

Welcome to the final PDCN newsletter for 2016, and what a year it's been!

The final quarter in particular has seen us celebrate 21 years of delivering advocacy, education and information to our members, and in fact all people in NSW with physical disability. Thank you to all those who came along and helped us celebrate this amazing achievement at our cocktail function after the AGM in October.

In looking back over 21 years PDCN have achieved some amazing successes for our members, namely mandatory adjustable height beds in GP surgeries and greater accessibility within the physical environment (railway stations, on public transport vehicles, and soon – the Sydney Harbour Bridge!)

Throughout this time, we have also delivered invaluable research into older people and disability, and developed many educative programs on disability awareness that have had significant reach and impact throughout NSW.

Overall, incredible results and recognition for such a small organisation, and for which we can all be incredibly proud!

A very big thank you also to Suncorp whom generously sponsored the event.

In addition the Fairways Fundraising Group chose PDCN to be the recipient charity of their yearly fundraising golf day, so the very morning after our 21st celebration we headed to the Lakes Golf Club where over 100 keen golfers, and generous givers came together to help raise funds for PDCN.

From mid year we have been refunded by ADHC to deliver further NDIS Ready workshops and pre-planning for people with disability. These workshops have been incredibly well received, and in most cases over subscribed.

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What a year it's been! *Continued from front page*

To compliment the NDIS Ready Workshops, PDCN has also designed a fee for service NDIS Provider workshop and has begun to roll these out throughout the state in late 2016, again with much success and very positive feedback from those whom have attended.

We will continue to offer these courses throughout 2017 as the second half of the state finalise their preparation for the NDIS roll in.

With the release of the NDIS ILC framework guidelines and tool kit at the end of November, the PDCN Board and I will meet early in 2017 to once again align our strategic direction with our purpose, and ensure we remain a viable and useful organisation that continues to support our members to the best of our ability.

As you will find our 2016 /2017 Annual report included with this newsletter I won't go into great detail on all our achievements but urge you to take a moment to read more there.

Lastly I would like to take this opportunity to thank the incredible staff at PDCN, as always they go over and above their various roles to ensure our members remain informed, engaged and supported, and all we have achieved this year is largely due to their endeavours.

Finally to you, our members, on behalf of the PDCN Board and staff I wish you all a safe, happy and healthy Christmas and a very Merry New Year, and look forward to working with you all again in 2017.

Sincerely,
Serena Ovens, Executive Officer.



**Fairways Charity Golf
Day raises \$51,000 for
PDCN**

Staffing changes going into 2017

PDCN is in the process of employing a Project Officer for the NDIS Ready project and will soon have someone taking over Kieren Sainsbury's role as Media and Communications Officer when he leaves the role in early January.

Kieren leaves PDCN to pursue an opportunity within The Department of Education. We wish him the very best with his new career, and the PDCN Board would like to take this opportunity to thank him for his dedication to PDCN's vision and values, and the support he has provided our members.

NDIS Ready and pre-planning to continue their successes into 2017

2016 has been another successful year for PDCN's NDIS Ready Project. The two-day workshops are designed to give participants a better understanding of the NDIS and how to engage with the scheme and develop a pre-plan.

The workshops, aimed at people with disability and parents or carers, were held in twenty-two locations across New South Wales and delivered to nearly 200 people free of charge thanks to ADHC funding.

I really enjoyed the workshop and now feel more confident about my transition to the NDIS. The post workshop planning meetings were well structured and organised in a way that made the whole process easy. My support planner, Sharon, was wonderful, she was able to bring all my ideas together and create a great pre-plan.

Ricardo, NDIS Ready attendee and Pre-planning participant

The workshops provide a friendly environment where participants can have their NDIS questions answered by our knowledgeable facilitators. Workshops also help individuals to begin to think about their aspirations and the supports they will need to achieve their goals. This can be continued in a post workshop planning session.

PDCN will hold a further 10 workshops next year in both metropolitan and regional areas.

You can register your interest online at
<https://www.pdcnsw.org.au/workshops-and-training/ndis-ready/>







Peer Support Groups build capacity and inclusive communities

The 18 PDCN Peer Groups that run across NSW provide an opportunity for people with disability to meet peers, build their networks and individual capacity by learning from each other and guest speakers. Group members are encouraged to lead and contribute their ideas, skills, and experiences while the facilitators are dedicated to making the groups engaging, valuable and fun for everyone.



The Marrickville Peer Group

While there is still some uncertainty, particularly in the areas where the NDIS has not yet been rolled out, group members are feeling more confident, informed and supported to navigate the Scheme. 88% of group members reported that they feel more confident about achieving their goals with the NDIS, because of their involvement in the peer support groups.

Group members have said that they value the opportunity to talk openly and get together with people who understand their challenges ultimately making them feel more connected to their community since attending the peer support groups.

The groups cover a wide range of topic and goal areas which include:

- Empowering people to have choice and control in their lives through the NDIS;
- Supporting members to pursue passions in volunteering, study, writing, art, public speaking, and travel;
- Enhancing their skills in a range of areas identified by the group, including banking and finance, small talk, returning to work, safety, starting a business, and human rights; and
- Educating the community about accessible venue use by coming together to participate in social events and doing tours of cafes, galleries, libraries, and shops.

Find a peer support group near you:

<https://www.pdcnsw.org.au/projects/peer-support-groups/>

The PDCN Board welcomes newest member Mr Chris Sparks

Congratulations to Chris Sparks on being voted onto the PDCN Board in the recent elections.



Chris Sparks at our AGM and 21st party

Chris comes to PDCN with a wealth of business acumen (most recently as the CEO of the Assistive Technology Suppliers Australasia) and previously in various IT and business management and consulting roles and a past member of the NSW Disability Council.

Chris is also a wheelchair user, and lives in Southern NSW, providing the Board with additional disability and rural/regional perspectives – of great value to our Board.

PDCN holds “Need a seat? Ask me!” Badge campaign for IDPwD 2016

PDCN was at Central Station handing out Show You Care badges for International Day of People with Disability, trying to raise awareness of the importance of passengers giving up their seat to those who need it. We also aimed to make passengers aware that some people may feel uncomfortable asking for the seat because their disability isn't an obvious one.

These badges were designed by Anirudh Kathirvel, a Melbourne school boy who wanted to make a difference and to open a dialogue between passengers.

PDCN would like to thank Anirudh for allowing us to use his badge design, Coca-Cola Amatil for providing free Pump water for us to distribute on the day and the PDCN volunteers that came to lend a hand on the day.

The feedback on the day was very positive with many members of the public being unaware of the issue and others applauding us for being proactive.

As a result of the response, PDCN hopes to continue the awareness campaign on a regular ongoing basis.



The PDCN Team engaging people at Central Station for IDPwD

From all of us at PDCN,
We wish you a
Merry Christmas and
Happy New Year!



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I'm Okay
www.imokay.org.au



Website
www.pdcnsw.org.au



Twitter
[@PDCNSW](https://twitter.com/PDCNSW)