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## **Women With Disabilities WA Inc**

### **Newsletter – April 2013**

Dear WWDWA Inc members and supporters,

Thanks to the Developmental Disability Council's Support Group Development Grant we have been able to do a number of exciting things over the last year. We have developed a new website, see page 4 of this newsletter for more information. Our new brochures and logo are being developed and will be available in the next few weeks. Thanks to the grant we have been able to run another year of our popular monthly forums and have been delighted to welcome many new members. The grant has also enabled us to develop training for our Management Committee members in governance skills. We will also be putting together a strategic plan for the organisation, so that we will continue to grow and develop.

It is very important that WWDWA Inc has the input of our members, to make sure we are representing you well in submissions and consultations with the government and the wider community. If there is anything you would like to tell us about your life and experiences as a woman with a disability we would love to hear from you. Phone or write to us, or leave a comment on our web site or Facebook page. What are your thoughts on housing, employment, sex, motherhood, relationships, accessing the community? What do you want other people to know about living as a woman with a disability? We would love to hear from you. If you don't have access to a computer, this newsletter gives information on two ways of getting a free or low cost computer.

I hope to see you all at the forums!

Rayna Lamb, Coordinator

**Monthly Forums held for women with disabilities at Subiaco Arts Centre, 180 Hamersley Road, Subiaco. Wheelchair accessible with ACROD parking and close to accessible public transport.**

**28 April - 2 to 4 pm – Arts and Crafts – bring along things you have created to share with other members! Pictures, photos, quilting, embroidery cards, soft toys, poems, woodwork, show off your creative side.**

**26 May - 2 to 4 pm – Parenting with a disability – Share your stories of being a mother with a disability, tips and ideas to make life easier, as well as what you would like WWDWA Inc to inform the government and the community about being a mother with a disability**

**RSVP to Rayna on 9244 7463 or 9388 7455 or email [rayna@wwdwa.org.au](mailto:rayna@wwdwa.org.au) by Friday prior to forum.**

## **Self-Advocacy And Peer Support For People With Disability**

Self Advocacy & Peer Support WA aims to address an existing gap in Western Australia – self-advocacy and peer support for people with disability. An online Facebook group has been established for group members to post questions, create events and share information and support each other in their self advocacy.

Self Advocacy & Peer Support WA will work to build the capabilities of people with disabilities so we are able to advocate as individuals and develop the skills to also do systemic advocacy on a range of issues that effect people with disabilities. Forums will be held throughout the year on topics identified by people with disability. Every forum will include time for people to share issues and successes, and enable people to act together to advocate if they wish. Forums are open to anyone with a disability and we hope they will provide a way for people from different disability groups to connect, share and learn from each other.

Self Advocacy & Peer Support WA has the potential to facilitate improved communication and collaboration between the diversity of people with disability and disability sector organisations.

**The next forum will be on Sunday May 19th, 1pm to 4pm at the Tom Dadour Community Centre, 363 Bagot Rd Subiaco.**

**The topic is "How can we connect with other people with disability?" and will include how to use social media.**

**Contact Samantha Jenkinson [sam@wheelycreek.net](mailto:sam@wheelycreek.net) or sms 0412887674 to find out more. <https://www.facebook.com/groups/375391525878376/>**

### **GAIN - a not-for-profit organisation established in 2000 by Kath Mazzella OAM to increase awareness & act as a voice on all Gynae issues & cancers.**

GAIN promotes an information service for women which brings together all gynaecological issues;

To promote awareness of gynaecological problems in a fun and enriching way;

To help the community overcome the sense of taboo that is associated with gynaecological issues;

To help the community overcome the 'stigma' attached to gynaecological issues eg. STI's associated with promiscuity

To raise awareness of the importance of knowing risks, symptoms and diseases of gynaecological health in building self-esteem;

To raise awareness of gynaecological issues and sexual health through public and private discussion & to help remove the stigma associated with gynaecological health;

To provide information about gynaecological/sexual health that results in better understanding and confidence.

<http://gain.org.au/>

### **RAC: Keeping you mobile 24/7.**

At the RAC we understand that mobility devices, such as electric and manual wheelchairs, can breakdown too. This can be unexpected and inconvenient, preventing you from getting to where you need to go – that's why we offer Wheels2go.

