



Share with us

MDAA Newsletter

February 2010

IN THIS ISSUE: MDAA Committee 2009-2010
MDAA Subcommittee looking for new members
Free Training for Carers and more

MDAA COMMITTEE 2009-2010



Rachel Lazarov (Chairperson): Rachel came from Bulgaria with her son in 1980. Overseas she graduated and worked as a Nurse. In Australia she got a Diploma in Social Welfare, she started working as an Advocate until 2000 when her vision deteriorated even further and she went to do voluntary community work. In 2002 Rachel had a serious train accident and suddenly she became a double amputee, she soon learned to walk on her own.



Milanka Zivanovic (Vice Chairperson): Milanka came from Serbia in 1969 and has a vision impairment. She has been involved with MDAA since it started. She has represented MDAA in different forums and meeting with politicians and governments bodies. She is very active and juggles the roles of being a carer to her elderly parents, a wife, a mother and a grandmother. Milanka has a very busy schedule and is always on the run but always gives time to MDAA.



David Abello (Treasurer): He has been on the Committee of MDAA for eleven years. He has been active in the disability movement over the last 26 years. He works as a social policy researcher at the University of New South Wales. David has psychiatric and physical disability.



Pusparanee McIntosh (Secretary): She came from Malaysia a few years ago. "I had a lot of issues with housing, and an organisation for people with disability sent me to MDAA. Susan Laguna assisted me to get help with different needs. After, I thought I could give something back as a member of the Committee. This makes me feel I am part of an organisation that helps people with disability from an NESB".



Dulia Mandinic (Ordinary Member): Dulia came to Australia from South America with her family. A service in Redfern told her that it would be good for her to go to MDAA and get help and support for some personal matters. She looks after her daughter as well as the rest of the family. She feels happy to be part of MDAA Committee, giving something back to the community. "I feel comfortable to go there and I feel understood" she said.

You can contact us: Phone: (02) 9891 6400 or 1800 629 072 Fax: (02) 9635 5355
Writing: PO Box 9381, Harris Park, NSW 2150 E-mail: mdaa@mdaa.org.au
Coming to the office: 40 Albion Street, Harris Park, NSW 2150. Monday -Friday, 9am - 5pm
Website: www.mdaa.org.au



Tony Shoushani (Ordinary Member): “I speak Arabic and English and was born in Lebanon. My family came to Australia when I was a baby. I want to broaden my horizon and learn more about disability, go out and talk about it without shame. I became a member of the MDAA Committee and got involved in some meetings and training. I want to help promote MDAA and assist more people to become members”.



Erlinda Van Der Braack (Ordinary Member): “I went to meet some people at the Social Security Appeals Tribunal and they referred me to MDAA to get some support. I wanted to be a member of the Committee to share my experiences and help others. Coming to MDAA activities gives me that feeling of belonging”, she says.



James Grainda (Ordinary Member): He is a former US Marine and high school teacher who suffered a stroke and now communicates through a light writer which converts type into the spoken word. Jim teaches Auslan and has worked on many other Committees and Boards before expressing an interest to participate on MDAA committee.



Stephen Todorovski (Ordinary Member): He has been a consumer and member of MDAA for about 4 years and wants to give some time and energy back to MDAA by being on the Committee. Stephen has been involved in disability organisations over many years both in Newcastle, the inner city and now in the Parramatta area.



Hannen Abdallah (Ordinary Member): She has lived in Australia for 22 years, with her family - six sisters, one brother and my parents, “I have a visual impairment and my family has been very supportive. With their help and the support of guide dogs I have been able to learn new things and get to the places I need to go to.

Marlene Carrasco (Ordinary Member):

She came into contact with MDAA through her Welfare Studies course and was interested in putting more time into the organisation. She has worked in other community organisations and has run her own business. She is passionate about advocating for justice in the community.



