

infolink



Inside

The arts, sport and recreation issue

Community and Home Support SA

A dramatic life

No strings attached

Pathways to recreation

Getting the rhythm, Riding for the Disabled, the Tri State Games, local and overseas travel

... and much more!

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**Government
of South Australia**
Department for Families
and Communities

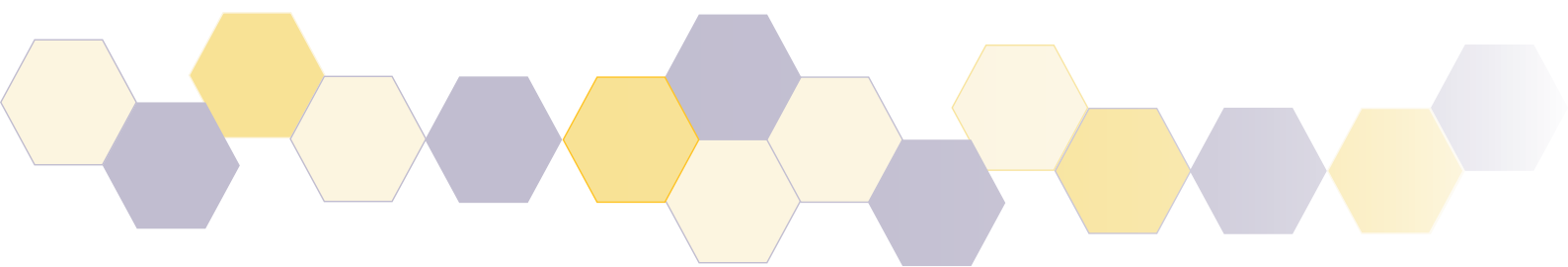
infoLink is for people with disability, and their carers and families. The magazine will also interest those providing services to people with disability.

Above all, *infoLink* is meant to be informative and useful. The magazine focuses on practical help, news and articles that will keep you up-to-date about initiatives, programs and services.

infoLink is published twice yearly. This edition focuses on personal growth through sport, recreation and the arts. The next edition will focus on families and carers.



Chief Executive,
Department for Families
and Communities,
Joslene Mazel



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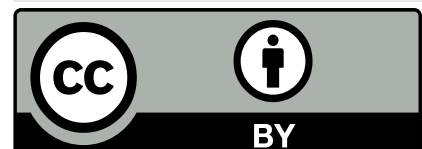
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Message from the Minister

Our government understands that improving access for South Australians with disability is not as simple as installing ramps to buildings or adding signs in Braille. It's about changing mindsets, raising awareness, increasing opportunities and, most importantly, listening to people's ideas, concerns and feelings.

People with disability, their families, carers, service providers and support organisations have made it clear—they want more say in how government delivers services.

I am pleased to tell you we will answer this call with the development of a disability consultative register.

Under the new system described on pages 32 and 33, individuals and organisations will be invited to nominate specific areas of interest so they are consulted—and can speak up—when an issue arises in their nominated area.

The register replaces the former Disability Advisory Network of South Australia (DANSA), which has provided the government with some very valuable advice over the years.

Thank you to everyone who was involved with DANSA. I hope to continue to hear from many of you through the register.

These changes also build on consultation undertaken by



Minister for Disability,
the Hon Jennifer Rankine MP

the Social Inclusion Board as part of its Blueprint on how the government can deliver better services for people with disability.

The Rann Government continues to make every effort to ensure life is fairer for people with disability. Central to this commitment is our strong focus on supporting South Australians of all abilities to get out and about in the community.

It's wonderful to see, in this edition of *infoLink*, a range of stories highlighting the contribution people with disability make across our state through academic pursuits, the arts, music and sport.

My best wishes go to all those taking part in the upcoming Tri State Games—and my thanks to everyone supporting them.

A handwritten signature in blue ink that reads "Jennifer Rankine". The signature is fluid and cursive, with a large loop at the end of the name.

Jennifer Rankine
Minister for Disability

Out and about in the world

'Disability' no longer has to mean excluded, isolated, hidden away, not part of the world. Many people and organisations, including those formed and run by people with disability, provide an exciting array of ways to participate in all sorts of activities, including in sport, recreation and the arts.

Being *in the world* can mean having a social life and meeting new friends, making a difference to others through your efforts, learning new skills and knowledge for yourself, travelling the globe, becoming a world-class competitor, increasing your exercise and fitness, enjoying and making music and art, and so much more. If you've hesitated in the past to try something that interests you, perhaps this edition of *infoLink* will inspire you to make some inquiries into one of the many options described within. There are many ways in which you can be supported.



Government
of South Australia

Department for Families
and Communities

Community and Home Support SA: a single access point

A new single access point for disability and ageing services for South

Australia was announced by the Minister for Disability and Minister for Ageing, the Hon Jennifer Rankine MP in December 2010. The new division is called Community and Home Support SA, part of the Department for Families and Communities (DFC), and provides a one-stop destination for advice on home care and support for older people, people with disability and their carers. The new arrangements bring together services previously provided by a range of divisions in DFC, including Domiciliary Care SA, Disability SA, Office for the Ageing, and Office for Disability and Client Services.

The two branches within Community and Home Support SA are:

- Disability, Ageing and Carers, led by Executive Director, David Caudrey
- Disability and Domiciliary Care Services, led by Executive Director, Lynn Young.

Disability, Ageing and Carers

The Disability, Ageing and Carers branch comprises three directorates and two units:

- the **Policy and Planning** directorate, led by Zofia Nowak, ensures that new, innovative, best-practice policies—for people who are ageing, have a disability or a caring responsibility—are considered, developed and tested through community-based projects carried out in consultation with key stakeholders
- the **Funds Management** directorate, led by Joe Young, leads the allocation of funds under Home and Community Care and the National Disability Agreement.

This directorate also identifies strategic priorities and new funding models to support the national and state agenda for ageing, disability and carers

- a newly created **Intake, Assessment and Resource Allocation** directorate, led by Nancy Penna, provides a new single access point for disability and ageing services in South Australia. The goal of the new directorate is to make it clearer and easier to access disability and ageing services from initial intake through to service delivery.

The **Strategic Projects Unit**, led by Natasha Rees, leads the development, implementation and review of statewide projects such as ageing and disability service improvement, community passenger networks, and high and complex needs.

The **Business Services Unit**, led by Melissa Centofanti, is responsible for business planning, event management, communications and administration of the SA Seniors Card Program and the Retirement Villages Act 1987.

One of the highest priorities for the Disability, Ageing and Carers branch is to create an integrated community care and support system that's easy to access, ensures the best match of clients to services, and provides for diversity in the services available to older people, people with disability and their carers. Three projects have begun around meeting this priority:

- rollout of Access2HomeCare metro-wide (Intake and Assessment)
- reform of brokerage and sub-contracting (Funds Management)
- eligibility policy (Policy and Planning).

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The **Access2HomeCare** project has been trialled for people aged over 65 but its potential for people under 65 with disability is now being explored. This approach is in keeping with the one-stop-shop approach that will simplify a client's journey through the access and assessment process.

Recognising the complexity often associated with disability assessments, a project position has been created to focus on ensuring that the needs of people with disability are captured in the new system.

Access2HomeCare, which began in 2008, has operated as a demonstration access point for the western region of Adelaide and some country areas for nearly three years. It's now timely to roll out Access2HomeCare across the metropolitan region; to achieve this, we've been reviewing in excess of 250 process and procedural documents, and creating a training package to ensure consistency in assessment and standard of referrals. A comprehensive Information, Communication and Technology (ICT) strategy has been developed to underpin Access2HomeCare. The initial implementation of the new Access Points System came into effect on 2 March 2011, with further enhancements and electronic solutions being introduced progressively over coming months.

The **Reform of Brokerage and Sub-Contracting** project has just started, with a project team established to review current brokerage and sub-contracting processes. The project will implement a new funding framework that will ensure funds are disbursed by the most effective and transparent means, while supporting client choice and individualised funding.

The Funds Management directorate is working in partnership with our service providers to deliver a Funds Management system supporting choice of service provider, individualised funding, efficient pricing and allowing for one contract manager to manage all funding with each funded service provider.

Disability and Domiciliary Care Services

This branch of Community and Home Support SA is led by four directors.

Claude Bruno (Disability Services, Director North) and Paul Willey (Disability Services, Director South) are in charge of state-wide accommodation services and community services for adults with disability.

Director Leeanne Head is in charge of state-wide services for children up to the age of 18 who have developmental delay or disability. She will also lead the more specialised disability services including therapy and intensive intervention, clinics, community nursing and services to people with exceptional needs.

Domiciliary Care Services is led by Director Lynette Pugh. This service operates across metropolitan Adelaide and provides support to people aged over 18 who need help due to injury, illness or advanced age. The service also runs the Domiciliary Equipment Service (DES), which deals with the hire or sale of both basic and more specialised equipment.

If you previously had services from Disability SA or Domiciliary Care SA, you will continue to get help from the same office location. You'll probably notice very little change to your services, although some teams may report to a different director.

If you would like more background and information about these changes, speak with the manager at your local office, or visit the Ageing and Disability Service Improvement page on the DFC website at www.dfc.sa.gov.au/pub/Default.aspx?tabid=908.

Natasha Rees

Manager, Strategic Projects Unit

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The dramatic life of Rachel High

The walls of her living room show Rachel High in photographs with international luminaries of stage and screen—people such as Jennifer Saunders (of *Absolutely Fabulous*) and Sir Ian McKellen (who played Gandalf in the *Lord of the Rings* trilogy). But Rachel's not in these photographs as a fan; she's in them because she's a fellow actor and has met other members of her craft while performing here in Australia and overseas.



Rachel's a 33-year-old woman with Down syndrome, who began writing stories and scripts at 9, and acting at 13 at school. She now has over 15 years of work on stage and in film. Her resume features details since 1995 of her work as a dancer, singer and actor (known in the business as a 'triple threat') and also as a playwright. There are many courses, workshops and theatre groups listed.

