



Citizen Advocacy Auckland Inc.

When One Person Can Make a Difference

Newsletter - November 2007

Karaoke & Disco Christmas party



ARE YOU COMING?



When: Sunday 2 December 2007
Where: 19 Banff Avenue, Epsom,
Auckland
Time: From 5:30pm to 8:30pm
Bring: A \$5 wrapped gift to share

RSVP by:
24 November 2007
ca.akld@ihug.co.nz
Ph: 366 45 45

Christmas Party

The year is almost gone and our Christmas party is HERE. The Christmas party is an opportunity to meet the new and not so new advocates, proteges and have lots of fun with our friends Maria Paz, Roger and Kataline with the karaoke. I must mention the delicious food that will be provided on the day by our friends and supporters Mr & Mrs Adams. Also you can meet the Citizen Advocacy board members and listen to their karaoke songs!! I'm looking forward to seen you there.

In this newsletter you'll find the chaiperson, auditor and coordinator's reports which were presented at the annual general meeting on Tuesday 16 October 2007. Also the matches anniversaries that are coming up, an article from Alison and Barbara about sharing their friendship and advocacy. Plus other information of interest.

Please read this newsletter then pass it on to people who might be interested in Citizen Advocacy. The next newsletter will be published March 2008.

Wishing you all the best for the rest of this year and have a safe an enjoyable holiday and a magnificent 2008.

Ana Maria de Vos

Coordinator



Citizen Advocacy Auckland Inc.

P.O. Box 8231 Symonds St. Auckland • Phone: 09-366 4545 • ca.akld@ihug.co.nz • www.caauckland.org.nz

Sadly Sue had resigned from the Citizen Advocacy Auckland Inc. board. We thank Sue for her input and dedication during the two years that she chaired the board. Sue will be missed from the CA board.

We will continue see Sue as she remains in her role as a volunteer advocate for Citizen Advocacy. Thank you Sue.

Chairperson's Annual Report 2007

It has been another steady year for Citizen Advocacy Auckland, sustained by sources of reliable funding. The CA Board began the year with a strategic planning exercise that provided the structure for the year's advocacy, social and financial activities.

The core activity for the organisation has been to match an individual with a Citizen Advocate and to this end a number of people have been introduced, current matches supported and sustained and a small number of matches discontinued for a variety of reasons. Citizen Advocacy has run a number of training opportunities throughout the year to support our volunteer advocates in their valued work.

The Citizen Advocacy Board has met regularly over the last 12 months and throughout this time our governance and operations policy has been updated although this is of necessity a 'work in progress.'

Citizen Advocacy is committed to supporting people who have an intellectual disability and who have a range of advocacy support needs. A priority for the Board and Coordinator has always been how to manage the waiting list of disabled people who have been waiting for a Citizen Advocate. This year the Board looked at the eligibility criteria and determined that a person who has an intellectual disability is eligible for support from CA. If a person has other disabilities, the intellectual disability will be the primary consideration. A growing number of primary referrals were coming from the mental health sector and CA was unable to respond with advocates. New policy determines that where a person has disabilities other than intellectual disability, that person will be referred to other agencies and services for support.

People with an intellectual disability who had been on the CA waiting list for more than three years were also contacted by the Coordinator and asked if they want to review their referral to CA. Despite the growth in self advocacy there are disabled people who seek independent advocacy support.

It has not been all work. Fundraising

is combined with having fun and the 2006 Christmas Party and the Disco and Karaoke event were the highlight of our social calendar. Many thanks to the commitment from the Coordinator, Board members, community supporters, Citizen Advocates and our talented friends and participants who make these events such a success.

The Board also supported the Coordinator at a recent open day where Auckland citizens were invited to consider becoming a Citizen Advocate. When new people are introduced to CA, one of their first natural questions is to ask, "Do I have enough time in my busy life to fit a new person in?"

What is enough time? How much time is too much? Perhaps we need to ask of ourselves, "What are our gifts and who can we pass them on to?"

Recently Michael Kendrick talked to a group of parents attending a Family Leadership Series run by Standards Plus. Michael had this to say:

- Help people meet people. Loneliness and isolation can be a terrible burden.
- Keep community encounters comfortable. Many people in our community are uncomfortable being around people whose appearance or disability is difficult for them. People can quickly be led to understand that people are just people. Anyone who helps build such comfort between people is making a useful and much needed contribution.
- Help people see the potential of disabled people. Sometimes it's a matter of persevering until one gets the chance to show people what is really possible when disabled people are given the chance and the support.
- Help non disabled people to see their own potential in relation to people with disabilities. Non disabled people have a contribution to make, as a friend, neighbour, employer, club member,



Sue Robertson

spouse, colleague etc.

