



July Newsletter 2010

Chairperson's message



Greetings to all members of Citizen Advocacy Auckland. I do hope you are all keeping healthy and warm as winter tightens its grip on us. Citizen Advocacy Auckland continues to operate in good heart thanks to the hard work of Ana Maria and the Board but it is you, the advocates and protégés who are at the centre of our programme and it is your actions that will make a difference in someone's life.

I was pleased to participate in one of the C.A. workshops held recently where citizen advocates and protégés from our programme were able to share the stories of their relationships and examples of Citizen Advocacy in action. These workshops were made possible with monies from the Frozen Funds Trust, set up to distribute the interest from money that individuals didn't receive when they were institutionalised in the past. Charitable Trusts can access this money for purposes that reflect themes set each year and you can go to www.frozenfunds.co.nz to find out more about this. These workshops were made possible with monies from the Frozen Funds Trust, set up to distribute the interest from money that individuals didn't receive when they were institutionalised in the past. Charitable Trusts can access this money for purposes that reflect themes set each year and you can go to www.frozenfunds.co.nz to find out more about this.

Citizen Advocacy held a series of three workshops in different parts of Auckland where advocates and protégés were able to share their stories with those who attended. Despite publicity, attendance at our workshops was small in numbers but large in impact on those who attended. I wish to thank those members who took time on their weekends to participate in these workshops which illustrated how vulnerable and in need of advocacy people with intellectual disability can be. For me it reinforced the great importance of working to keep programmes like Citizen Advocacy alive over the next decade and more.

A reminder to keep November 19 & 20 this year free to celebrate 20 years of Auckland Citizen Advocacy, to share stories of citizen advocacy relationships and to hear from inspiring speakers who will help us set new goals for the next 20 years. The event is being held at Quality Hotel Barry Court 20 Gladstone Rd Parnell. Attendance is free to people with intellectual disabilities in our programme and there is a \$75 cost to advocates and others who wish to attend to cover meals and room hire over the two days. Friends of Citizen Advocacy who wish to only attend the dinner on Friday November 19 can purchase a ticket for \$35 from the C.A office. We do hope you can attend. This is the highlight of our year and will be a very enjoyable and inspiring event. I look forward to seeing you there.

Fran Hartnett (Chairperson)

From your Coordinator

I hope that when the July newsletter reaches you that it will find you in good health and full of energy. This year is going fast in four months Citizen Advocacy Auckland Inc. will be celebrating "20 years of making a difference" conference. Thank you to the people who have registered already. If you have not registered yet, please consider doing it.

I would like to thank the advocates and protégés that came to the workshops in Meadowbank, Howick

and Henderson during the month of April and May. Your stories of advocacy and support inspired the audience. The protégé achievements were powerful and inspirational.

Since the last newsletter, two new matches have been made. We welcome Jean as an advocate for Patricia and Viola who decided to become Alison's social advocate.



All citizen advocates find it continuously challenging to do advocacy well. It can also be costly in terms of time, emotional wear and tear, financial, social unease, seeing the world differently, being unpopular, frustration, sacrifice of rest and sleep and loss of freedom, reputation. Citizen advocates accept the costs incurred in their involvement with their protégé. More often than not, however, such costs indicate that good citizen advocacy is taking place (*Advocate orientation Session two*)

It is an exciting time, almost 18 years old and the last year at school. A new beginning with many hopes and dreams ahead that takes away some of their sleep. For people with intellectual disabilities and their families this is the beginning of a new nightmare. Continuing further education and learning skills that lead to a dignified job are slim hopes. Many people with an intellectual disability leave school with very little literacy and not even basic math skills. "every person is born equal and has the same rights to life and welfare, education, living independently, equal opportunities for employment and active participation in all aspects of society" United Nations declaration on the Rights of Disabled person / UN

Yes, the right for education, but are the children getting an education that is leading them to operate / survive in our society? Many reach adulthood unable to take public transport and are unable to pay for their bus fare.