'When I was doing a scene, people were drawn to it and that's where I found my niche, in high school,' Rachel said. 'I enjoy having an audience. Confidence is the main thing I've gained. As a little girl, I was quite nervous and didn't really know how to react to people. I'm not at all nervous now!'

Among a busy career's highlights is Rachel's own 23-minute short film, from her script and direction. Called *Brown the dirt*, it's a children's story about animal smuggling, made in 2007 in the Adelaide Hills and premiering at the Mercury Cinema in 2008.

Not much puts Rachel off her dreams. She's been doing stand-up at Higher Ground as a character called Belle. 'I like to see if I can make people laugh. Comedy is my forte.' She also performed in *The Burlesque Hour* at the

2010 FEAST, undertaking what she describes as '... my bravest thing ever on stage, which was to be naked. It felt good actually. It was to express my womanhood and my sexuality'.

Rachel was asked in 2009 to perform in a film called *Work Ready*, about how limited job opportunities really are for people with disability. The ARTS students who were working on the script auditioned Rachel and '... they were quite impressed and so they cast me as the lead actor'. The film won

silver at the SA Screen Awards and Rachel was nominated for best performance.

Advice to others

Rachel's advice to people who want to be involved in the performing arts in any way is to remember that 'Anything is possible. If you want a career in the arts, you work towards it. Skill has to come from the heart. Be passionate and believe in it. If you believe in it, you can achieve it'.

She suggested going to the theatre more often rather than watching TV. Attending question and answer sessions, and forums, with the actors gives you a chance to ask, 'How did you do that? How long did you have to rehearse? And like that. If you do that, you'll get more involved in the arts'.

Rachel is now an assistant tutor for children with disability who want to become involved in drama. She's a recipient of a Richard Llewellyn Mentorship to become a dance/drama teacher and is undertaking the Foundation Course at Flinders University of South Australia, with a view to entering into a Bachelor of Arts in Drama and Filmmaking.

Company@ Autistic Theatre

South Australia is home to what is believed to be the only autistic spectrum theatre company in the world, Company@ Autistic Theatre.

A project of Autism SA, Company@ inspires and connects people with autism spectrum disorders (ASD) through the process of creating and presenting performing arts pieces. The company contributes to the creative and cultural life of the autistic and broader communities through collaboration, innovation and education. A pioneer in Australian theatre for adults with autism spectrum disorder, Company@ provides a valuable voice within the disability arts sector.

Part of the Company@ role is to help generate awareness about ASD in the community by presenting quality theatre performances. Company@ reaches audiences of 200 to 800, depending on the forum available. Each audience member benefits from exposure to education about and awareness of autism spectrum disorders either through the content of the theatre piece or through interacting with members of the ensemble.

Through its engagement with audiences and with youth in schools, Company@ hopes to influence a whole generation of people so that the benefits of understanding and acceptance will flow to the 5300 people with a diagnosed ASD in South Australia. A specific school's show has been developed for this purpose.

Company@ provides professional development and performance opportunities for an ensemble of 12 actors on the autism spectrum, and encourages their personal and professional development. Individuals with ASD are empowered through Company@ to become educators and to share with an audience their lived experience of disability. Theatre encourages a group sense of belonging and spirit while giving each individual sufficient space to express his or her character, and encourages personal identity and self-respect. While personal growth is

one aspect of theatre, long-held traditions of social and political activism through theatre enable communities to address issues such as power imbalances, the need for education, empowerment and expression. Company@ uses theatre to challenge common perceptions and to tell new stories.



Company@ is available to perform to groups and schools, and produces a new work for public performance each year. Company@ is open to adults with ASD and auditions are held on a yearly basis.

Autism SA also runs Company@ Youth, a workshop program for 16- to 25-year-olds who are interested in improving skills through movement and theatre techniques. For more information about Company@, contact Autism SA on 1300 288 476.

Check out their Facebook page under Company@ Autistic Theatre, and their website at www.autismsa.org.au/pages.aspx?sid=55.

You can view a promotional video about the theatre group on YouTube at www.youtube.com/watch?v=redr6zLo0WU.

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Duncan Luke with No Strings Attached

A red carpet, famous faces, and lots of applause. The Oscars? Almost.

It was March 2010. Duncan Luke was in Melbourne, an invited guest at the Victorian Green Room Awards, one of only six nominees in the category of Best Actor, Independent Theatre.

How did an actor from Adelaide's No Strings Attached Theatre of Disability come to be nominated for such a prestigious award?

Duncan has ankylosing spondylitis, bipolar illness and a mild intellectual disability. With support from his family, Disability Services and Anglicare, he has lived independently since 2003. He works part-time at the University of South Australia.

He is also the longest serving actor with No Strings Attached (NSA), active in drama workshops and public performances since 1994.

By staying engaged, Duncan has become a wry performer with uncanny improvisational skills and a disarming sense of humour. In 2007, these were just the qualities needed when he agreed to collaborate with theatre professional Julian Crotti to create and perform a 20-minute play they would call *Tom the Loneliest*.

In June 2009, after two more creative developments and under the direction of Paulo Castro, the full-length production of *Tom the Loneliest* premiered in Adelaide at the Bakehouse Theatre and in Melbourne at La Mama's Carlton Courthouse Theatre. It was for his performance at La Mama that Duncan was nominated for a Green Room Award.

Tom the Loneliest is a perfect example of how, as a community-based theatre company, NSA creates original productions out of the perspectives and lived experiences of its disabled artists.



Photo courtesy of No Strings Attached
Duncan Luke in his tuxedo,
looking like a red carpet pro.

Duncan and Julian were single men living alone, both battled bouts of depression, both struggled with short tempers. Based on their own lives and those of some of Duncan's single male friends, they created a play that audiences and critics loved:

You leave the theatre feeling you have had a fresh experience. Samela Harris, The Advertiser

There are plenty of bigger shows I could be writing about, but none as memorable as this little wonder. John Bailey, The Sunday Age

Animated by poignancy and absurd humour in equal measure, *Tom the Loneliest*

is a two-hander that careens into some morbid corners of the male psyche. ... The show's black energy derives from the actors' uncanny onstage rapport. ... What strikes you most about the show, though, is the striking illumination of male vulnerability—something we've all been conditioned to ignore. Cameron Woodhead, The Age

NSA's mission is to lead the way in training, services and opportunities for disabled theatre artists, supporting members to develop career paths in the performing arts. Duncan Luke is one example of how NSA is fulfilling its mission.

Almost 25 per cent of NSA's workshop participants are indigenous performers. More

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than 100 performers meet weekly in various drama workshops tailored to their individual needs. Some perform at the annual October Awakenings Festival in Horsham, Victoria and every workshop presents a year-end public performance at **connect!**.

Duncan finds it hard to imagine his life without NSA, where he has developed confidence and self-esteem and found challenges, friendships, and new experiences—like becoming an interested and discriminating theatre audience member.

You're likely to find Duncan and many of his NSA colleagues at local theatre performances, festivals and arts markets, mingling with other well-known actors and directors as equals—arts workers chatting together about their latest projects.

Many of these contacts come through NSA's training program called *Preparing the Garden*, in which 10 emerging performers are tutored by leading SA theatre professionals to prepare them for future professional work in theatre, film or TV.

Duncan's family, friends and work colleagues agree that NSA is one of the most important influences in his life. And the Green Room award? He didn't win, but the nomination was accolade enough. Duncan was there to applaud NSA colleague Kym Mackenzie and his mentor Alirio Zavarce when they won the inaugural Graham F Smith Peace Trust Award for their 2011 Fringe performance of *Trapped*.

Our activities during 2011

- Weekly drama workshops. Everyone is welcome. Contact NSA.
- **connect!** Wednesday, 30 November 2011, 11.00 am to 2.00 pm, at The Gums Reserve in Tranmere. This event is NSA's

annual outdoor disability arts showcase and party, and everyone's invited!

- Creative development of *Sons & Mothers* with members of NSA's Men's Ensemble Workshop (including Duncan Luke and Kym Mackenzie), conceived and directed by Alirio Zavarce. Production date 2012.
- Creative development of *Knowing Home* with indigenous members of NSA's Tracking Culture workshop, in collaboration with Kura Yerlo. Production date 2013.



Photo by Rodney Magazinovic

With Julian Crotti (left) in *Tom the Loneliest*.

More information

NSA workshops with interstate and overseas performers (like Back to Back Theatre in Geelong, Victoria; Oskabright Film Festival in Brighton, UK; and Julie McNamara, disabled actor and comedian from the UK)

have opened new vistas and broad-ranging friendships for Duncan: he is determined to visit both Julie and Oskabright on his trip to the UK to celebrate his 40th birthday in 2012.

Through regular contact with NSA theatre professionals, Duncan has learned to:

- express his ideas and his feelings
- articulate words clearly
- use his voice dynamically and his body intentionally
- stick at things
- accept advice and criticism, learning from both successes and mistakes (as you must in rehearsals)
- engage confidently with new people and situations
- assist newer members of NSA by teaching and by example.

P J Rose, Artistic Director

Telephone 8363 5970 or 0439 811 200

Email contact.us@nostringsattached.org.au

Website www.nostringsattached.org.au;

Facebook page under No Strings Attached Theatre of Disability

Tutti Multi Arts Program shows benefits

Participating in arts programs is so much more than therapy. It provides skill development, self-confidence, self-esteem and feelings of wellbeing along with opportunities to be creative and share that experience with other artists. It strengthens and increases people's social networks, and provides a means to impose order and personal power on a sometimes chaotic environment. (The names of the artists below have been changed to respect their privacy.)

Ethan's story

Sitting cross-legged on the library floor, Ethan's surrounded by nearly 200 manipulated images of his cat Buster. Each carefully selected image is laid out on the floor next to him in a sequence that he's determined. The work is kooky and fun.

Ethan's waiting patiently for a buyer who's coming in to purchase some of his work for her private collection.

Ethan is now a quietly confident artist. He knows what he wants and what he wants to produce with three exhibitions under his belt and having presented at two interstate conferences.