- Help people to develop and live important values such as respect, open mindedness, fairness and honesty. Don't assume people always get the connection between values and how people are perceived and treated. Be a good role model.
- Help people to stay involved and connected to disabled people. Being part of a community isn't just a matter of having presence; it means being connected to people.
- Recognise and appreciate the contributions people make. Hardly a day goes by that an ordinary person does not behave in a way that is helpful and welcome.

I take this opportunity to thank our Coordinator and Citizen Advocacy Board members for another year of commitment and dedication. Without their considerable efforts, CA would not have achieved such positive results.

I am standing down from the Board at the annual general meeting and I wish the Board elect and Coordinator all the best. To my friends in Citizen Advocacy, I wish you all well in life's travels. Thank you for sharing part of your journey with me.

Sue Robertson
Chairperson CA Auckland

**Citizen Advocacy Auckland (Inc)
Statement of Financial Performance
For the Year Ended 31 March 2007**

	2007	2006
	\$	\$
Revenue		
Donations	436	611
Fundraising	1,070	739
Grant : Disability Resource Centre	17,802	17,018
Grant: Health Funding Authority	37,265	35,000
Grant: Community Organisation Grants Scheme		
Grant:Catholic Caring Foundation		
Grant: Lottery Welfare		
Interest	757	668
	<hr/>	<hr/>
Total Revenue	57,330	54,036
Less Expenses		
A C C Levy	142	236
Bank Fees	2	5
Conference Costs		3552
Depreciation	837	1,466
Electricity/Rates	1156	835
General Expenses	189	200
Insurance	648	648
Legal Expenses		
Meeting/Function Costs	1160	587
Office Expenses	1908	864
Postage & Stationery	1,767	1,081
Recruitment		
Rental	9,702	9,702
Repairs & Maintenance		231
Salaries	33,849	34,236
Subscriptions	125	124
Telephone & Tolls	1,998	1,676
Training		
Travel	480	1051
	<hr/>	<hr/>
Total Expenses	53,963	56,494
Excess of Income over Expenditure	3,367	(2,458)

**Citizen Advocacy Auckland (Inc)
Statement of Financial Position
As at 31 March 2007**

	2007	2006
Current Assets	\$	\$
Cash at Bank	23,582	22,000
Deposit Account	13,165	12,407
Petty Cash	<u>14</u>	<u>100</u>
	36,761	34,507
Fixed Assets		
Furniture & Fittings (Nett)	856	1,070
Computer (Nett)	<u>675</u>	<u>1,298</u>
	1,531	
	<u><u>38,292</u></u>	<u><u>36,875</u></u>
Current Liabilities	\$	\$
Creditors & Accruals	1,706	3,656
Accumulated Funds		
Balance broughtforward	33,219	35,677
Deficit this year	<u>3,367</u>	<u>(2,458)</u>
	36,586	33,219
	<u><u>38,292</u></u>	<u><u>36,875</u></u>

Signed:

Chairperson

S.H. Robertson

Secretary

E. M. R.

Treasurer

[Signature]

Date

10/10/07

Coordinator's Report 2006-2007

Core Activity

During this year I have travelled many kilometres networking, distributing pamphlets, attending meetings and giving presentations.

Finding new advocates, recruiting advocates, keeping in touch with existent advocates and protégés plus administration duties and networking with other services and community, are the major core activities that I perform everyday.

Also Citizen Advocacy Auckland Inc. (CA) has a contract with the Disability Information Advisory Service (DIAS). This contract is for CA to provide information about other disability services in the community when people request such information.

Finding new advocates and maintaining the matches is a big challenge for our organization. Nevertheless, we made 15 new matches between July 2006 and June 2007.

Because of changed life circumstances, 6 matches have ended. Sadly one of our protégés for seven years had passed away (RIP).

With the change to policy made this year, the waiting list for protégés has been reduced, but the statistics are not yet available at the time of writing this report. We currently have 47 matches.

From October 2006 to September 2007 the office handled:

Faxes 21, e-mails 1552, phone calls 1238 and letters 949.