Nevertheless people with intellectual disability that get the opportunity to hold a job demonstrate that they make great employees. They are reliable, willing to learn, loyal and motivated. Are you a person that wants to make a difference in the life of a person with an intellectual disability? The Citizen Advocacy Auckland Inc. is delivering Citizen Advocacy **advocates training** that suit your time.

For more information contact ca.akld@ihug.net.nz or call Ana Maria 358 4141.

Anniversaries

Congratulations to

July

Hamish & Maureen 20 years
 Sacha & Ana 5 years
 Clare & Mary 4 years
 Tania & Heather 1 year

Aug

Linda & Beth 10 years
 Warren & Stuart 6 years
 Anthony & William 2 years

Sep

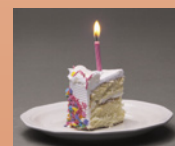
David & Linda 20 years
 Faith & Robyn 5 years
 Loren & Rosemary 4 years
 Christie & Niharika 2 years

Oct

John & Margaret 6 years
 Gary & Lawrence 5 years

Nov

Marlena & Glynis 4 years
 Simon & Heval 2 years



20 Years making a difference

CA Events 2010

20 Years Anniversary Conference

Registration Form & Programme

Guest speakers:

Dr Patricia O'Brien, University of Sydney
 Mike Gourley, Producer and Presenter,
 One in Five

When:

Friday 19 November 2010
 12 (noon) – 10pm (dinner 6.30)
 Saturday 20 November
 10.00am- 2.00 pm (lunch 1.00)



Where:

Barrycourt Hotel and Conference Centre,
 20 Gladstone Rd, Parnell

Cost:

Free for protégés
 \$75 for advocates and supporters
 Includes lunches, morning and afternoon
 teas and dinner on the Friday night.
 \$35.00 Friends and partners
 (Friday night dinner ticket)

Contact:

Web: www.caauckland.org.nz
 Email: ca.akld@ihug.co.nz
 Phone: 09-358 4141

Sharing Our Lives



I met Rob in September 2009. At the time, I had never heard of Citizens Advocacy, but a friend of mine was leaving the country and asked me if I'd be interested in becoming an Advocate for his Protégé – Rob – when he went overseas. Without knowing what this really meant, I thought it sounded like an amazing experience. And I wasn't wrong. Since becoming an Advocate for Rob, I've become really good friends with him and his wife, Loren.

At first it took a while for me and Rob to get to know each other; it's not often a 25 year old woman and 50(ish!) year old man are put in a situation like ours. Establishing trust and rapport took a few weeks, but after a few Saturdays having tea and chatting at Rob and Loren's, we began to get to know one another. And it hasn't stopped! Over the last six months especially Rob and I have developed a true friendship, and Loren has taken me under her wing like a little sister!

Rob and Loren are incredibly independent, and this has meant a slightly different form of advocacy than with other Protégés. But Rob has experienced a lot of changes over the last six months, and being there to make sure he's getting the support he is entitled to definitely been a part of our relationship. The other

part has been about friendship. Rob and I talk about all sorts of things, and have got to know each other really well since we met. As time has gone on, we're able to share more about our lives, and how we see the world. We know each other pretty well, and him and Loren were among the first of my friends to find out about the details of recent exciting things that have happened in my life! I already have amazing memories of hanging out with Rob – from walking with him while he masters the art of the cane, to spending time at the beach over summer swimming and lazing around – and I know there'll be more to come.

At the moment, I'm living in Melbourne, so I'm no longer Rob's official advocate. But that hasn't changed much. We still talk on the phone, and I get text messages letting me know how the latest soccer match went, and what other things are happening back home. I'm going to be back in Auckland for a visit in the next few months, and a cup of tea at Rob and Loren's will be one of my first stops. I miss hanging out and look forward to catching up properly.