Being part of the Tutti Multi Arts Program has made a tangible difference to Ethan's life. He's had the opportunity over three years to explore his creativity and to share his experiences with other artists.

The collaboration with the group, and their open and honest feedback, has built a level of trust to which Ethan and the other participants in the program respond. Being part of a group and making their own art provides artists with opportunities to talk about their lives and what's happening around them. New ideas and awareness of world issues are explored in a safe environment, providing an informal forum outside the immediate family.



'Fox' by Charlie Taplin

Ethan was shy about his work—on which he placed little value—when he first started participating in the Tutti Multi Arts Program. His confidence has grown over time; this is evident in his hopes for future works and his willingness to engage in new things.

Ethan says of his work, 'I am inspired by horror, doom, comedy and technology. I believe in having a good sense of humour. It is important to laugh at the world and yourself. Music, video games, cartoons, real life and dreams rouse my imagination when I make art.'

Wayne's story

Working from his studio next to the beach at Brighton, Wayne is the master of his work and world. He has his own space and he's set it out the way he likes it. Each of the paintings displayed around the room is painted by other artists in the program. Wayne has chosen each himself, propping them up on boxes of stored canvases, lining others up along the walls, displaying them all in a sort of ever-changing makeshift exhibition. On most days, Wayne can be found here quietly rearranging the artwork or working on his own pieces. On other days, he chooses to work in the larger group, keen to watch what the others are doing.

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With little functional speech, Wayne's own art speaks volumes about his life and his view of his world. The meaning is evident in the patterns and grids he produces; in the bright, joyful, exuberant colours he chooses; and on the dark mysterious figures with huge teeth that he paints and then carefully covers with layers of paint. It's easy to appreciate, watching Wayne, how art enhances the quality and meaning of his life. It's strengthened his sense of identity by helping him express his inner life and giving him an alternative voice.

Like Ethan, Wayne's been in the program for three years. During that time, he's participated in five exhibitions and sold a number of his works to interstate and international buyers. Although it's hard to determine what Wayne makes of these sales, it's apparent when seeing him at an exhibition that he's proud of his work. He seems to be satisfied with recording his reaction to his world on canvas and he appears to take pleasure in his audience's reaction to his work.

About Tutti

Tutti provides professionally led opportunities for people of all ages, with and without disability, to explore their creativity. The work stimulates, entertains and creates surprises.

Best known for their inspiring choral work, Tutti's work has expanded in recent years to include visual, digital and performing arts. All the artists who participate in the Tutti Multi Arts Program have intellectual disability.

Visit Tutti's website at www.tutti.org.au for information about joining the ensemble, participating in visual arts and looking at the calendar so you can book tickets to upcoming events. You can telephone them at 8422 6510. Look for their Facebook page under Tutti Ensemble.

Sharon Manning

General Manager, Tutti

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2011 Peter Edwards Memorial Award

Call for nominations

The late Peter Edwards AM was involved for many years in redefining and reshaping services for people with intellectual disability. Each year, his significant contribution is recognised through an award established in his name, and granted in two categories:

- to a person with intellectual disability in recognition of personal development and/or achievement
- to a person who works directly with people with intellectual disability in recognition of personal contribution to the lives of people with intellectual disability.

The award provides money to assist further development which could include (but is not restricted to) undertaking a project, assisting in the pursuit of activities that enhance the life of the person with intellectual disability, undertaking training or skills development programs, purchasing books or equipment, or participation in a seminar or conference.

Community and Home Support SA is seeking nominations for the 2011 award. Nominations may be made by any person or organisation. The award is open to any individual who fits one of the two categories above.

Nomination forms are available from Jill Searle, on telephone 8372 1406 or at email jill.searle@dfc.sa.gov.au.

The closing date for nominations is Monday 1 August 2011. Send completed forms to:

Executive Director
Disability and Domiciliary Care Services
Community and Home Support SA
103 Fisher Street
Fullarton SA 5063

Broughton Art Society is committed to developing the skills of artists with disability

Anyone lucky enough to visit the Broughton Arts Society, Fullarton, will find a creative colourful world of paint-spattered floors and shelves loaded with supplies. You'll also enter a room filled with artists focusing on their work, amid the sound of much conversation and laughter. People with disability have attended art workshops here for over 40 years.

Treena Engel, who runs three of the five workshops held each week, said: 'The participants enjoy an outlet where they can learn art and craft activities in a social and casual environment.'

Both artists and their carers benefit from the experiences.

'People discover skills they never knew they had, share time with other artists, and have a chance to show their work in an exhibition held yearly in October or November,' Treena said. 'Cathy Brooks, this year's artist-in-residence, is working now with the artists on painting self-portraits for that exhibition.'



Photo by Nicola Stratford

Greg enjoys the freedom of expression.

Full-time carers get respite from being on constant call. And when their family member comes home, he or she has new experiences to talk about.

Painting is not all that's on offer; the artists work with such materials as leather, cane, ceramics and paper, and create mosaics, jewellery, gift-wrap, decoupage, wind chimes and more.

Visit the Broughton Art Society's website at www.communitywebs.org/broughtonartsociety/index.php, where you'll find information about its history, aims, achievements, class times and more. You can telephone them on 8272 7095.



Photo by Nicola Stratford

Helen makes a frame of love for Mother's Day.

Pathways to recreation: how you can join in

The Office for Recreation and Sport encourages the involvement of people with disability in all aspects of physical activity, recreation and sport-related projects. People with disability are under-represented in these activities within Australia; however, there are many programs, services and organisations dedicated to providing opportunities within the broader community. Participating in physical activity, active recreation and sport is a great way to have lots of fun, build friendships, be part of a team and become healthier.

Do you want to join in?

Programs are available for you. They may be offered by a local club in your area, the State Sporting Organisation (SSO), the State Sporting Organisation for people with Disabilities (SSOD), your community disability organisation or community recreation centre. Contact the Office for Recreation and Sport or State Sporting Organisations for people with Disabilities below to find more about participation opportunities.

State Sporting Organisations

There are many SSOs in South Australia, along with sporting clubs, community organisations for people with a disability, six SSODs and the Australian Paralympic Committee—SA Branch. Contact details are:

- Wheelchair Sports Association of South Australia—telephone 8234 1533
- South Australian Sport and Recreation Association for People with Integration Difficulty (SASRAPID)—telephone 8410 6999
- Riding for the Disabled (see page 16)—telephone 8331 1833
- Special Olympics—South Australia (see page 22)—telephone 8234 8730

- Blind Sports SA (Association of Blind Sports Clubs)—telephone 0402 564 991
- Deaf Sport and Recreation Association of South Australia (formerly SADRA)
Email: dsrsa@adam.com.au

The Australian Paralympic Committee has a branch in South Australia; get information about their Talent Search Program at www.paralympic.org.au.

Classification

Classification forms the structure for some sports competition. It separates people with similar levels of disability into groups or classes, so they can compete in fair and equal competitions against one another. Participation in activities may not require classification; however, it could become a requirement through the sport pathway.

Get more information by visiting the website at www.paralympic.org.au/content/understanding-classification.

If you are uncertain about what you'd like to do, contact the YMCA for some ideas and access to programs through the Recreation Link-up program. This program enhances the quality of life of people with a disability by supporting participation in sport, arts and other recreational activities of their choice. Visit <http://reclinkup.ymca.org.au>.

For information and resources on 'be active Getting Started', visit www.beactive.com.au.



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Girl Guides SA: involvement for all



Camp Amity

Girl Guides SA's Camp Amity for girls with disability will be held over three days in July 2011. The camp will include an outing, cooking, craft, games, disco, gift-making, and surprises! Volunteer Girl Guides and leaders are preparing for this special event and 18 girls with mild to moderate disability aged 6 to 12 years have been invited to attend and join in the fun. Each child will be 'buddied' by a volunteer Girl Guide (aged 14 to 18) to assist her with personal care. More importantly, the volunteer becomes a friend and partner to the child, enjoying all aspects of the camp program together.

Last year's camp had an international theme. Feedback showed that Camp Amity lives up to its name as a camp of friendship and harmony. The children all had a great time.



Photo courtesy of the Girl Guides SA

Nikki Hutton enjoys being a buddy for Chloe at Camp Amity, living Girl Guides principles while having fun.

Several families noticed more confidence and independence in their daughter after camp. Most of the attending children are the only child with disability in their school class. At camp, they learned they're not the only one facing the challenge of disability and they cheerfully supported each other while sharing stories of their own experiences. Several friendships were formed and the girls are eager to attend future camps.

As a leader, I delight in seeing the children with disability grow in confidence and take on a caring role toward their new friends. Often they are the 'receiver' of care at school but, at camp, there's an even playing field and they're so keen to help others. At one camp, a child fell and winded herself when her crutches slipped forward on the floor. Before I could get to her, two other children with disability were on the floor at her side, calming her and saying 'we're both here for you'. I took a step back with pride and let them support their friend.

The Girl Guides cheerfully take on the role of caring for their 'buddy' with disability and their training in disability awareness becomes a practical exercise in empathy, patience and 'parenting' as they share time at camp. It's a delight to see Girl Guides grow in this role and the benefits of this experience are invaluable. We often hear complaints about teens but these young women aged 14 to 18 give up three days of their holidays to support children to enjoy the fun of camp. We all love Camp Amity!

Call Girl Guides if you're a girl or woman interested in joining or volunteering.

Linda MacGillivray OAM, Camp Amity Leader

Telephone 8418 0900

Email guides@girlguidessa.org.au

Website www.girlguidessa.org.au

Twitter <http://twitter.com/#!/girlguidessa>

Participation can lead to improvement in accessibility, as well as fun

Serendipity led to competition and championship status for one couple. David and Nadia Moffatt were in Sydney, where David was competing at table tennis in the Public Service Competition and, it just so happened, an 'athletes with disability' competition was on at the same time. It was the first the Moffatts had heard of such an opportunity.

Both Nadia and David have a disability: Nadia had a sub-arachnoid haemorrhage at 12, which left her partially paralysed on her left side; David has Radial Ray syndrome, which led to his left arm being nearly 11 cm shorter than the right, with only 10 per cent movement, while his right hand has only 40 per cent movement.