Three advocates, one protégé and I attended a course with Ruth Gerzon about advocacy and self advocacy.

For my professional development I attended a workshop for writing successful newsletters given by Sandy Thompson. One of our board members and I attended a workshop for human rights and advocacy in June 2007. I also attended a few forums for the Ministry of Health and other disability services. At these forums, I had the opportunity to say that some needs of people with an intellectual disability are not met, in particular accommodation and support.

The Citizen Advocacy Board:

Every 6 weeks, I present an administration and activities report covering the previous six week to

the board. The board treasurer also presents a financial report at this meeting. Each board member contributes to CA in different ways which make our board strong with their personal and professional capacities on specific issues. I thank all board members for their support, guidance and collaboration during the past year. I couldn't do my duty efficiently without their support. Many thanks!

Funding:

Both the Ministry of Health and the Disability Resource Centre have renewed their contracts from July to 2007 to June 2009. Both these contracts require the CA submit a report every three months. I make sure that all records and information have been sent according to the contractual agreement.

St. George's Church and Community Centre donated \$300.00 for protégés transport in April 2007. We also received individual donations from friends of CA.

The Karaoke and Disco fundraising evening raised funds for our 2007 Christmas party. This event provided an enjoyable evening. This evening event is another way to promote CA in the community. We notice that the number of attendees has increased every year.

We are again grateful to Bryan Wentworth our volunteer auditor for many years.

Advocates and Protégés:

We have 47 dedicated Citizen Advocate volunteers. The advocates come from different walks of life with the desire to make a difference in one person's life as our logo states "When One Person Can Make a Difference"

I thank the advocates for their strong support of friendship, practical assistance, advocacy, welfare guardians, for promoting and defending the rights and interests of the protégées as if they were their own. Thank you for the tools of self advocacy given / taught to your friends.

A survey of satisfaction was conducted among 22 advocates and 13 protégés. One of the outcomes of this survey was the Advocates gathering on 1st. September 2007. This event was promoted in the CA July 2007

newsletter. The gathering allowed the advocates to share their experiences of being a CA advocate and also empowered with their experiences the potential advocates that attended the gathering.

Some of the answers to **satisfaction of being an advocate** were:

- knowing that advocacy works
- seeing people involved and enjoying themselves
- seeing progress in independence
- helping resolve issues/problems
- advocates input has made things better
- knowing that can make a difference
- assist person with health problems
- assisting person identify genetic basic of condition
- development of real friendship over 17 years
- part of family network
- admiration for those who remain positive, appreciate life
- admire person's determination/ courage
- personal learning
- delights for learning how capable a person can be

Some of the answers to **challenges of being a volunteer advocate** were:

- temporary rejection by protégé
- lack of information and communication between agencies
- structuring organization of time etc.
- financial cost
- overcoming negative perceptions
- feeling that we should be doing more and more..
- getting anxious if protégé gets into trouble
- listening not imposing solutions
- not giving advice
- sensitivity in tricky situations
- learning the person to choose the best options for themselves
- time of contact
- being sensitive at bad time
- getting to know the protégé
- enhancement of "image"
- distance between living situation
- demands of theory against protégés self determination

The outcome of the survey among protégés indicated 100% satisfaction with the support provide by their advocates. Also they wanted their advocates to attend their meetings

Continued on next page

Coordinators report cont.

such are IDP meetings.

I would like to organize a gathering for protégés to be held before June 2008 with the aim of sharing the experience of being CA protégé and from their experiences I'll be able to improve our support.

My role as a coordinator is to provide the advocates and protégés ongoing support throughout their journey. The communication tools are phone, fax, e-mails, newsletters and visits.

Thank you to the CA Board, advocates, protégés, friends and supporters for their continued support. Thank you for sharing with us the CA vision and commitment to make a difference in people lives.

Ana Maria de Vos
Coordinator

Thanks for being there when
I needed you the most
"Many people will walk in
and out of your life
but
only a true friend will leave
footprints in your heart"

Sharing our lives

Yesterday I phoned Barbara to tell her that I am back from my long holiday, and to ask her if she was able to meet me for lunch next day. I also said that Ana Maria had asked us to write "our story" for the next Citizens Advocacy newsletter. We agreed that I would pick her up at 12 and then we would get KFC and think of a nice place to eat, and then we would talk about our friendship. That way, we would write some things down to remind me when I was writing on the computer.