Chris Livanos (Ordinary Member): She has been active in the community sector for many years and was the Coordinator of MDAA in the very early days of the organisation. She teaches Welfare Studies at TAFE and has always maintained her interest in MDAA.

NSW Network of Women with Disability

Over the past few years, our Network has been involved in the Sydney International Women’s Day (IWD) celebrations. We are definitely making our mark and creating positive changes in ensuring that women with disability are equally and rightly a part of these important celebrations. Our IWD Team are again, working hard for another fab IWD! Join us for the following IWD events:

IWD March and Rally: Saturday 6 March, 2010. March from Town Hall and proceed to Rally/Festival at Martin Place

ChickChat: Monday 8 March, 2010 Telephone Link-Up

Launch of ‘Improving Access to Services for Women from non-English

Speaking Background with Disability Experiencing Violence’ Project Report:

Wednesday 10 March, 2010. Parramatta Riverside Theatre

To find out more about these exciting International Women’s Day Events, contact Ace or the WOW Team at 02 9891 6400 or send an email to ace.boncato@mdaa.org.au

Challenging & Disruptive Behaviour of Children Workshops

Community Links Wollondilly and Brief Therapy Solutions are once again running workshops to help families better cope with children with challenging and disruptive behaviour to begin on Thursday 11 February 2010 until Thursday 1 April 2010. The Special Needs Family Worker for Community Links Wollondilly, Carmel Flavell, said the workshops will be presented by Dr. Steve Walker over a series of eight consecutive sessions, each session building on the previous. The series of eight sessions have been aimed to assist families experiencing the impact of challenging and disruptive behaviours such as suspensions from school and aggression to family members. During one of these sessions, a visiting paediatrician will discuss current medications occasionally prescribed.

Mrs. Flavell said the workshops targeted families that might have already sought assistance with the behaviours but there had been no change, and parents who were desperate to take part in an interactive program so that they could encourage changes within their family. She also said that some children might have been diagnosed with conditions such as Attention Deficit Hyperactive Disorder (ADHD), Oppositional Defiant Disorder (ODD), Conduct Disorder (CD), or Reactive Attachment Disorder (RAD), while some parents were feeling as though the challenging and disruptive behaviours controlled the household.

"Families are sometimes at breaking point, not knowing where to turn or they are on a continuous search for some kind of relief or answers to help them cope," she said. "The workshops will help parents and carers develop networks and support structures even after the workshops had ended." The workshops are free of charge and will be conducted at Bargo each Thursday from 11 February 2010 until Thursday 1 April 2010. All these dates need to be attended to complete the workshops. Each session goes for from 10 am to 12 midday. There will be no child care available. Bookings to the series of workshops are essential. For Details ring 4683 3371, or 4683 2776, Email: carmel@communitylinks.org.au Venue: CWA Hall, Noongah Street, Bargo (off Remembrance Drive)

My Plan, My Choice: Early Start Program

Early Start is a two-year pilot program that aims to build on a family's knowledge, skill and capacity to self-manage the needs of their child with a developmental delay or disability. Ability Options Ltd, as the Intermediary Service Provider, will provide information, assistance and advice enabling the family to identify a range of formal and informal supports, which meet their child's needs and are incorporated into the child's everyday experiences and activities

We Aim to support families to:

- Develop a family support plan, outlining the support needs of the child and the family: The family support plan outlines goals to create a path, working towards a good life for the child and their family.
- The support plan will be developed by the family and will reflect the developmental needs of their child, optimising their parenting capacity and facilitate community access and inclusion
- Ability Options will support families to develop a budget utilising their funding package. This budget will support the activities identified in the Family Support plan.

Who can receive this support: Children up to (but not including) six years of age with a developmental delay or disability, and are living in the South West Sydney local planning area.

Nominations for the 20 packages for the pilot will be via an expression of interest. Eligibility for this program will be determined by the access review panel which includes representatives from the steering committee. Priority of service will be given to those children currently not receiving any early childhood intervention services.