After the Sydney experience, Nadia encouraged David to get classified (see page 13). Classification is a system that places people into classes according to their disability and the severity of its effect. (See www.paralympic.org.au/content/understanding-classification.) Rankings run from 1 to 10, with 1 to 5 being for people in wheelchairs, and 6 to 10 for those who can stand. David was classified as a Class 10, which is the 'least disabled standing' level.

The first competition in which David participated post-classification was held in Las Vegas. Travelling was a challenge, but airport assistance was available for Nadia. The couple took their son, Alexander (then 17 years old), with them and he was 'a great help' with such tasks as baggage handling.

Since that initial trip to Vegas, the Moffatts have been to Pula in Croatia, Agrigento in



Photo by Nicola Stratford

Nadia and David Moffatt with their many medals won at table tennis, including at international competitions.

Sicily and Chicago in the USA, where they enjoyed a white Christmas for the first time. Nadia began competing so that David didn't have to go alone to the events; she's become a champion herself since joining in.

The International Table Tennis Federation (ITTF) and most venues try to be accessible, but Nadia recommends travelling with a companion because '... it is a mixed bag. But, as people such as David and I compete and participate and advocate for the players, things get better,' Nadia said.

'I see involvement as a real opportunity for people who have the time to focus on sport. It makes you socially included, for sure, and you have the chance to interact with people in similar circumstances. I've even had the chance to mentor someone who went on to compete at Beijing! We've also developed many lasting and rewarding friendships by being involved.'

See the Table Tennis Australia site at www.tabletennis.org.au and the ITTF page at www.ittf.com.



Happiness and health from horseback

Gage, a nine-year-old boy with Riding for the Disabled Association SA Inc (RDA), started riding with Victor Harbor RDA as a five-year-old. He has spastic quadriplegia cerebral palsy, significant hearing loss and cortical vision impairment, uses a wheelchair for mobility and does not speak.



Photo by RDASA

Gage enjoys a ride on his horse, Dancer, with the help of volunteers.

When he first came to RDA, Gage had to lie on his back on the pony as he simply didn't have the core strength to sit up on a horse. He had to be shaded by an umbrella to keep the sun out of his eyes, as he cannot wear a hat or helmet.

Over nearly five years, with support and encouragement, Gage's family has seen slow and steady improvement in his head and trunk control and he now sits up on his horse 'Dancer'.

Gage loves his fortnightly rides and, when he's up on Dancer, with the sun on his back and the wind in his hair, he smiles from ear to ear.

Volunteers help Gage ride safely at the Victor Harbor centre. One volunteer holds the pony, two volunteers support Gage and a fourth volunteer holds the umbrella. They give him constant praise and attention, and he thrives on the bonds he has formed with the volunteers.

'He also loves the feel of Dancer and will nuzzle her with his face and run his fingers through her hair; this gives him sensory feedback,' says Amanda, Gage's mum. 'We expect Gage will continue to get stronger as he continues to ride. The happiness, physical and emotional wellbeing that riding gives Gage is immense and can only happen through RDA.'

Riding for the Disabled Association SA Inc is a voluntary, not-for-profit organisation that provides horse-riding instruction and related activities, including carriage driving, as therapy and active recreation for people with disability.

RDA in South Australia provides opportunities for people of all ages to enjoy a safe, stimulating, healthy, therapeutic and recreational sport at 13 riding centres across the state.

Visit the RDA website at www.rdas.org.au or telephone the state office on 8331 1833 for more information about the organisation and its programs. Check out their Facebook page under Riding for the Disabled South Australia.

Kay Milton
State Manager
Riding for the Disabled Association SA Inc
Telephone 8331 1833
Email admin@rdasa.org.au

Mateship can be found in Men's Sheds

General practitioners have been heard to say words to the effect that 'the cemeteries are full of women who were too busy to come see me, and men who said they were feeling just fine'. But it's well-known that many men are not 'just fine', that they are at risk of serious physical, emotional and mental health problems that they often don't discuss with others, or seek help to solve.

Enter the Men's Shed organisations, where men can come together to undertake projects, perform charitable work, learn about their own wellbeing along a range of dimensions and in a variety of ways, and make friends with other men.

'Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting to friends and maintaining an active body and an active mind.

'Becoming a member of a Men's Shed gives a man that safe and busy environment where he can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for,' reads the 'About' page at the Australian Men's Shed Association (AMSA) website at www.mensshed.org.



The Department for Families and Communities provides funds for two men's sheds for clients of Disability Services:

- The Men's Shed—more than 30 Disability Services clients attend each week; contact Craig Oswald on 8255 4201 or 0412 457 233, or Salisbury Council Community Services on 8406 8222
- The Parks Woodworking Group for men and women with brain injury—contact Mick McIntyre from Disability Services at Regency Park on 8348 6000 Wednesday to Friday.

There are other men's sheds, such as:

- the Morialta Church Shed (contact Peter Thornley on 8332 2041)
- The-Original-Shed Community Volunteer Workshop (see the website at www.the-original-shed.org.au)
- Encounter Centre Inc, Victor Harbor (contact the shed on 8552 2995, website at <http://encountercentre.com.au>).

The AMSA National Men's Shed Conference will be held in Brisbane from Sunday 21 to Tuesday 23 August 2011. Early bird registration closes Monday 11 July 2011. Get more information at the conference website at www.dcconferences.com.au/amsa2011, telephone 02 9954 4400 or email mensshed@dcconferences.com.au.

SoundWaves and MusicWorks contribute to the cultural life of the whole community

In a world where some people think anything is possible, one man and his team have made that a reality for people with disability. Tony Doyle has created places in which people with disability are able to bring forth their musical talents, learn new skills and, sometimes, move on to performance. The Department for Families and Communities has funded Tony Doyle Visions to develop the SoundWaves project over a three-year period, and to continue to produce the monthly MusicWorks events.

Tony said, 'SoundWaves is the place for experimentation in all areas of music from hip-hop to African drumming and everything in between. It's also where you can perform with a band or give a solo performance. SoundWaves gives you the opportunity to work alongside some of Adelaide's top performers and musicians. There's also lots of room for the audience to listen, dance, visit with friends and generally have fun'.

SoundWaves has one event and two workshops each month. The workshops currently focus on African drumming, and instrumental and vocal performance. The monthly African drumming workshops are moving to Saturday morning and will recommence in July on a date to be announced. People who would like to learn African drumming or want to develop their drumming skills are encouraged to contact Tony Doyle Visions. The instrumental and vocal performance workshop continues in its existing timeslot of 11.00 am to 1.00 pm on the third Thursday in the month.



Photo by Nicola Stratford

Ashton John D'Silva, from the JMG Band, beats out a strong rhythm on bongo drums, helping the dancers to get right into it.

'People gain self-confidence, improve their social skills and become better musicians,' Tony said. 'Although the workshops are about education rather than therapy or recreation, there are beneficial spinoffs, such as dancing, movement, meeting people, making friends.'

The people running the workshops have gained much from them, too: 'It's quite challenging to run a workshop when you've got a wide range of disability among the participants,' said Tony. 'But it's a rewarding experience, especially when people get to the stage of performing. You can see people develop and bloom.'

The SoundWaves event is held on the last Thursday of the month from 11.00 am to 2.00 pm at the SA Folk Centre, corner of South Road and George Street, Thebarton, with over 100 people attending to listen, play and dance.

The SoundWaves concerts, Tony said, are '... essentially about creating opportunities for

people to get up and have a go at performing in front of an audience. The event is free and, over past months, has been attracting a full house at the Folk Centre venue.' Tony added that finding large enough, accessible, mainstream venues is an on-going problem. 'It's very important to this work that we aren't peripheral, hidden away in fluorescent-lit halls somewhere. We want to be part of mainstream culture.'

Own experience

Tony is now totally blind and has lived his whole life with a sight impairment.

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He attended a seminar years ago at The Parks Community Centre, about disability and the arts, that '... was quite transformative'. Tony took on a job that emerged from that seminar to run the Arts in Action program. Among other accomplishments, Tony also started the Highbeam International Disability Arts Festival in the late 1990s, and was innovator and director for the first three festivals over a five-year period. He also works in collaboration with others; for example, at the Port Festival in 2009, he organised a two-day disability arts festival within the bigger event. The two-day event involved Tutti (page 10) and No Strings Attached Theatre of Disability (page 8), as well as indigenous and regional people with disability.

Tony took up playing music when he was 30 and '... other than personal relationships, it's been the most important component of my life. It's been a vehicle for meeting lots of people, for being creative, and for tapping into one of the beautiful and meaningful things in life. I want that experience to be available to everyone'. A particular emphasis in that experience is the chance to perform because '... one of the pleasures of music is sharing it'.

His team now includes workshop tutors, sound engineers, stage managers, caterers and volunteers who help with setting-up. 'Together,' Tony said, 'we create unique events, raising awareness and understanding of disability. Beyond that, we contribute to the community's broader cultural life.'



Photo by Nicola Stratford
Sue Willams plays the tambourine in the JMG Band at a SoundWaves event. Sue does a lot of set-up work, but she always finds time to dance.

SoundWaves links to MusicWorks

Participants in the SoundWaves workshops can progress to perform at the monthly SoundWaves event. Some people go on to perform at the MusicWorks events held on the first Tuesday of each month between 10.30 am and 2.30 pm at the Governor Hindmarsh Hotel. Entry is \$6, with free entry for support workers and carers 'on duty'.

MusicWorks performers include many professional and highly skilled musicians, especially those with disability.

SoundWaves and MusicWorks provide a stepping stone process for people with disability to go on to perform at mainstream events.

'I developed MusicWorks because Disability Services had identified that many people on day activities were looking for more creative outlets,' Tony said. 'People were looking to the arts to deliver some opportunities. MusicWorks has drawn together people with disability, and their carers and support workers to create a new sense of community.'

