

## NEWSLETTER June 2018

### **CHAIRPERSON**



Hello everyone,

2018 seems to be speeding by so quickly with it being almost July already. The shortest day, Winter Solstice, has come and been so we are on the track (eventually) towards longer days and warmer weather... eventually. Thank you to all who attended the Pot Luck dinner, it was such an enjoyable evening. Cosy environment, delicious food and great company. Potluck dinners go back to the 16<sup>th</sup> century when uninvited and unknown travellers would arrive at your

door and you would offer them whatever food you had on hand. There were very few roadside cafes and restaurants like we have today- besides people did not have the money to pay. Pot luck means whatever is available, take your chance with often little or no choice. That was not the case at our dinner- there was plenty of delicious food and plenty of choice. It was interesting to hear about the key messages people learned from John Armstrong's recent workshop. It is always good to be remembered about values that are important.

Thanks to Jules, Yvonne and Fran for being on the stall at the Royal Oak Shopping Mall on 22 June. This is a very effective way to profile Citizen Advocacy Auckland so that more people get to know about us and there is always the opportunity to attract more advocates.

I am attending the Australasian Society for Intellectual Disability New Zealand Conference in Wellington next week. I am looking forward to hearing and learning from the presentations. Sheridan Forster is talking about how we truly listen to people to understand them and to build a relationship that meets their needs and interests. Judge Andrew Becroft, New Zealand's Children's Commissioner will be talking about meeting the needs of young people who have dropped out (or been dropped out) of school. I think there is a lot of relevance in these topics for CA Auckland.

Keep warm, keep dry

Kind regards

Debbie

### **SAVE THE DATE – CHRISTMAS PARTY**

**For advocates, protégés and CA board.**

Enjoy an evening of friendship & celebration.

Sunday November 25th 2018

All Saints Church, Ponsonby Rd.

Time to be confirmed.





## COORDINATOR

Greetings to advocates,

It was lovely to connect with many of you and your protégés at the pot luck dinner recently. In the last newsletter I wrote about Welfare Guardianship. If anyone is interested in exploring this further please let me know and I will ask our new advocate associate to do a short presentation and Q and A for advocates.

Below you will find details for a talk about intellectual disability and dementia on September 1st in Auckland. I will send out registration details when they become available. Look forward to being in contact soon.

Warm regards

Jules

## LITERACY COURSES

A number of protégés have few numeracy or literacy skills. It is likely that when they were of school age, the thinking was that they could not learn, and so they missed the opportunity to learn even basic skills. As we now know, (and is outlined in SRV – the developmental model), it is never too late to learn.

I have found a course based in either Royal Oak or Manukau that focuses on reading, writing and maths for people with low skill levels in these areas. There are no fees. The classes run Monday to Thursday 9-1 for a minimum of 5 weeks to a maximum of 20 weeks per year. There is a rolling intake so spaces become available most weeks.

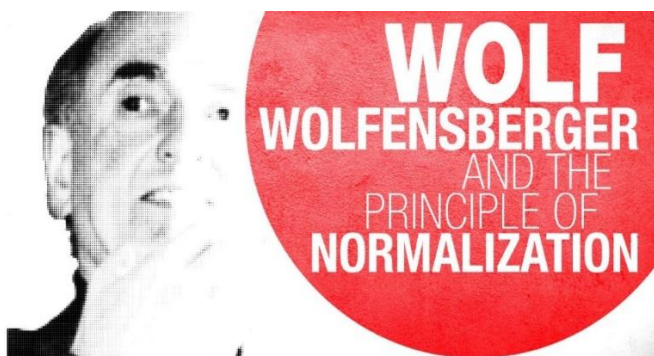
Participants learn to read & understand bills, fines, invoices and to keep track of their banking debit and credit. They also learn basic computing skills. Participants learn to write formal letters and to understand application forms as well as critical reading of newspapers, career research, and literacy skills to compose a CV.

At the completion of the programme participants receive a Certificate and will be better prepared to move on to another programme or into employment.

Advocates please do let your protégé know about this opportunity and contact me if it is of interest to your protégé. Having these new skills could lead your protégé to a better life.

### FILM

**Open invitation** to advocates to view this amazing documentary about normalisation and SRV. I can show it in the office or come to you and bring refreshments. Please contact me!



**SAD NEWS** – Rob Glenn passed away on May 12<sup>th</sup> after bravely battling a long illness. Loren was a great support beside him throughout. Rob and Loren have been part of CA for 18 years. Rosemary was their first advocate and when she moved abroad, Nicola became their advocate in 2015. Nicola is living abroad for a few years and Bill became their advocate last year. I know what a huge support Bill has been and Nicola as well from afar and on her visits to Auckland.



## WHAT CONSTITUTES VULNERABILITY?

If it is not just about urgency, complexity of needs, or degree of disability, what other measurable indicator can we use? One problem is simply that words are inadequate. When it comes to vulnerability we need to be feeling the experience itself, not just understanding the words which describe the experience. For example:

- Does “isolation” adequately portray the feeling of being alone and unable to speak;
- How does it feel when the only people you see view your bodily functions as an inconvenient problem to be attended to, when they have time;
- How does it feel to believe, because you are told again and again, that you are a burden to your family, the staff, the community, and society as a whole;
- What is it like to fear for your life because many people in our society would say that you would be “better off dead”;
- What is it like to fear for your life because someone might decide one day to make you better off?

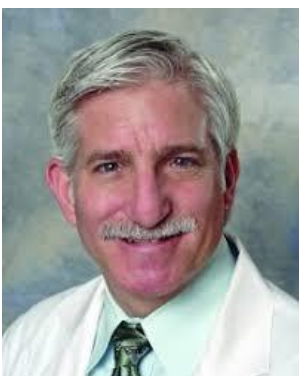
Is “rejection” adequate to describe the experience of:

- being “given up” to an institution as a new born baby on the instructions of a doctor;
- only ever experiencing human touch when it involved pain and humiliation, but welcoming it as better than no touch at all;
- keeping believing that the staff are your friends because they say so, and not understanding why your friends don’t arrive one day and never come back;
- trying to talk to people and get to know them but finding that they never have time to talk, even though they seem to have time for other people.

Vulnerability is about those people whose lives are characterised by segregation, isolation, rejection and abandonment, resulting in deep wounds. Truly understanding this vulnerability requires the use of a deliberate and genuine process of empathy, a genuine stepping into the shoes of the other person. Measuring vulnerability is more difficult, unless you can rate the cold chill which sweeps through your body when you think:

*“What if that was me?!”*

shared by Bob Lee (and edited by Jules)



**asid**  
research to practice

**Come and meet Dr Seth Keller**  
**Leading neurologist: intellectual disability, ageing, dementia**

September 1<sup>st</sup> 2.00pm – 4.30pm  
Spectrum Care, 270 Neilson Street  
Onehunga, Auckland 1061  
Cost \$15

### **MATCH BIRTHDAYS:**

March to June 2018:

Annette and Fran	28 years
Susan and Sue	14 years
Tania and Heather	9 years
Rachael and Serita	7 years
John and Joseph	3 years

**NEW MATCH** – we welcome John and Karen....and wish them a rewarding journey.

Welcome to our new **ADVOCATE ASSOCIATE** Anna Patterson. Anna is a lawyer and is available to advise on any legal issues that arise for your protégé.