



RIGHTS IN ACTION INC

Independent advocacy for people with disabilities

NEWSLETTER

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Message from the Manager

Hi All

Welcome to the June Newsletter. We are mid-year. That means, it will be Christmas in six months.....how time passes quickly ☺

Generally, many people and organisations will be looking forward to celebrating NAIDOC Week in July and Disability Action Week on 11th – 17th September 2016. We will be hosting an event for Disability Action Week so watch out for our announcements on our website www.rightsinaction.org

RIA were pleased to part of the FNQ Partners In Recovery initiative over the past three years however our contract will cease on 30th June and we will say goodbye to our PIR Support Facilitators Joanne Houghton and Nancy Jackomos. The PIR initiative was a wonderful opportunity for RIA to work on the “Representation at the Mental Health Review Tribunal” project and develop a series of six self-help sheets; posters and three short videos. These resources will soon be available on the RIA and Centacare FNQ Partners In Recovery website www.fnqpartnersinrecovery.com.au/

RIA is also keen to increase our membership over the upcoming months and we encourage our existing members to get on board and reach out to people they know who would be interested in joining us to promote and protect the human rights of people with disability. You will notice that the membership form also accepts business and organisations that are interested in becoming members. Membership forms can be down loaded from our website or by contacting the office on 4031 7377.

The most important thing is to enjoy your life - to be happy - it's all that matters.
Audrey Hepburn

The National Disability Insurance Scheme (NDIS) is the new way of providing disability support

1 July 2018 NDIS will be operating in Cairns



The NDIS will provide all Australians under the age of 65 who have a permanent and significant disability with the reasonable and necessary supports they need to enjoy an ordinary life.

Rights In Action

Staff

MANAGER

Robyn Renton

ADVOCATES

Bob Paten

Dianne Wellington

Paolo Gambi

PARTNERS IN RECOVERY
SUPPORT FACILITATOR

Joanne Houghton

Nancy Jackomos

ADMINISTRATION OFFICER

Mary Klanssek

FINANCE OFFICER

Ted Barber

PROJECT OFFICER

Sarah Gray

VOLUNTEER

Ariel Pose

Management Committee 2015/16

PRESIDENT

Joseph Lynd

VICE PRESIDENT

James Barnes

SECRETARY

Bernadette Dimla

TREASURER

Allan Wilson

GENERAL MEMBERS

Jennifer McCabe

Mark Phillips

Jan Corcoran



The NDIS will help people with disability achieve their goals. This may include greater independence, community involvement, employment and improve wellbeing



As an insurance scheme, the NDIS takes a lifetime approach, investing in people with disability early to improve their outcomes later in life.



The NDIS also provides people with disability, their family and carers with information and referrals to existing services in the community support.

By 2019, the NDIS will support about 460,000 Australians with disability.

Can I access the NDIS?

To become an [NDIS](#) participant a person must:

- Have a permanent disability that significantly affects their ability to take part in everyday activities
- Be aged less than 65 when they first enter the NDIS
- Be an Australian citizen or hold a permanent visa or a Protected Special Category visa, and
- Live in Australia where the NDIS is available

Can I still receive support if I do not meet the access requirements for the NDIS?

A person does not have to be an NDIS participant to receive support from NDIS.

The NDIS will connect people with disability, their families and carers, including people who are not NDIS participants, to disability and mainstream supports in their community.

To find out more about information, links and referrals to community and mainstream support services visit www.ndis.gov.au

For more information about the NDIS please contact – National Disability Insurance Agency - Telephone 1800 800 110

For people who need help with English – TIS: 131 450

For people with hearing or speech loss – TTY: 1800 555 677

Speak and Listen: 1800 555 727

Day at the park to celebrate

[The](#) smallest bubs through to the biggest kids were in for a treat at a special event to celebrate the role of family in the community.

More than 400 people gathered at Arnold Park to take part in a Family Fun Day.

About 20 service providers hosted stalls with information and children's activities ranging from sand art through to drumming.



100% Bulk Billed

Our doctors offer home appointments to all people during the following times

If you are suffering from a non-life threatening illness or injury and need a bulk billing, after hours GP, simply call House Call Doctors now, and we'll dispatch a doctor directly to your door, for medical treatment in the comfort of your home.

Monday to Friday:

6 pm to 8 am - (Bookings from 4pm)

Saturday: from 12 pm through to Sunday - (Bookings 10am)

Sunday: all day

Public holidays: 24 hours

Phone - 13 55 66



Rights In Action will be closed for the following Public Holiday:

**Friday 22nd July
Cairns Show Day**

Mareeba information Support Centre manager Julie Theakston said the event, which coincided with National Families Week, had a great atmosphere of community.

“This was to celebrate the role of families not only in children’s lives, but in society in general,” she said.

“It’s exciting to be part of community like this. “These sorts of days call to your attention what a great community Mareeba is and how much it has to offer”.

Source: Tablelands Advertiser



Sarah Gray Paolo Gambi and Dianne Wellington



Virginia Carr (Service Coordinator)
FlexiChoice with Paolo Gambi

Landline Medical Alarms and the NBN Network

What is the nbn™?

The national broadband network (**nbn™** network) is currently being rolled out to provide high-speed broadband access to all Australians. The new network is replacing the traditional copper network using several different technologies

What does this mean for your medical alarm?

Existing landline medical alarms will need to be upgraded as this new technology is progressively rolled out and the existing phone network is disconnected.

That means, if you have a medical alarm it’s important that you register it with NBN by calling your medical alarm provider for advice and to find out if your service will work on the NBN network.