Around 250 people with disability, their families, friends and carers, attend MusicWorks each month. 'It's really like a big daytime party. The dance floor is always packed with people reflecting the whole spectrum of disability,' Tony said.

Check out Tony's website at www.tonydoylevisions.com.au, telephone him on 8212 0390 or send him an email at tdoyle.visions@bigpond.com.



Photo by Nicola Stratford
MC Frost raps it out with love and passion, telling stories to which all can relate. MC Frost (Chris Koufalias) has both attended and conducted SoundWaves workshops.



Tri State Games 2011 in South Australia



Photo courtesy of Tri State Games Inc

Swimming may be great fun, but it's a highly competitive sport as well.



Photo courtesy of Tri State Games Inc

Flying free of the earth—every thought, muscle, tendon, sinew and nerve focused on the jump.

There's a flurry of excitement building up around our State. The Tri State Games returns to South Australia for the 2011 event.

The Tri State Games is an annual sporting event held in November for people with disability living in Victoria, New South Wales and South Australia. Tri State has grown into Australia's largest grassroots sporting event for athletes with disability. Over 120 athletes from South Australia currently compete each year. Tri State Games offers athletes the opportunity to compete in sports such as soccer and bocce, athletics, track and field, swimming and indoor sports such as table tennis and 8-ball.

Tri State Games has not been held in South Australia since 2006, an event that many still refer to as being one of the best organised ever. In the last four years, the event was hosted in Mildura and in The Grampians region in Victoria. We see a return in 2011 to

the Adelaide Hills as host region, with most events being held in Mount Barker.

There is also a really strong family feel to this year's event, with project officer Debi Gobbett—responsible for organising and coordinating the Tri State Games in 2011—having a daughter who has been an athlete in Tri State for the last five years. Danah, Debi's daughter, competes as a member of Arrows SA, a team supported by the Mount Barker Family House Community Centre. Daniel, Debi's son, is the team manager of Arrows SA, adding more to the family feel in organising this year's event.

Debi herself has been involved in Tri State Games since 1988, just two years after Tri State was first held in Mildura in 1986. She initially helped out as a volunteer with the Riverland team for a number of years, including as an

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organiser when the Riverland hosted the event in 1994–95. After her family moved from the Riverland in the late '90s, Debi continued to volunteer with South Australian-based groups that brought teams to Tri State each year. Debi is now a member of the Tri State Games Executive Committee.

Yearly numbers increase

Around 80 athletes competed over the competition week when Tri State Games began in 1986. The number of athletes competing in 2010 was well in excess of 300. It's anticipated that 2011 will see the biggest Tri State Games to date, with an estimated 340 athletes registering.

Venues for this year's event include the Mount Barker Recreation Centre, Cornerstone College in Mount Barker, Anembo Park in Littlehampton and the Murray Bridge Aquatic Centre. The event begins on Sunday 6 November and finishes on Friday 11 November.

Tri State Games has relied upon a number of willing community groups to succeed each year and 2011 is no exception with a number of local services offering support. Mount Barker Family House Community Centre has taken on the role of administering and coordinating the event in 2011, with support from Community Lifestyles, C.L.A.S.S., and Hills Community Options. Support has also been forthcoming from the District Council of Mount Barker, Interwork and the YMCA.

Tri State Games has continued to grow and develop over the years because people with



Photo courtesy of Tri State Games Inc

Tennis is growing as a popular option.



Photo courtesy of Tri State Games Inc

The smile on this competitor's face tells a story of glee about being out in front.

disability need and want to have regular and ongoing involvement in sport and recreation. Athletes who compete each year are involved with training programs and attend training camps to prepare. Many athletes also go on to represent their state at Special Olympics national championships. Tri State Games also provide a significant period of respite for families, as well as the personal benefits to the athletes. Tri State Games provided 19200 hours of respite in 2010 to families in South Australia alone. Volunteers and sponsors are still much needed to ensure the event is a success.

Telephone the Mount Barker Family House on 8391 2747 for more information on this year's Tri State Games event. There's also a comprehensive website for you to visit at www.tristategames.com.au. You can check out their Facebook page under Tri State Games South Australia.

Sean Hames

Chairperson, Tri State Games

Telephone 8391 2747

Email seanlachlan@hotmail.com

Great gains from the Special Olympics

Photo by Winkipop Media

Special Olympics South Australia (SOSA) is more than just a sporting organisation; it really **does** transform people's lives. SOSA is our state's branch of the not-for-profit organisation providing sports participation and competition for people with intellectual disability.

People with intellectual disability who get involved with our year-round sporting programs have opportunities to develop confidence, share their abilities and make new friends. The social skills our athletes gain from Special Olympics are just as important as the physical ones.

Athlete Leadership Program

SOSA athletes are given new opportunities and challenges outside regular sports training and competition through the Athlete Leadership Program (ALP). ALP encourages and supports athletes to channel their confidence through public speaking, community engagement, working on committees and acting as ambassadors. They are prepared to take on leadership roles and develop new skills leading to better self-esteem, greater readiness for employment, independent living and increased ability to make personal decisions.

Travel

SOSA offers local weekly training sessions in many sports for athletes of all abilities. Athletes who want to progress can join in competitions at local, state, national and international levels that allow them to compete against others of the same ability. These competitions not only give athletes the opportunity to show their skills and feel proud of their sporting achievements but to experience national and international travel.

Seven South Australian athletes represented their country this June, competing at the Special Olympic World Games in Athens, Greece. Later this year, some SOSA athletes will travel to invitational games in Perth and New Zealand, and some will compete in the Junior National Games in Newcastle, New South Wales in 2012.

Health

We actively encourage better healthcare and lifestyle choices at our weekly training sessions and smaller events. Major competitions include our Healthy Athletes program, where volunteer health professionals provide free health screening and services. Clinics include podiatry, optometry, audiology and dentistry—conducted in a welcoming and fun environment.

Engaging the community and volunteers

Others besides members benefit from SOSA. Our Community Sports-Link offers sports activities, skills training and competition to people with intellectual disability regardless of age or skill. Through this program, SOSA works with over 50 organisations including educational establishments, state sporting organisations and the disability sector.

As well as our regular competitions, we have 20 community sports-link events and Ribbon Day competitions this year that are attracting up to 100 participants.

And it's not just the athletes who benefit; SOSA volunteers receive training, chances to travel with our teams and lots of personal satisfaction.

In the words of our volunteer basketball coach, Teresa Kinross: 'I have definitely made some lifelong friends. I love spending every Saturday morning to see the athletes develop new skills and enjoy themselves with their friends. Being able to see them perform a skill correctly after practising for weeks and simply seeing their faces when they score a goal is priceless'.

Lisa Hester, State Manager

Telephone 82348730

Email lisah@specialolympics.com.au

Website www.specialolympics.com.au/sa

Facebook page under Special Olympics South Australia (SOSA)

Andy Savage gets fit, raises money and starts a family ... (mostly) thanks to cycling

Andy Savage became paraplegic in 1996, when he crashed his bicycle. So, what's he doing now? Riding a handcycle! And meeting some big challenges.

Andy participated in the Ride Like Crazy event in 2010, raising \$630 for cancer research. He rode 110 kms and describes the day, which started at 6.30 am, as featuring one of the hardest things he's ever done: 'I couldn't feel my arms when completed, but with so much donated, it was well worth the effort.'

Andy began using the bike he has now in the beginning of 2010. The handcycle is specially made for lower-body disability, designed to be arm-powered. His bike cost \$6000, but they can range from \$3000 to \$15 000. Unfortunately, there are no subsidies to buy the bike; for Andy, it was entirely an optional personal recreational purchase.

His cycle is used just for recreation, rather than transport. He can't use it to head for the shops, for example, because 'I can't take my wheelchair with me, so I have to stay in the handcycle. It's for pleasure riding rather than for reaching a specific destination, unless you have someone at the other end with your chair'.

Andy said he gave up smoking and gained weight, so had to do something to get fit. 'It wasn't hard to learn the handcycle', he said, 'although it took me a while to get my fitness up to be able to ride. I was training probably over 150 kms a week, over a year, to get up to the speeds I've been doing.'

On the Ride Like Crazy event, his speedo stats read: total riding time—7 hours 5 mins; total distance—110.5 km; average speed—15.60 km/hr; top speed—72.45 km/hr.

'Cycling gets me out, gives me freedom and speed, and is much better than being in a wheelchair. I just like the speed of it. The fastest



Photo by Pam Carrington

Andy Savage at the beginning of his participation in the Ride Like Crazy fundraising event.

'I've gone down a hill is 78 kms/hour and on the flat, I do between 25 and 30 kms/hour cruising,' Andy said.

'Doing this has made me a lot healthier, fitter and has really give me a sense of achievement. I love to push myself now, to find a really big hill and push myself up that hill. I like a challenge.'

Andy cycles by himself rather than with a group; however, Wheelchair Sports SA has a handcycling group that goes out once a month, and they have handcycles to hire for people who want to try them. Check out their website at www.wheelchairsports-sa.org.au.

'I generally ride along the Linear Park track, along the Torrens, to the beach and back. It's well laid-out, no obstacles, very smooth. People tend to stare with friendly curiosity—me on the handcycle is something different that they haven't seen before.

'Part of the reason I started getting fitter was to try to start a family. My missus is expecting twins in July, so I expect I'll be doing less training on the cycle. It all fits together—giving up smoking, getting fitter. I reckon I'll have enough challenges in my life soon, without having to enter competitions!'

No wheelchair could kill my 'travel bug'



Photo courtesy of Catherine Clark

Neither rain nor jet lag nor needing special transport were going to be barriers to travelling holidays for Catherine and her husband, Kym.

Having a disability doesn't need to be a barrier to getting out and seeing the world. If you want to travel, there's usually a way. We've even been known to fly to Melbourne or Sydney to go to a concert, if the opportunity presents itself!

It's the same with employment. I started late in life, not because I didn't have the skills but because it was a while before someone gave me a genuine opportunity. I struggled in the private sector, but it was the public sector that has given me those opportunities that I needed. I wanted to find out how I could achieve my goals, so I did my research. I thought, 'There must be someone who could see my worth'. It's a matter of persevering and knowing your strengths and weaknesses. You have to keep working at it. If you want it enough and you keep working at it, you should get there eventually.

