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Capacity Development

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Getting Ready Living the life I want to live Workshops

PDCN has received a one-off grant from the Department of Family and Community Services, Ageing, Disability & Home Care to run the workshop "Getting Ready". Providing free workshops for people with physical disability across the state between October 2013 and June 2015.

"Getting Ready" is a workshop run over 2 days. (a 3 hour session each day) The workshop provides training and skill development, focusing on decision supports, life choices, empowerment of people with disability to become confident in planning for their supports and services and using individualised funding arrangements.

Four workshops were held this year. Workshop dates and Details for 2014 and 2015 appear on the enclosed flyer pages 5 and 6.

If you would like to find out more about "Getting Ready: Living the life I want to live" workshops or to express your interest in being an attendee in future workshops please email, Hayley at admin@pdcnsw.org.au.

Dementia and Physical Disability Workshops

Physical Disability Council of NSW and **Alzheimers Australia** are delivering a skill-based educational program at no cost for community service providers supporting clients who have a physical disability and dementia within the Metro North region. These workshops have been delivered throughout NSW in 2013 and will continue in 2014 and 2015.

Below are the workshops for 2014.

Feb 5-6 Albury

Feb 20-21 Burwood

May 7-8 Lismore

May 21-22 Hurstville

June 4-5 Narrabri

June 18-19 Campbelltown

July 9-10 Coffs Harbour

July 23-24 Bankstown

August 6-7 Taree

September 17-18 Marrickville

October 15-16 Queanbeyan and November 5-6 Dubbo

To register for a workshop, please go to

<http://www.fightdementia.org.au/new-south-wales/education--training-in-nsw.aspx>



Free Workshop: 'Word Matters'

The focus of this workshop is to help guide and educate volunteers of non government organisation support groups/services exploring the language of disability

- Provides attendees the opportunity to reflect upon their use of language when we talk to, work with and think about people with disability
- Develops an understanding disability within a historical context
- Opportunity for attendees to understand how attitudes and values affect the lives of people with disability
- Assists attendees in positive language choices
- Publication provided to attendees as useful resource
- 2 hour workshop

Proudly supported by a grant from the City of Sydney

Upcoming Workshops

<i>Date</i>	<i>Time</i>	<i>Location</i>
Friday 14 February 2014	11.30am to 1.30pm	Surry Hills Neighbourhood Centre Hall, 1st Floor, 405 Crown St, Surry Hills NSW 2010
Friday 28 February 2014	10am to 12pm	Community Room, Erskineville Town Hall 104 Erskineville Road, Erskineville NSW 2043
Friday 14 March 2014	10am to 12pm	Green Square Community Hall, 3 Joynton Avenue, Zetland NSW 2017
Friday 21 March 2014	9.30am to 11.30am	Abraham Mott Hall, 17 Argyle Pl, Millers Point NSW 2000
Friday 11 April 2014	10.30am to 12.30pm	Ultimo Community Centre, 38-40 William Henry St, Sydney NSW 2007
Friday 2 May 2014	10am to 12pm	Rex Centre, 58A Macleay Street - entrance near Baroda Street, Kings Cross, NSW 2011
Friday 16 May 2014	10am to 12pm	Board Room, Good Beginnings Australia, Suite 3.02, Level 3, Building B, 33-35 Saunders Street, Pyrmont NSW 2009

**To register for a free workshop or for more information
please contact Hayley on (02) 9552 1606
or email admin@pdcnsw.org.au**

Proudly supported by a grant from the City of Sydney



**‘Getting Ready’: Living the life I
want to live
(a free workshop for people with
physical disability)**

The focus of the workshop is gaining more control over your life by identifying what is important to you, set goals and make a plan to achieve goals:

- Provide opportunity for individuals through discussion and personal reflection, to identify and focus on what is important to them
- Assist individuals in identifying skills and supports, they may need to attain their specific goal
- Gain Information about funding initiatives
- Enable greater self awareness and confidence in individuals
- Interactive workshop learning from the experiences of others

**Developed by people with physical disability, for people with physical disability,
facilitated by people with physical disability**

www.pdcnsw.org.au

Physical Disability Council of NSW
3/184 Glebe Point Road
Glebe NSW 2037

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**Ordinary People
Ordinary Lives**

