

Women with Disabilities WA Inc

ABN: 88 362 290 380

Newsletter – January 2014

Dear WWDWA Inc members and supporters,

Welcome to 2014. We start this year with some changes for Women With Disabilities WA Inc.

At our Annual General Meeting in 2013 we launched our new logo, as part of our rebranding funded by the Support Groups project funded by the Developmental Disabilities Council of WA. The logo, information brochures and business cards were created for us by Sharon Van Der Laan of The Genetic Support Council of WA. You will be able to see them all on our Facebook page and our website, with descriptions of the logo for vision impaired members in the next few weeks.

We are in the process of registering to become a charity with the Australian Tax Office so we can become eligible for charity tax concessions. This process will involve changing some parts of our Constitution, and in order to do this we need to hold a Special General Meeting. It is very important that we do this and have as many members as possible attend the meeting and vote on the changes. More information about the meeting is in this newsletter and will be on our website and Facebook pages.

As it is the start of a new year, we would like to hear from you about what you would like to see at our monthly forums and what issues are currently relevant to women with disabilities in WA. You can either attend our February forum, or contact me directly to let me know your thoughts.

I hope to see as many of you as possible at the forums this year!

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. See page 4 of the newsletter for more information about the forums and a map to the venue.

16 February – 2-4 pm – Catch up and discussion about what members would like to see in future forums.

30 March - 2-4 pm – Members Special General Meeting – Changes to WWDWA Inc Constitution. Followed by movies from 2013 Perth Disability Fringe Arts Festival.

RSVP to Rayna on 9244 7463 or 9388 7455 or email rayna@wwdwa.org.au by Friday prior to forum.

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ONE BILLION RISING End Violence Against Women and Girls

For the second year in a row, the global One Billion Rising campaign is set to hit Perth with its signature blend of activism and art.

This year's event will build upon the energy and momentum that was created in 2013 when one billion activists in 207 countries came together to strike, dance, and rise to end violence against women and girls.

In 2014, Perth organisers have pledged to donate all proceeds from the One Billion Rising campaign to the Women's Law Centre of WA (WLCWA), a community legal centre with a vision to achieve improved access to justice for women in WA.

In line with this vision, WLCWA provides free legal services to women facing disadvantage.

"The theme of this year's One Billion Rising is Rising for Justice", said organiser Anastasia Ward.

"Partnering with the Women's Law Centre of WA brings us one step closer to the goal of ensuring justice for survivors of gender violence."

Dance will feature heavily in the February 15 event, scheduled to take place from 5pm at the CPSU/CSA building, Level 5, 445 Hay Street Perth.

Following keynote addresses from a stellar line-up of speakers, dance workshops will be held to teach participants the One Billion Rising dance, and from approximately 8:30pm, attendees will stage dance "flash mobs" in Perth Cultural Center and Perth city as part of this year's Rising.

"We aim to build on the success of last year's event, and have secured some truly inspiring speakers such as Anne O'Neill from Angelhands, herself a survivor of traumatic domestic violence", said organiser Nicole Stiles.

"We would also like to highlight that our focus is on being an inclusive event. Both venues have disability access and the dance moves can be easily adapted for women of all abilities."

Vegan and gluten-free food will be provided.

For more information about One Billion Rising, please visit <http://www.onebillionrising.org>, as well as the One Billion Rising Australia Facebook page at <https://www.facebook.com/OneBillionRisingAustralia>.

Notice of Members Special General Meeting

To vote on changes to Women With Disabilities WA Inc Constitution

30 March 2014
2-4 pm
Subiaco Arts Centre
180 Hamersley Road, SUBIACO

This is proposed as a special resolution to change Women With Disabilities WA Inc's constitution so that it is in line with the current requirements of the Australian Tax Office and the Australian Charities and Not-for-profit Commission in order for Women With Disabilities WA Inc to be eligible for charity status under the current Australian law.

Details about the changes to the Constitution and voting forms will be sent out to members at the beginning of March.

Poems by Women With Disabilities WA Inc member Margie Kugler

<http://www.margiekugler.com/>

NO MORE TEARS

In Silence
Being quiet and still
NO MORE TEARS
Let the wheels turn
On their own
Hear no sound
Relax your mind
Complete Surrender
Set the plans aside
Reflect Peace
Reflect Nothingness
Reflect Your Spirit
Acknowledge it IS YOU
All is in order
No tasks to do
The mere being with no limit
Accomplishes greatness
when
BEING IN SPIRIT

A POSITIVE BEGINNING

TRIUMPH OVER ILLNESS
Overcoming your fear of dis-ease
This is a state of triumph
It then no longer
Controls you
Defines you
Limits you
It is therefore only by chance
A Temporary state of imbalance.
Work through ease
From within
Listen to your body
Acknowledge, accept
Then slowly but consistently
RESTORE HEALING
This is truly imminent.
LOOK WITHIN
I AM
The very state I am in

It's perfect, just perfect
I am learning constantly
The synchronicity of life is unveiled to me
By thoughts, impromptu decisions
And reasons to all my difficulty
I indeed have much to offer
I discover for me,
For you all
That like myself, we are
Searching for the Healing answers
Be still
They are shown
With every step you take
Just Look Within

Medicare Local

In 2011, the Australian Government established new organisations, Medicare Locals, to plan and fund extra health services in communities across Australia.

To ensure decisions about health services could be made by local communities in line with local needs, Medicare Locals were created as local organisations, 61 of them Australia-wide.

Medicare Locals coordinate and deliver important health services including after-hours GP services, immunisation, mental health support, targeted and tailored services for those in need, and eHealth.

Medicare Locals are setting up after-hours walk-in clinics, funding existing general practices to expand and improve their after-hours services to patients, extending pharmacy hours to fill scripts provided to patients outside normal operating hours, supporting mobile GP care to patients in their homes and residential aged care facilities, and providing after-hours outreach care to homeless and vulnerable populations.

For more information and to find out about the Medicare Local services in your area go to <http://www.medicarelocals.gov.au> or call **132 011** (call charges may apply for pay and mobile phones)

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.