Twelve years ago I decided that I wanted to go to the United States. I went for four months. Making the decision wasn't difficult. I had the finances and the opportunity was there. From that time on, I've kept the desire to travel.

Travelling never worried me. As a child I lived in Argentina for four years, so I had the experience

of living overseas. I speak two languages other than English; it helps to have a French mother and a Spanish father. I found it useful to have knowledge of these languages—you can ask for directions and other help. It's also been useful in the workplace.

The USA: land of great service

The USA is very wheelchair-friendly. There wasn't a time during my recent trip that I felt I was struggling. I actually felt very independent.

Twelve years ago I had more independence than today, so I thought I might have problems with this trip. Last time I had a three-wheeled scooter. Now I have an electric wheelchair, which I need to use 90 per cent of the time. The USA is an amazing place for travelling if you use a wheelchair. If I wanted to go on a tour, the buses were accessible. If I wanted to use a taxi they would arrive in 10 minutes—not like here in Adelaide!

I'd certainly recommend the USA for people with disabilities. For example, we had accommodation in Las Vegas. We'd made reservations advising that we required wheelchair access. When we arrived, staff asked, 'Do you require a rollaway room or a hoist room?' We couldn't understand what they meant! It relates to the sort of lifting gear that you might need in your room. We couldn't believe how well they accommodated people with additional access requirements.

Another example was at Universal Studios. One of the staff came up and explained that I was 'in the wrong lane'. They have a fast lane for people using wheelchairs! We didn't have to queue anywhere.

It was the same at the airports we used. There might have been 150 or more people queuing but there's a specifically designated wheelchair lane with shorter queues. It gives you the freedom to travel. It's a shame that our own

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country doesn't accommodate people with disability so well.

At home in Australia, I usually have carer services to help me with personal care. I'm lucky to have my husband to assist me when I travel but, if I didn't, it would have been easy to arrange carer services in the USA. If you need to travel alone in that country, help is easily available and it's also so easy to get around.

Planning for future trips

Travelling is something I enjoy and the planning of it is part of the fun. The next trip is back to USA. We have friends there. I want to go to Washington DC and then, from Florida, on a cruise to the Bahamas or other parts of the Caribbean, then to Las Vegas and back



to Los Angeles and maybe Hawaii. I'd also love to go to Europe. We might do a cruise there; if we struggle, we can always get back on the boat.

Saving the money

I work to be able to go on holiday. Dreaming of the next holiday gives me added incentive. I'm currently an Administrative Officer with Disability Services (Department for Families and Communities). I've worked in several different departments and to get into full-time work, and now I'm seeing the benefits, including opportunities for travel, which I wouldn't have had otherwise.

Catherine Clark

Administrative Officer, Disability Services

Email catherine.clark@dfc.sa.gov.au

Holiday Explorers—more than just time out

Recently five Holiday Explorers Tourists and two volunteer support staff set off to enjoy a weekend of pampering combined with the thrill of being a chef. The result? Happy, proud and independent people with disability actively participating in their communities and demonstrating choice, while developing new skills and competence. These outcomes are just a few we hear about at Holiday Explorers from over 600 members with intellectual disability ('Tourists') and 70 volunteer support staff.

Tourist Ryan was able to prepare and cook a meal with friends on a recent Pampering and 'be a chef' weekend, an opportunity that he's never experienced before. Likewise, Alisha was able to indulge in a new luxurious experience, to have a professional manicure.

Volunteer support staff member Alfred commented: 'Ryan was an extremely valuable member of the group and offered assistance



Photo courtesy of Holiday Explorers
Ryan, the master chef, at work with the wok.

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Photo courtesy of Holiday Explorers
Alisha enjoys a professional manicure.

to all the Tourists and the support staff. His confidence grew over the weekend and he showed great leadership skills interacting with other Tourists'. Photos clearly show that the whole group was very proud of the three-course meal they cooked and then enjoyed by candlelight. The group dressed for dinner and some showed off their manicures from earlier in the day.

The holidays on offer are varied and designed to meet the needs of all the Tourists; ranging from an adventurous helicopter joy ride in the Barossa Valley to a farm stay weekend including close encounters with animals. Holiday Explorers provides unique opportunities that many Tourists may never have had the chance to experience before.

Brothers Daniel and Peter enjoyed an amazing opportunity to swim with the dolphins at the Gold Coast's famous Sea World. The increased confidence exhibited by the brothers is evidence of the innate outcomes of small-group travel with Holiday Explorers. Acceptance, empathy and an outward focus are also seen as part of this unique developmental experience for the Tourists.

Volunteer support staff member Robyn accompanied the brothers on the Gold Coast trip and said, 'This was the most interactive group I have travelled with; they chatted constantly with the public, staff and especially

each other. The men became great mates. Everyone looked out for each other as they got to know each other better. They are all keen to travel together again'.

The Tourists and families/carers were surveyed, and identified socialising and meeting new people as the highest factor that Tourists enjoyed most about their trips with Holiday Explorers. Many of our Tourists can now identify friends with whom they like to travel. The importance of social interaction for people with disability is highly valued and requests are accommodated by Holiday Explorers.

Holiday Explorers is an innovative provider of holidays for people with intellectual disability, and of respite opportunities for their families. Personal development, empowerment and inclusiveness are the values that underpin this extraordinary service. Holiday Explorers is a recognised service provider in South Australia with 200 holidays a year resulting in 40 000 hours of much needed respite for families and carers.



Photo courtesy of Holiday Explorers
Daniel and Peter have a moment of connection with the dolphins of Sea World.

You can get more information on how you can help or volunteer, or regarding membership for people with intellectual disability over 16 years of age, by telephoning Holiday Explorers on 8331 2399, emailing them at tourists@holidayexplorers.com.au, or visiting their website at www.holidayexplorers.com.au.

Club Slick—dance 'til you drop



Photo by Laura Barbara
Joel Whalley (left) and Matthew Morrison



Photo by Laura Barbara
Mark Russell and Sarah Byrne

On Friday night, once a month, 150 people rock 'n' roll inside the Burnside Ballroom at the Down Syndrome Society of SA's Club Slick. Club Slick is a '50s and '60s rock 'n' roll club for people aged 10 years and over.

The club encourages and facilitates appropriate dance etiquette, through a structured program with a professional choreographer. People with disability have an opportunity to socialise and develop skills, enabling increased participation in community activities.



The Down Syndrome Society also hosts the Club Slick Demonstration Team (a '50s and '60s rock 'n' roll performance

group) and, on Thursday morning once a month, Junior Club Slick (a modified version of the Club Slick program for ages 5 to 15 years).

Visit www.downssa.asn.au if you would like to rock 'n' roll once a month, or find out information about the Down Syndrome Society's other leisure and recreation activities including bowling, camps and weekend getaways. Contact Laura Barbara, Leisure and Recreation Coordinator, on telephone 8369 1122 and email at lbarbara@downssa.asn.au. Check out their Facebook page under Down Syndrome Society of South Australia Inc.



Club Slick ... let's rock!

Did you know?

Groups associated with people with disability are using Facebook in increasing numbers. Check out:

- Autism SA at www.facebook.com/#!/home.php?sk=group_47770629788
- Down Syndrome Society of South Australia Inc at www.facebook.com/pages/Down-Syndrome-Society-of-South-Australia-Inc/171269019585209
- Novita Children's Services at www.facebook.com/#!/novitachildreancesservices
- Siblings Australia at www.facebook.com/pages/Siblings-Australia/178545022595
- Special Olympics Australia at www.facebook.com/SpecialOlympicsAustralia

and many more based in South Australia, interstate and overseas. Facebook can provide information, companionship and support based in experience to people sharing similar situations.



Around the regions

Port Pirie Walk and Talk Group

In 2010, Disability Services Port Pirie formed a partnership with Life Without Barriers when client discussions identified that some

mutual clients were not connected with their community, nor did they access or participate in it. Discussions revealed that many clients were living in isolation, rarely leaving their homes and with few friends and/or family supports. Workers also found that this client group had poor diets with little nutritional value and did not exercise in any way. Thus was the Port Pirie **Walk and Talk** group born.

Twelve clients were invited to attend to:

- encourage and support clients to access/participate in their community
- encourage social interaction with others and develop new friendships
- encourage low impact (light) exercise to improve general health, wellbeing and overall fitness of clients
- talk about nutrition and healthy food choices as one topic of conversation when the group met.

The group met fortnightly at the rotunda in the local park with some clients picked up from their homes by workers and others making their own way there. The first walk was confined to the walking path around the rotunda to establish the clients' fitness levels with future walks in mind. As fitness levels increased, so too did the distances clients were able to walk.

Clients and workers then gathered at a local cafe for a drink and to plan the next walk. The group has now walked and picnicked at Solomontown Beach, walked and explored

Napperby at the base of the Southern Flinders Ranges, walked the Port Germein jetty which is the longest in the southern hemisphere, experienced a dolphin cruise at Port Augusta which they funded themselves and then were successful in winning a community grant from Housing SA Port Pirie which enabled them to visit Monarto Zoo.

At the conclusion of the program, new friendships had been forged and clients were walking further as their fitness had improved. By observation, some clients had clearly lost weight, although no-one was weighed.

The group is seasonal (spring/summer) and therefore is now in recess given the cold weather. However, it is heartening to still see some clients meeting at the same cafe to catch up for a chat even though the program has concluded.

Cerebral Palsy Group

The group was formed in 2006 in the southern area to provide support to people with cerebral palsy. After a survey of attendees, the format was changed to a social group where people could meet over an informal lunch and chat.

The group meets once a month from 1.00 pm on Thursdays at Signatures Cafe at the Marion Cultural Centre, 287 Diagonal Road, Oaklands Park. The dates for the rest of 2011 are 21 July, 18 August, 15 September, 13 October, 10 November and 8 December.