I feel so lucky to have 'fallen into' Citizen's Advocacy, and I only wish more people knew about the amazing work the organization does. For me, the experience has been everything I'd imagined it might be, and more; ultimately, it has opened my eyes to how human we all are. For anyone who is considering becoming an Advocate, I couldn't urge you enough to just do it. *(Julie Bode)*

“I've learned that no matter what happens or how bad it seems today, life does go on and it will be better tomorrow”

- Maya Angelou

INFLUENZA / FLU

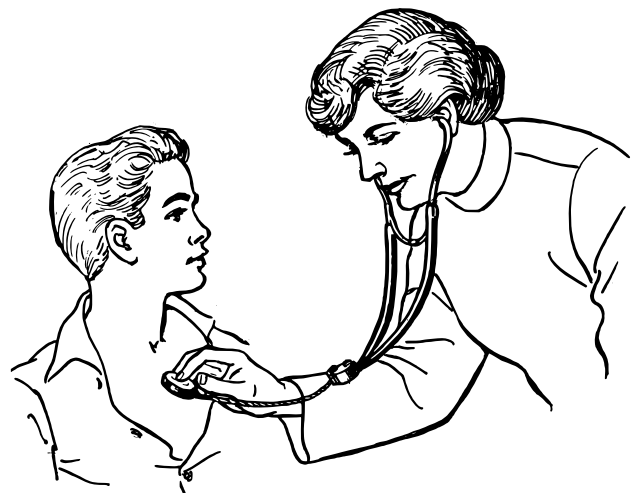
Reduce the chance of getting the flu and spreading it to others

Wash and dry your hands

Stay home until well

(no sneezing or coughing)

If your condition worsens Visit your GP
or call Health line 0800 611 116



Eat breakfast like a King
Eat lunch like a Princess
Eat dinner like a beggar

*...I can't remember where I read this
BUT it makes sense and
I want to share it with you!*

Information & Networking

NZ Disability Federation of Disability Information Centres (NZFDIC)

Provide information to people with disabilities and older people, their families, caregivers, health professionals, manufactures, suppliers, architects and builders, voluntary and statutory agencies, students and the general public.

www.nzfdic.org.nz
0800 693 342

Conference: No One Alone

Waipuna Hotel & Conference Centre
58 Waipuna Rd. Mt. Wellington Auckland
20-22 September 2010

StandardsPlus@imaginebetter.co.nz
09-262 5374
www.imaginebetter.co.nz

For a Need Assessment

Contact Taikura Trust www.taikura.org.nz

Touch Compass

Performance Triple Bill on 18-21 August 2010 at
The Edge in Auckland
www.touchcompass.org.nz

Conference NZ ASID

*(New Zealand Association for the Study of
Intellectual Disability)*
Dunedin 24-25-26 August 2010
www.assid.org.au

or by e-mail: gary.wyatt@accessability.org.nz

Auckland Disability Law

Phone: 09-257 5140 or 027 457 5140
info@adl.org.nz

Deaf Expo 2

For deaf and hearing impaired communities
4 September 2010
Novotel Auckland - Ellerslie Hotel
Contact: deaf.expo.2@gmail.com
Details: www.deafexpo.co.nz

Fresh Perspective

Parents you're not alone
www.fresperspective.org.nz

Making It Easy To Speak Up

The Health & Disability Commissions is hosting a National Disability Conference on 6 Dec 2010 for disabled people their family, friends and network

For more information:

Mauyse Dix 0800 11 22 33
mdix@hdc.org.nz

Citizen Advocacy Board 2010-2011

Chairperson Fran Hartnett (Founder)

Secretary Liz McAneny

Treasurer Fred Yuen

Board Members

Annette Rogers	Debbie Espiner
David Hughes	Jee Ho Rodriguez
Kevin Rogers	Yvonne Riley

Coordinator

Ana Maria de Vos Sanchez

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Charities Commission 29619

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