Simply call us or press your pendant and we will make a note on your record so no one will worry if they can’t get in touch with you at home.

Make sure to ask if there are any additional fees when connecting to the NBN network.

For more information click on the link below -

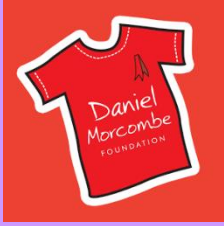
<http://www.tunstallhealthcare.com.au/alarmupgrade>

Advocates show off Trivia knowledge

I Knew That !



It has been many years since I had entered the gladiatorial arena of the “Trivia Night”, however I felt reasonably confident and well supported with the general knowledge colossus known as “Bob Paten” and “Dianne Wellington” as well as my wife, Antonia, Dianne’s hubby Paul and sister



“Help Me” App

A [great](#) way to not only help keep kids safe, but assist people of all ages, from 7 to 97, covering all kinds of personal emergency situations.

Major Safety Features

The ‘Help Me’ button sounds a warning and allows you to can send off an SMS text to two (2) nominated ‘safety’ numbers, as part of your Trusted Safety Network. Included in the text are GPS co-ordinates from where the text was sent, so the sender can be located or a last known place of contact is indicated.

Ideal for everyone including

Children and youth, elderly & seniors, shift workers, recreational enthusiasts, pregnant mums, people with medical conditions, holidaymakers, school camps, Backpackers and more!

Download free app on iTunes

For more information click on the link below –

<http://www.danielmorcombe.com.au/app.html>

The scene, 15 teams vying for the honour and prestige that went with the name of NAIDOC Trivia Night Champions 2016. Steely stares were met and wary nods were exchanged across tables to acknowledge the fellow combatants. Nervous laughter could be heard from tables as everyone awaited the first question tentatively, expectantly.

We were quietly confident going in that we knew our stuff..... Oh how wrong we were!!!

As the first round of questions flashed across the screens we realised we were ill equipped for this kind of intellectual struggle, the realisation hit us like a big, giant perfumed feather duster, we discussed, argued, swore (A LOT) and looked at each other with looks of perplexity and just shrugged our shoulders and went for the most non-obvious obvious answer.

Well after the debacle that was the first round and a score of 4 out of 10 things appeared to get progressively better and it felt like we may be in with a shot at the title with Bob making a significant contribution to our double point question in the third round and Paul’s music knowledge throughout. The adopted strategy of picking the most non-obvious obvious answer appeared to work and coupled with some great authoritative decision making from Dianne we emerged with surprisingly reasonable scores.

After four rounds we were in a commandingly mediocre position which pleasantly shocked us all!!! In the final round we went for it big time.... I wouldn’t say we were particularly successful, however I would say we did Rights in Action proud (I think?!). Also buoyed by the fact that more alcohol had been consumed by some teams we felt we had a fairly sober edge judging by the state of some!!!!

We ended up joint 5th at the end, which seemed reasonable, but what was more important was that the NAIDOC Trivia Night was well organised, heaps of fun and lots of laughs and certainly something that will be placed in the Rights in Action events calendar for next year.



CareAway [Tours](#) Australia Pty Ltd provides holidays and tours designed as a service for people with intellectual disabilities who may need some assistance and/or supervision whilst holidaying. Qualified and experienced staff who are familiar with assisting people supervise the tours and holidays.

CareAway tours and holidays are fully inclusive and the cost includes, GST, accommodation, meals, entrance fees, sight seeing and travel costs. Holidays can be organised to a specific groups requests.

For more information click on the link below -

<http://www.careaway.com.au/index.php?page=index>

RIA Newsletter Articles

We encourage members, local services and the community to provide stories, interesting articles and advertisements for our quarterly Newsletter.

Our Newsletter is distributed **free** of charge by emails, post or by accessing our website.

If you would like to contribute to our next Newsletter, please contact Mary Klansek at our office on 40317377 or email info@rightsinaction.org

NB: Sometimes space is limited and we reserve the right to decide on the content of The RIA Newsletter



Reminder

Please contact Mary on 40317377 if you do not want us to send you our Newsletter

The adventures of a social work student

Hello! Over the last three months I have been with Rights in Action, completing my Bachelor of Social Work field placement. This time has been full of new experiences and learning opportunities.

At times I have found my placement challenging, but these challenges have helped me develop a greater sense of the kind of social worker I hope to be. I have enjoyed great conversations with the RIA team ranging from mind-boggling philosophy, critical analysis of societal structures and social relations, to the more humorous topics of monkeys riding on the back of wild pigs. Oh! And don't forget the many discussions about the awesomeness of cats!

Alongside these weird and wonderful conversations, I achieved tasks that I am quite proud of. This includes an evaluation of the Representation for People Attending the Mental Health Review Tribunal (MHRT) project. This also explored the level of community awareness concerning ITOs and the MHRT. Whilst last year's project provided stakeholders with valuable information, the community requests more information about ITOs and the MHRT so that all stakeholders can engage effectively and meaningfully with the mental health system. It is important for future projects to recognise this need and to continue on with the momentum gained from the Representation for People Attending the MHRT project.

Additionally, Rights in Action (with funding from Partners in Recovery) have produced six self-help sheets and posters which inform people about their rights, choices and supports when on an ITO and engaging with the MHRT process. This set includes a checklist which provides people with a clear notion of their options when preparing to attend the MHRT. These self-help sheets and posters have been distributed among mental health services within the Cairns area.

I would like to thank Robyn, Bob, Paolo, Dianne, Mary, Nancy and Jo for welcoming me into Rights in Action and providing me with the opportunity to learn about the important work they do.

Sarah Gray