The group is open to all Disability Services' clients with cerebral palsy. The group attracts a wide range of attendees of various ages, life experiences and levels of disability.

The Cerebral Palsy Group welcomes new members. Contact Josephine Arborn or Kelli Baker at Disability Services Christies Beach office on 8384 7299 for further information, or to register your attendance at the group.

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Mt Barker area

Recreational activities in the Hills

A number of people with disability recently entered their art, craft, photography and literature in the **Mt Barker Show**. The 'Section for people with a disability' gives people with disability an opportunity to exhibit their work without paying a \$10 membership fee on top of the exhibiting fees. For many people, the section provides an affordable option and a more level playing field, and creates a presence for people with disability at this community event.

Local creative talents were showcased, from artworks to craft, literature to photography. The judges worked hard to form criteria for a fair and considered approach. There were 37 entries from people with disability—12 were awarded first prize, 12 second prize, four were overall section winners and one was Grand Champion. Many of the exhibits could have successfully competed in open sections.

Recreational groups

These groups include the **Aktion Club**, a service club for people with intellectual disability supported by the Kiwanis Service Club. The group meets on the first Tuesday of the month at the Mt Barker Family House. Participants learn how to run a meeting, raise money for people who are in need and help the Kiwanis members in the community who need assistance. They help with garden clean-up for an elderly person and clean gutters for a person with physical disability. The Aktion Club members cooked the barbecue for those who came to the Recreational Expo held at Mt Barker in April 2011.

Interchange is funded by Disability Services to run a Saturday kids' club on Saturday mornings for children with disability. Children between the ages of 5 and 12 meet for four hours at the Family House to have fun and make friends. The children have access to a safe playground and join in music, dance, art and craft.

Breakaway camps are also funded by Disability Services and run by Interchange. The camps are for adults and are held in many different places around the city and country areas. A group went to an Adelaide Fringe activity, and out to dinner and to an Adelaide 36ers game. Camps this year have included a surfing safari staying at the Port Elliot Youth Hostel, camping and fishing, a trip to Speedway Park and a three-day camp to Yorke Peninsula.

Sportability Hub has been an exciting development in Mt Barker over the past 12 months and is run through the Adelaide Hills Council. People with disability meet on a Tuesday to try out different sports including basketball, netball, cricket and soccer. The participants nominate the sports in which they would like to learn skills and the sports skill sessions are rotated every month. Disability Services is referring clients to the group and supporting them to attend. Groups are attending from the different day options services.

Once the participants had learned the skills of basketball, they formed teams and now have a regular competition on a Friday night. The Sportability Hub is hoping to link people into local clubs to play sport in their communities.



Gathering Wave is a community singing group that welcomes people with disability. They meet once a fortnight to practise singing; they also perform at functions during the year.

People in **Out and about** learn how to plan an outing with friends, and how to catch a bus (for example, into the city to have a meal).

A small group has graduated; now called Friends, they meet regularly and plan their own fun. **Weekenders** is designed to help a group of people who need assistance to plan outings; they meet once a month.

Contact Lesley Jaensch on 7424 7888 for more information about Mt Barker area activities.

Mount Gambier

Mount Gambier Volunteer/Activity Centre was officially opened in October 2005. This centre is for people with disability to provide a range of daily activities to support their quality of life. The group also has a gardening/maintenance crew.

Many clients live at home. At the Centre, they can learn independent living skills and make friends while enjoying activities. All clients are matched to volunteers, who are overseen by a coordinator.

There are two people who, with the support of two volunteers, have their own '80s music slot on the local community radio station in Mount Gambier on 5GTR each Thursday from 2.00 to 4.00 pm. Before their show started, these two clients were shy and lacked communication skills; since having their own segment they now choose their own music to play, and speak and send 'cheerios' on radio. This activity has been rewarding for our clients, their parents and volunteers. The clients are always proud when they receive requests from the public to play songs in their segment; it's been a great boost to their self-esteem.

Contact Annette Jones on 0411 138098 or 82668539, or Di Hennessy on 0411 658817 for more information.

Campbelltown: GLAD (Disability Activity & Learning Group)

GLAD is a new, innovative and creative social learning group promoting the inclusiveness of people with disability aged 18 years and over, living in the City of Campbelltown.

The group provides a chance to meet, share learning experiences, participate in social and recreational activities, and establish a social network. The network will strengthen and help sustain a stronger community in Campbelltown.

A pilot term with a volunteer group facilitator began in 2010 and was consistently attended. Participants joined in a fun and fitness program at each session followed by a shared lunch and then an activity predetermined by the group.

Some of the activities included decorating and creating a pot garden using cacti, cooking, a bocce tournament and visiting the Adelaide Zoo.

Participant feedback and facilitator evaluations show a very positive interaction between participants and support staff. After each session, there's always much laughter and enjoyment in competing at bocce and other games. Participants leave the session saying they had a lot of fun.

Contact Frank Iervasi on 8366 7333 (Disability Services) or Tracy Johnston on 8322 9214 (Campbelltown Council) for more information.

Gawler Leisure Options Program

In February 2011, new social and leisure groups were launched in the Gawler area for people with disability. The **Gawler Leisure Options Program** is a joint initiative between Disability Services and Leisure Options (under the auspices of the Barossa Council). There are two Weekend Fun groups; one group is for teens (aged 12 to 17) and the other for adults (aged 18 and over). The groups run fortnightly from 10.00 am until 4.00 pm, based at Gawler Primary School. The groups have enjoyed some fun activities so far: craft, bowling and an Adelaide Fringe event. Lunch and transport are included in the cost of \$10 per session. The groups provide much needed respite for carers and are supported by a Team Leader and volunteers. Contact Tina Benbow, Service Coordinator, Disability Services Gawler on 8521 4700 for further information, or to volunteer.

North East Network

The North East Network (NEN) is for people with an acquired brain injury (ABI) between the ages of 18 and 65 living in north-eastern Adelaide. NEN is a collaborative initiative between Disability Services and Uniting Care Wesley Adelaide Inc Disability Services.

NEN aims to reduce the risk of social isolation as a result of ABI. We encourage and enhance social networks by bridging access to community groups, helping members to

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join them. We also support NEN members in volunteering—a valuable contribution to such organisations.

NEN provides an environment for people with similar life experience to share and learn new skills associated with social interaction. Members support each other to be more active, and to become involved in community, social and recreational activities.

Contact Disability Services for more information by telephoning Frank Iervasi on 8366 7333 or Carrie Jones on 8366 7300.

The National Disability Strategy

South Australia welcomed the announcement of the National Disability Strategy on 18 March 2011, by the Commonwealth Government. The strategy aims to improve the quality of life for people with disability, their families and carers.

The strategy highlights issues people with disability face every day in their communities such as discrimination, lack of access to services and facilities, lower levels of participation in employment and training, poorer health and social exclusion. The strategy sets out a clear plan to address these issues and complements work already underway in South Australia.

The Promoting Independence Strategy works to improve disability access and inclusion across the public sector. Promoting Independence is being reviewed to ensure we're responding to the needs of South Australians with disability.

The Social Inclusion Board's Disability Blueprint will set a future direction for the way people with disability, their families and carers are supported. It's anticipated that the blueprint will align with the national strategy.

We're also reviewing the Disability Act to ensure it best reflects the needs of people with disability and the Carers Act to build the support for carers, including carer families.

Self-managed funding continues

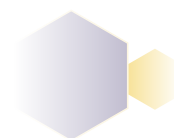
For the first time in South Australia, some people with disability, and carers acting on their behalf, have been receiving funds directly to purchase the support they require. Thirty-seven people have agreements in place since the start of Phase One: Self-managed Funding Initiative in July 2010; a further nine participants are working towards it. Most participants chose to independently manage their support arrangements; others are supported to do so by carers or non-government organisations.

The independent evaluation of Phase One, to be completed by year's end, will help to inform the future system of Self-managed Funding. Four initial focus groups for participants and service providers were held as part of the evaluation. Indications are that feedback from the groups was very positive; those who attended provided very helpful suggestions.

An Online Self-managed Funding Discussion Forum exists now in response to participant feedback. The site was developed as a partnership between the Disability, Information and Resource Centre (DIRC); Disability, Ageing and Carers; and a number of participants. The first Forum message was posted by the Hon Jennifer Rankine MP, Minister for Disability, launching it in March 2011. The Forum is already creating chances for participants to connect with each other and share information on getting the best services.

Information about Phase One is available from Disability, Ageing and Carers by telephoning 8415 4389 or emailing DFCDisabilitySelf-managedFunding@dfc.sa.gov.au.

The Self-managed Funding Facilitators can answer more specific inquiries from clients and carers. Telephone 8372 1479 or email DFCSelfManagedFacilitator@dfc.sa.gov.au.



Consumer and Community Engagement for Disability



There are many reasons for engaging with consumers and the wider community. Good engagement can improve relationships and lead to more responsive services. It can improve service planning and it can also enhance democratic participation and citizenship. As an example, it can be noted that within the broad area



of disability, funding and support systems have kept evolving. This change has been driven mainly by the contribution of individuals with the closest understanding of the key issues.

In light of the launch of the new integrated service system through the Ageing and Disability Service Improvement (ADSI) Project, the Department for Families and Communities (DFC) recently released a discussion paper titled *Consumer Engagement Strategy for Disability*.

The purpose of this paper is to develop a single framework for communicating with people living with disability, their families, opinion leaders, and 'interested' individuals and agencies across the community.

Adopting a single framework means all community engagement activity for the DFC Disability portfolio will be included, as will shared consultation with other agencies (for example, it includes feedback to other consultations such as Disability Blueprint).

The creators and implementers of the framework will embrace the principles of the DFC Community Engagement Charter that outlines the involvement of the community in decision-making processes.

The authors of the discussion paper have taken stock of present funded consumer

groups and considered questions about how best to capture the numerous community stakeholder groups with significant 'interest' in the various topics concerning disability. Many people are not well-represented in the prevailing consumer consultation arrangements; these people include:

- representatives of children living with disability
- young people living with disability
- people living with intellectual disability
- people living with significant brain injury
- people living in supported accommodation
- families of people living with disability
- people with disability (and their families) living in regional or remote communities
- people from non-English speaking backgrounds.