Getting Ready is a free workshop run over two days

Region	Locations	Dates
<i>Metropolitan</i>		
Central Coast Â	Wyong	20-21 October 2014
Illawarra Shoalhaven	Berry Wollongong	23-24 June 2014 10-11 November 2014
Nepean Blue Mountains	Penrith	14-15 July 2014
Northern Sydney	North Sydney *late sess Mona Vale*late sess	7-8 April 2014 1-2 September 2014
South Eastern Sydney	Sutherland *Late sess Randwick	24-25 February 2014 11-12 August 2014
South Western Sydney	Bowral Liverpool	17-18 February 2014 10-11 February 2014
Sydney	Canterbury Glebe	26-27 May 2014 12-13 May 2014
Western Sydney	Blacktown Castle Hill	10-11 March 2014 1-2 December 2014
<i>Rural</i>		
Far Western NSW	Wilcannia/Forbes	24-25 November 2014
Hunter New England	Armidale	18-19 August 2014
Mid North Coast	Port Macquarie Coffs Harbour	13-14 April 2015 24-25 March 2014
Murrumbidgee	Wagga Wagga	24-25 March 2014
Northern NSW	Lismore Grafton	23-24 February 2015 3-4 March 2014
Southern NSW	Goulburn Bega	8-9 September 2014 28-29 April 2014
Western NSW	Dubbo Bathurst	9-10 Dec 2013 28-29 July 2014
<i>Webinar online</i>		
Offered to all of State		14-15 April 2014
Offered to all of State		20-21 April 2015

To register for a free workshop or to find out more information please contact:

admin@pdcnsw.org.au or call (02) 9552 1606

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***Ordinary People
Ordinary Lives***



Mentors Matter

“Mentors Matter” *Young adults with physical disability mentoring High School students with physical disability.*

The Physical Disability Council of NSW conducts a Mentoring Program of limited duration (4 months). ABS statistics on the education of those with a physical disability, show 30% of participants had completed year 12 and only 13% had completed a bachelor degree or higher. This is compared to 49% and 20% for people without a disability. For some high school students with physical disability it can be difficult to: recognise their own attributes and skills; see academic opportunities, and future employment opportunities; and identify people who can be role models.

If you have an interest in participating in this as a student, or if you know anyone who would be interested in this please pass the information onto the person (or perhaps a secondary school).

Contact us on 02 9552 1606 or 1800 688 83

We value your feedback

Nothing tells us more about how we are doing than by receiving feedback from our members and other people that have made contact with PDCN. Now on our website is our PDCN feedback form; Information provided by you will assist us, to continuously improve the way we work.

If you have some feedback you would like to share you can access the feedback form by following the link: <http://www.surveymonkey.com/s/GM78Y5H>

If you are unable to access the survey online please call us on 02 9552 1606 and we'll be happy to post you a survey with reply paid envelope

Words Matter Fourth Edition

The Physical Disability Council of NSW (PDCN) publication Words Matter has had 3 editions, each updated and added to better reflect changing attitudes.

Because the words often used in our society about issues such as disability reflect continuing change, PDCN is updating Words Matter to a Fourth edition in 2014.

Any suggestions on how to improve the current edition would be greatly appreciated. If you are interested, please email lachlan.hazelton@pdcnsw.org.au

PDCN Forum of Organisations 2014

Provides a vehicle for PDCN to seek input from organisational members about some of the issues for people with physical disabilities that PDCN is working on, and provides opportunities to explore possibilities for collaborative work. The Forum of Organisations meets twice a year.

The next forum of Organisations meeting will be 7 March 2014

3pm – 5pm

Meeting Room

St Helen's Community Centre

184 Glebe Point Road, GLEBE

rsvp admin@pdcnsw.org.au or lachlan.hazelton@pdcnsw.org.au

2014 Survey: Impact of ageing on people with physical disability

During 2008/09 and again in 2011 PDCN used state-wide surveys to consult on the impact of ageing on people with physical disability. The aim of the surveys was to better understand the everyday lives of people living in NSW with a physical disability, who are aged over 50 years.

The data gathered through the research surveys, was collated and a comparative analysis undertaken of both the 2008/9 and 2010/11 results. A paper was developed based on these findings. These reports have informed PDCN's work to bring about change to support the needs of older people living with a physical disability.

PDCN will be conducting this survey again in 2014. It will be available both electronically, and will be available from mid/late January. We encourage all people with physical disability who are aged 50+ to complete the survey.

Thank you... To all who have contributed to the work of PDCN during 2013.

PDCN's last day open for 2013 is Thursday December 19th

PDCN will reopen for 2014 on January 6th



Physical Disability Council of NSW
Ordinary People Ordinary Lives