We have been friends for 17 years would you believe. At the time we first met, I was doing a 2 year Diploma course at Auckland College of Education and I had agreed to be a Citizens advocate. On 8 July 1990, Clare Blackwood who was the first CA co-ordinator introduced us at Claire House where Barb was living happily at that time. Clare explained all about CA and it ended up that we agreed to be friends and said we would phone each other and go out from time to time.

We met at lunchtime today and ate our



Alison & Barbara - Christmas party 2006

usual quarter pack of KFC looking at the view from Mount Roskill this time. We had decided to talk about our friendship of 17 years after the eating was done. So away we went. Well, my mind is still humming with all the things we talked about, and I feel very privileged indeed right now.

We began by writing down the dates that are important: birthdays, anniversaries, (especially wedding) milestones etc. Barbara was born in Whangarei in August. Barbara is 3 years younger than I am and she is the eldest of three girls. Her sisters Raewyn and Carolyn live in Melbourne.

Kindergarten was followed by primary and intermediate school in Whangarei, then the family moved to Dargaville and Barbara went to High School there. She left school at 15 and helped her Mum in the house.

When Barbara was 17 some difficult things happened which we won't talk about here, but we shared today (and Barb said she felt really good about having shared them.) So it was, that Barbara went to Oakley in Auckland where she lived for the next ten years. She has always said that life at Oakley was very good and that the socials were great fun. We had a mutual friend, Donald Fissenden who lived at Oakley at the same time.

In 1971 Barbara moved from Oakley to live with her sister Carolyn first and then a number of other places including Acton House, Eden Tce, Watson Ave, Kingsview Rise and then Claire House. (No wonder you know Mt Eden, Mt Roskill so well Barb!)

Barbara and Sio met a year or two after Barbara and I met. They fell in love and married 4 November 1994. In a few days they will celebrate 15 years of married life.

What a happy day that was. Raewyn, Barbara's sister came from Melbourne. I had made a lovely blue silky wedding dress, Gay did the flowers and Ruth



Alison & Dame Sylvia Cartwright

made a beautiful wedding cake. Later everyone was photographed on the lawn at Carrick house. This is where Barb and Sio lived until this year when they moved to Selwyn House in Onehunga after Carrick House was sold. Sio joins Barb and I for lunch when he is not working at the "Drop-In", and it is good to have him along too. While we are out they ask each other "are you alright?" and they are very caring towards each other. He couldn't come today, but Barb asked me to get him some Coke!

They say they are enjoying living at Selwyn house and they are out and about most days. Barb can keep up with her reading of Romance and Adventure books. We discovered that we both loved the Famous Five books when we were younger. Music is another love. Walking is for keeping fit!

I love to get phone calls from Barbara. We always arrange a date for our next meeting well ahead. She phones to tell me her news eg. a letter from Raewyn or Carolyn or a holiday with her cousin Kathleen in Whangarei. Barbara always asks me how my family and grandchildren are, and she knows that the name of my great-grandson is Maddox.

We have enjoyed some great CA Christmas parties, and Karaoke nights are not to be missed.

It was a thrill to attend a vice-regal function for CA people where Dame Sylvia Cartwright presented CA's with special certificates. What a shame Barb was sick that day. She went to an earlier function though and was photographed with Dame Sylvia.

We both want to say thank you to CA for introducing us in the first place and for being supportive in an ongoing way. We enjoy the chats and especially the laughs.

And keep up the Karaoke Ana-Maria!

Alison Buxton
CA volunteer advocate



Matches Anniversaries Congratulations!

November

John & Margaret..... 3 years
 Noeline & Chris..... 6 years
 Jenniffer & Shan-Shan 1 year
 Marlena & Glynis..... 1 year

December

Elaine & Rosa Maria..... 3 years
 Stephen & Yvonne 6 years
 Gavin & Gunalan..... 1 year
 James & Colin 17 years

January

Jules & Chris 1 year

February

Marion & Julie..... 15 years
 Lynette & Mary 3 years
 John & Stuart 1 year

March

Jackie & Lee..... 9 years
 Willie & Margaret..... 7 years
 Jean & Veranaisi 2 years

We Are Looking For Volunteer Advocates

We are constantly searching for new advocates. The only requirement to become an advocate is the desire to make a positive difference in a person's life.

The Citizen Advocacy Auckland office provides support and training for advocates.

The Citizen Advocacy Auckland Inc. volunteer advocates are people from different walks of life, who are making a difference in a person's life.