The adoption of a three-part community engagement model has been recommended in response to the issues raised in the discussion paper.

Three stage model

Stage one: survey

The first step, under this model, has been to develop an initial survey seeking the feedback from consumers and wider stakeholders on issues about disability.

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The survey results will contribute to a comprehensive engagement technique to prioritise the areas of greatest interest and importance for people living with disability, and their families. It will be part of an already developed toolkit of approaches including the DFC Community Engagement Pack. These techniques will be used periodically, or when government needs to consult (in concert with, or in advance of, community opinion) to receive feedback on any of a wide range of subjects.



In the course of the survey, nominations will be sought for participation in a disability register. People nominating will identify their interests, experience and knowledge of issues broadly relating to disability.

Did you know?

The health, sport, tourism and recreation industries for the first time will have their own category at the 2011 National Disability Awards.

You can telephone 1800 440 385 to nominate or visit the website at www.idpwd.com.au/index.php/455/2011-nominations-open to download a nomination form and guidelines. Nominations close 30 June 2011.

Stage two: Disability Register

The Disability Register will allow us to identify people who, because of their issues of interest identified in the survey, will be the most appropriate to participate in the second round of intensive engagement activity. The Register will use the most feasible and individually suitable engagement techniques.

Stage three: feedback

The final stage of the model will see us collating data and feedback from parts one and two as a central resource for the Minister's Disability Advisory Council (MDAC) to the Minister for Disability. The Council will further communicate this resource to operational managers and policy makers.

Community engagement encourages active citizenship, especially for people receiving funded services and supports. This new consumer engagement model is intended to provide a rich participatory experience for all involved, and should go some way to creating better outcomes for people with disability and their families.

Bruce Becker
Consumer Engagement Officer
Telephone 8415 4278
Email bruce.becker@dfc.sa.gov.au

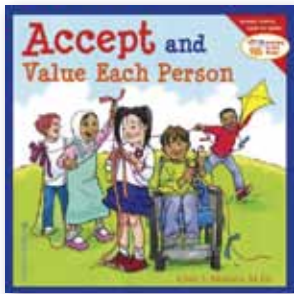
And did you know?

The Red Cross in South Australia offers first aid courses specially designed for parents, taking account of the needs of children and infants. Telephone 8100 4500 for details or visit www.redcross.org.au/sa.

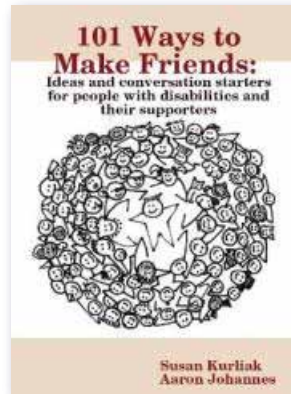
St John Ambulance Service also has training courses; as they say 'it pays to have first aid skills because you can't learn it in an emergency'. Telephone 8306 6999 or visit www.stjohnsa.com.au/first-aid-training.

Library resources: social skills development

You may borrow many Disability Services publications, and other material and resources, free-of-charge from the Department for Families and Communities Library and Information Service (Disability Collection). We're located at Strathmont Centre, 696–710 Grand Junction Road, Oakden. It's a good idea to email us at disability.library@dfc.sa.gov.au or telephone us on 8266 8556 from 9.00 am to 3.00 pm weekdays, so we can talk to you about your inquiry before you make the journey.



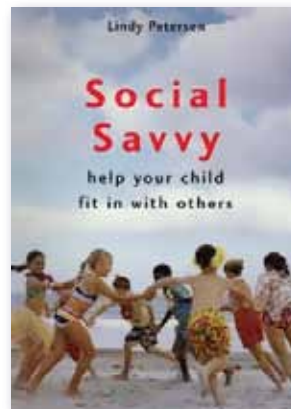
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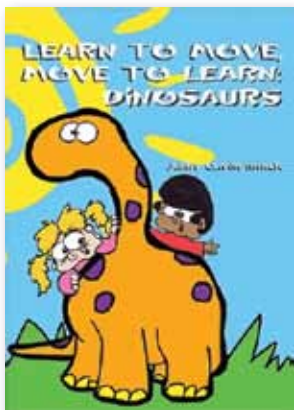
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www.lulu.com



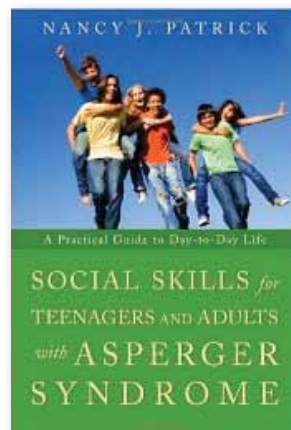
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www.freespirit.com



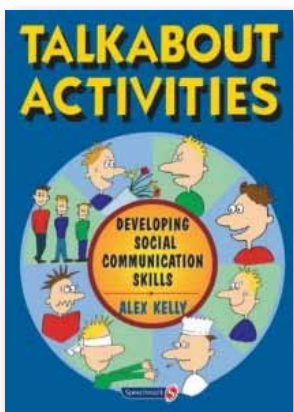
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www.aapcpublishing.net



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www.jkp.com



Talkabout Activities: developing social communication skills by Alex Kelly. Speechmark Publishing, 2003.
www.speechmark.net



Duke of Edinburgh's Award offers options



The Duke of Edinburgh's Award is a prestigious program in which young people aged between 14 and 25 years pursue self-set challenges in the areas of Skill, Service in the Community, Physical Recreation and Adventurous Journey.

The highly regarded award is achievable for all young people, irrespective of their abilities.

Working with a leader and assessor, participants set out a program to achieve their goals within a set time commitment in each of the four areas. On completion, participants are awarded with a bronze award badge and certificate, and can then progress to silver and gold award levels.

While participation in the award is voluntary, it is so popular at the Riverland Special School that there is a waiting list.

For 30 participating students, the program is integrated into the school curriculum, and a full day each week is dedicated to the program.

A distinct difference between the Duke's Award and regular school programs is that the students choose their preferred activities in the Award. The role for teaching staff is to plan to meet the needs of each student and to support them throughout their personalised programs.

In most cases, individual requests can be met. In 2011, for example, one student who wants to make a career in child care is doing her

volunteer component with a playgroup in a nearby town.

Through each activity, the participants work with either peer groups, or broader community groups. This interaction helps to overcome social and recreational barriers for students who, while they attend the school in Berri, live in communities spread right across the region.

In recent years, the photography skill group has produced photographs and collated an exhibition that was opened amid the proper fanfare of a gallery launch at the local library. The local newspaper printed a story about the exhibition and artists, and the professionally framed images were for sale.

Two camps, the Duke's and the Edinburgh's camps—the Adventurous Journey component of the award—are a major highlight of the year for the students.

The Duke's students have planned their camp in Mildura. The Edinburgh's group was on camp at Woodhouse in the Adelaide Hills in late May. In preparation, students practised putting up tents, orienteering, and the logistics of budgeting and meal preparation.

The Office for Youth, through the Reach Your Dreams initiative, provides funding to organisations to assist young people participate in the award. Young people who identify as having disability are eligible to receive funding from the initiative.

Applications for funding under the Reach Your Dreams initiative are accepted annually; register your interest with the Office for Youth by telephoning us on 82048479.

More information about the Duke of Edinburgh's Awards or the Reach Your Dreams initiative can be found by calling the telephone number above or visiting our website at www.officeforyouth.sa.gov.au.

Did you know?

An active social life, exercise, and personal hobbies and interests can help stave off depression and anxiety. Chronic illness, on the other hand, can cause such problems. If you or someone you know needs help overcoming depression or anxiety to be able to live a full, more rewarding life, visit *beyondblue*, the national depression initiative, at www.beyondblue.org.au.

Getting in touch with Disability Services

We have many ways for you to contact us. We welcome your questions and feedback through telephone calls, emails and visits to our offices.

Information and referrals line 1300 786 117

Telephone this number to ask questions or make a referral for services. Customer Information staff will do their best to help you. We'll ring you back if we can't answer your questions straightaway.

Information by email

Email questions to disabilityinfo@dfc.sa.gov.au and we will respond.

Information on the website

Visit www.sa.gov.au/disability to find a wide range of information sheets (select 'Information and Publications') plus links to other resources and sites.

DFC Library and Information Service (Disability Collection)

You may borrow many Disability Services publications, and other material and resources from the library, free-of-charge, by telephoning 8266 8556 from 9.00 am to 3.00 pm weekdays or emailing us at disability.library@dfc.sa.gov.au.

Offices

There are Disability Services offices throughout South Australia. The full list can be seen online at www.sa.gov.au/subject/Community+Support/Disability.

Independent Living Centre

The Independent Living Centre is located at 11 Blacks Road, Gilles Plains SA 5086.

Our opening hours are 9.00 am to 5.00 pm, Monday to Friday.

Telephone 1300 885 886 (SA/NT callers only) or 8266 5260

Fax 8266 5263.

Email ilcsa@dfc.sa.gov.au

Accessible off-street parking is available. Bus routes from central Adelaide are T500/T501 or 208 to stop 28 on Sudholz Road.

The Continance Resource Centre

Continance Resource Centre is located at the Independent Living Centre, 11 Blacks Road, Gilles Plains SA 5086.

Our opening hours are 9.00 am to 5.00 pm, Monday to Friday (by appointment only)

Telephone 1300 885 886 (SA/NT callers only)

Fax 8266 5263

Email continance@dfc.sa.gov.au



We hope you enjoyed the latest edition of *infoLink*.

And, now that you've read it, perhaps you'd like to pass it on to others. Your neighbours, friends, family and carer(s), might find the articles interesting, too.

There are always *infoLink* copies online if you want to re-read anything, at www.sa.gov.au/disability/publications. You can request hard copies from your local office while stocks last.

Share the wealth and pass it on! Or, tell people about the website versions, including a text-only copy.