Referrals can be made by: Parents or Guardians; Early childhood services; Paediatricians, diagnostic assessment teams and child and family teams; Social workers, health professionals and specialists; or other service providers

For further information please contact Self Managed Coordinator, Ability Options:

Ph: 8811 1777 Email kelly.piper@abilityoptions.org.au Fax: 9620 8399

MDAA NEW POSITION STATEMENT SUBCOMMITTEE LOOKING FOR YOU

MDAA is looking for two (2) consumers and two (2) members to join its Position Statement Subcommittee. The Subcommittee will talk about issues that affect the lives of people from non-English Speaking Backgrounds with disability (NESB). Subcommittee members will also give their opinion and views on what work needs to be done to improve the lives of people from NESB with disability. This will inform MDAA work on current issues. The first meeting will be held in February 2010. **Join our subcommittee & have a say about disability issues!**

If you are an MDAA member or a consumer and are interested in joining this group, please contact: Adama on 9891 6400 or email adama.kamara@mdaa.org.au

BRADFIELD PARK WELLBEING CARERS PROGRAM

The Bradfield Park Wellbeing Centre Carers Program (BPWCCP) provides respite options or a break to people who care and support people with a mental illness, drug & alcohol problem or autism who live in the Northern Sydney region. The Program gives priority to people who do not currently receive a service from other respite services.

This year we are happy to announce that we are able to offer subsidised places at Local Community Colleges. Carers can choose the College and Course they would like to attend. For example there are Health & Wellbeing, Self Improvement, Cooking, Music and Dance, Languages, Photography, Computer courses and much more. If you are interested or would like more details please contact Paul Oglesby by email: wrap3@kncsydney.org.au

Web site: www.kncsydney.org

BPWCCP is pleased to announce that it is holding a Public Forum on Mood Disorders 101 with The Black Dog Institute. We would like to extend an invitation to all Community Members including service providers, carers, government agencies and the general community. The Forum will be held at the Centre 41 Alfred St Milsons Point Wednesday 31 March 6.30pm

The Black Dog Institute is an educational, research, clinical and community-oriented facility offering specialist expertise in mood disorders - a range of disorders that include depression and bipolar disorder (formerly called 'manic depression'). The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales.

Religious and Significant Days

MARCH

1	Holi	Hindu
	Hola Maholla	Sikh
8	International Women's Day	United Nations
16	New Year**	Hindu
16-24	Ramayana**	Hindu
21	Passion Sunday**	Catholic Christian
21	Naw Ruz (New Year)*	Baha'i
	Norooz (The New Day)	Zoroastrian
21	Harmony Day	Australia
	International Day for the Elimination of Racial Discrimination	United Nations
24	Ramanavami **	Hindu
25	Annunciation of the Virgin Mary	Catholic Christian
27	Lazarus Saturday	Orthodox Christian
28	Palm Sunday	Orthodox Christian
	Khordad Sal (Birth of the prophet Zarathushtra)	Zoroastrian
30	Magha Puja Day**	Buddhist
30-2	April Theravadan Buddhist New Year	Buddhist
30-6	April Pesach (Passover) *	Jewish

APRIL

2	Good (Holy) Friday	Orthodox Christian
		Christian
3	Easter Saturday	Christian
4	Easter Sunday/Pascha	Orthodox Christian
		Christian
5	Easter Monday	Christian
11	Yom Ha Shoah *	Jewish
14	Baisakhi (Vaisakhi)	Sikh
21	Ridvan begins *	Baha'i
25	ANZAC Day	Australia
29	Ninth Day of Ridvan *	Baha'i

Note: * Usually begins sunset the day before

** Local customs may vary this date.

Dates and information largely obtained from the Interfaith Calendar (www.interfaithcalendar.org/2010.htm).

More details about each day can be found at www.mdaa.org.au on the Frequently Asked Questions page.