unions, philanthropy, academia and the community sector have written to Prime Minister Anthony Albanese urging him to provide economic security for women leaving violence by raising the rate of Jobseeker and Youth Allowance.

Magda Szubanski AO said:

"Forty-five years ago, I worked in a women's refuge so I know exactly what helps women be safe. It isn't just supporting women to leave a violent relationship but supporting them over the longer term. Adequate income support is crucial if we are to break the cycle."



If you need someone to talk to, call

Lifeline

13 11 14

Kids Helpline

1800 551 800

MensLine Australia

1300 789 978

Suicide Call Back Service

1300 659 467

Beyond Blue

1300 22 46 36

Headspace

1800 650 890

QLife

1800 184 527

Family and domestic violence support

1800 Respect national helpline:

1800 737 732

Women's Crisis Line:

1800 811 811

Men's Referral Service:

1300 766 491

Lifeline

(24 hour crisis line):

131 114

Relationships Australia:

1300 364 277

Vic Safe Steps crisis response line:

1800 015 188





Domestic Violence against Women IS NOT okay

If you think a friend or loved one might be experiencing domestic violence, not knowing exactly how to act or what to do to help can leave you feeling helpless.

But friends and family can play a huge role in supporting loved ones facing these issues and helping them to safety.

1. What do I say to a friend who tells me they're experiencing DV?
2. How can I be respectful of the unique challenges First Nations women face when experiencing DV?
3. How do I help a friend escape DV?
4. How can I help my friend who has just moved into a women's shelter?
5. How can I talk to a male friend or family member about his bad behaviour?
6. How do I talk to my young or teenage son about domestic violence and bad behaviour?
7. How do I have a conversation with my boss about domestic violence leave from work?
8. What to do if you feel the police are not helping?
9. How can I best support a friend with disability who is experiencing DV?
10. What do I do if my friend goes back to their abuser?

This information comes from an article by the Indigenous affairs team's ABC Carly Williams and Ali Russell 5.5.2024

To read the whole article, go to:
[How to help a friend in a domestic violence relationship - ABC News](#)



What does GdA do?

- *Help you write a letter or submission to represent your interests
- *Make a telephone call with/for you or help get info to resolve a concern
- *Find information about another agency that may be able to assist
- *Provide information on disability issues
- *Support people to advocate for themselves

GdA Office Locations

- ❖ Ararat
- ❖ Horsham
- ❖ Daylesford
- ❖ Ballarat
- ❖ Clunes

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