The volunteer advocates of C.A. make sure that the rights of people with an intellectual disability are upheld. Contact us "You can make a difference" "You can improve the life of one person"



International Day of Disabled Persons supported by the United Nations since 1992

Citizen Advocacy invites you to reflect on 3rd. December about your contribution to disabled people and their families during 2007. If you haven't made a contribution you may consider becoming a Citizen Advocacy volunteer advocate. You can make a difference in one person's life. Contact us.

Citizen Advocacy Auckland since 1990

P.O. Box 8231 Symond St. Auckland ca.akld@ihug.co.nz www.cauckland.org.nz

Visit and Support

**Mondays to Friday
10am to 3:45pm**



St. Georges Church

**Jutland Rd.
Takapuna**

St. Georges Church has an opportunity shop run by volunteers where they sell clothing, small furniture pieces, utensils etc.

The profits are distributed to assist organizations in the community.

Friendship

Friends are an important part of our lives.

Can you imagine what it must be like to be without friends?

For some people with an intellectual disability this is a reality.

Do you want to make a difference in one person's life?

Contact us 366 45 45 ca.akld@ihug.co.nz

Information and Networking

New Degree Majoring in Disability Studies

At the Faculty of Education, University of Auckland. For more information contact Debbie Espiner d.espiner@auckland.ac.nz Phone: 6238899 Extension 48 716

Deep Quality Through Individual Service

Design workshop with Michael Kendrick (PHD) 2 weeks course in Wellington
11-15 Feb. 2008 and 3-7 March 2008
For more information www.imaginebetter.co.nz

3rd. December

International Day of disabled persons supported by the United Nations since 1992

Modern Dance Class Mixed Abilities

in North Shore. Contact Linda Parker on 09-817 3051 or 021 048 2894

Recreate Auckland

Provides holistic recreational opportunities that enhance the social, emotional and physical development

of young people with disabilities while also providing support and respite for their parents and families.

info@recreate-auckland.org.nz
Phone: 09-636 0351 Ext.224
www.recreate-auckland.org.nz

Auckland Society for Music Therapy

09-634 7300
Swimming Classes in Takapuna
Contact Sandra Blewett on 09-534 3240

New disability.rec

Sports programs, music lessons, lifestyle skills and a range of respite care to choose from in different destinations around New Zealand.

Contact 09-532 8310
disABILITYrec@xtra.co.nz

Free workshops

Fire Safety & Promotions
Contact Leo Capernaros
Community Liaison Officer
NZ Fire Service
leo.Capernaros@fire.org.nz
Phone: 09-3090 754
Mobile: 027 482 2232

Alternative Education Consortium

Contact Karyl Puklowski
0800 020 378
alt.edkp@ihug.co.nz

Carols by Candlelight

A night of traditional carol singing.

Three Kings Reserve

Sunday 9 December 2007
Corner of Mt Eden and
Mt Albert Roads
Three Kings
7pm - 9.15pm

Western Park

Friday 14 December 2007
Ponsonby Road, Ponsonby
7pm - 10pm

Otahuhu

Criterion Square
Saturday 15 December 2007
10am - 1pm

CA Board Members for 2007-2008

Fran Hartnett	Chairperson Citizen Advocacy Auckland founder
Liz McAneny	Secretary
Fred Yuen	Treasurer
Annette Rogers	
David Hughes	
Debbie Espiner	
Jee-ho Rodriguez	
Kevin Rogers	
Yonne Riley	



Citizen Advocacy

Citizen Advocacy promotes and protects the needs and interests of people with intellectual disability by connecting them in one-to-one, freely given relationships with competent, concerned citizens.

Having people who know and care about us, and speak out on our behalf when necessary, enhances and provides security to our lives. (CA protégé)

In today's society, it is commonly assumed that paid professionals are needed to address people's needs. Citizen Advocacy, in contrast, asks ordinary citizens to become involved in the lives of people with intellectual disability.

Citizen Advocacy is not a service. Rather, it is an invitation to people leading full lives in our communities to get to know people who have intellectual disability who have been or who are at risk of being excluded from their community.

Citizen Advocacy Auckland Inc. gratefully acknowledges the financial support of:

Ministry of Health

Disability Resource Centre -Subcontracted Services (DIAS)

Telecom

Donation (St. Georges Church, Takapuna)

CA Fundraising Sub-Committee