Wheels2go provides members, who have a mobility device, such as a manual or electric wheelchair, access to 24/7 roadside assistance. If we're unable to get you mobile, we can assist by arranging a taxi or calling a friend or carer on your behalf. Your Wheels2go membership entitles you to five (5) taxi trips a year valued at up to \$55 per trip, to a total of no more than \$275 for the membership year.

Call us on **13 17 03**

<http://rac.com.au/Motoring/Roadside-Assistance/wheels2go.aspx>

### **Stop the Violence Project: Improving Service Delivery for Women and Girls with Disabilities**

A national research project is looking at ways to improve service delivery for women and girls with disabilities who experience or are at risk of violence. The Stop the Violence Project headed by Women With Disabilities Australia (WWDA) is undertaking research to build the evidence base to support future reform of the service system to better respond to the needs of women and girls with disabilities. The project is funded by the Commonwealth Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) as part of the multi-layered approach to assisting women and girls with disabilities under the National Plan to Reduce Violence against Women and their Children.

The research seeks information from mainstream and specialist prevention and response policy making, representative and service provider organisations across domestic violence/sexual assault, disability services and other relevant service sectors including the criminal justice and victims support sectors in all states and territories, particularly in regards to their views and experience of policy and practice relevant to violence prevention and response for women and girls with disabilities. For more information or to participate in the project, please visit

<http://www.stvp.org.au/survey.htm>

### **Low Cost and Free Computers**

Technology Assisting Disability WA (TADWA)

TADWA aims to provide affordable quality refurbished computer systems. They provide support to customers via free help desk and training.

Having access to computers and particularly the internet can help you to pay bills, do online banking, take courses, find information about anything that interests you and to improve social skills by using chat and email to communicate with friends.

Computers at reduced cost (via subsidies) may be available to people with disabilities, the frail aged and carers throughout Western Australia, pending the results of an eligibility assessment.

Telephone: (08) 9379 7400

[tadwasupport@westnet.com.au](mailto:tadwasupport@westnet.com.au)

<http://tadwa.org.au>

Thanks to Melanie Hawkes, WWDWA Inc Committee Member for the following information: High Wycombe Lions Information Technology person Jack Eagles has free refurbished computers available for those who cannot afford to buy a computer. His shed is overflowing with computers ready to go, so he is very willing to give them away. He appreciates a donation for his time but it's not compulsory. Contact Jack on ph 9454 2740, mobile 0458 330 074 or email [jmeagles@iprimus.com.au](mailto:jmeagles@iprimus.com.au)

## **Websites**

<http://wwdwa.org.au>

Women With Disabilities WA Inc's new website. Information and links relevant to women with disabilities in WA. Join up and create your own blog to share your thoughts, ideas and insights with other women with disabilities.

<http://www.readytowork.org.au/>

Ready to Work will help disadvantaged, disabled and long-term unemployed women obtain meaningful work by providing them with many of the tools they need to secure and maintain employment. From the provision of professional clothing, to accessories and personal care services, interview skills, life skills and business mentoring, Ready to Work is there to make a tangible difference to the lives of women who need a helping hand. Phone: (08) 9381 7884

<http://www.whizbiz.com.au/>

The Whiz lets you wee when you can't access a toilet or don't want to sit on a toilet seat. You can use it indoors or outside, standing, sitting, crouching or lying down. It is soft, small and external. Simply hold it against the outer curves of the body and let nature and gravity do the rest. If you have a medical condition that makes it hard to sit or stand then Whiz is for you. Women who are bed-bound or use a wheelchair use Whiz daily. It's perfect if you have a sore back, bad knees or joints.

## **Volunteers**

**In order that forums and other events that we have can run smoothly, we rely on the support of volunteers.**

**Volunteers are needed to assist in the physical tasks of setting up venues and supporting women who need assistance during the forums.**

**If you know women who would be interested in helping out please let Rayna know.**

## **General Forum Information**

**The cost for attending the forums is a \$2 gold coin donation. This goes towards paying for speakers and other forum related expenses. Please bring a plate of nibbles/biscuits for afternoon tea. Tea/coffee and cold drinks are provided.**