



**Report about the  
Melbourne Planning Workshop  
5-7 August 2019**

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## What is this report about?



Our Voice got about \$46,000 funding as a DPO to help us do our work in 2019 and part of 2020.

We can use the money for

- Capacity building, to help people speak up
- Developing workshops and presentations
- Making some resources
- Workshops and planning meetings.

In August we met in Melbourne for a planning meeting and workshop.

This report is about the work we did in Melbourne and our plans for Our Voice.

At the end of each part of the report there are actions or recommendations.

These are what we think should happen.

## Who came to the workshops?

Our Voice representatives from each state came to the workshop.



Heather Forsyth is the Chair.

She represents Victoria.



Kalena Bos represents Tasmania



Justin Storen represents WA.

Justin flew from Perth to Melbourne on his own.



Bek Touzeau represents SA.



Allycia Staples represents Queensland.



Laura Naing represents NSW.

Laura came to Melbourne for one day.



Tasmania funded Kiara Lavin to come along as an observer and take part in the activities.

Kiara is on the Speak Out Members' Executive.

Our supporters at the workshop were:

Julie Butler and Jenny Dixon

Fiona from Queensland

Felicity from SA

Alison from NSW.

### **We recommend**

Our Voice should have a planning workshop every year.

## What did we do at the workshops?



At the workshops we got to know each other better and worked as a team.

We did activities and made plans.

Some of the things we did were:

Getting ideas to promote Our Voice

Learning about presentation skills



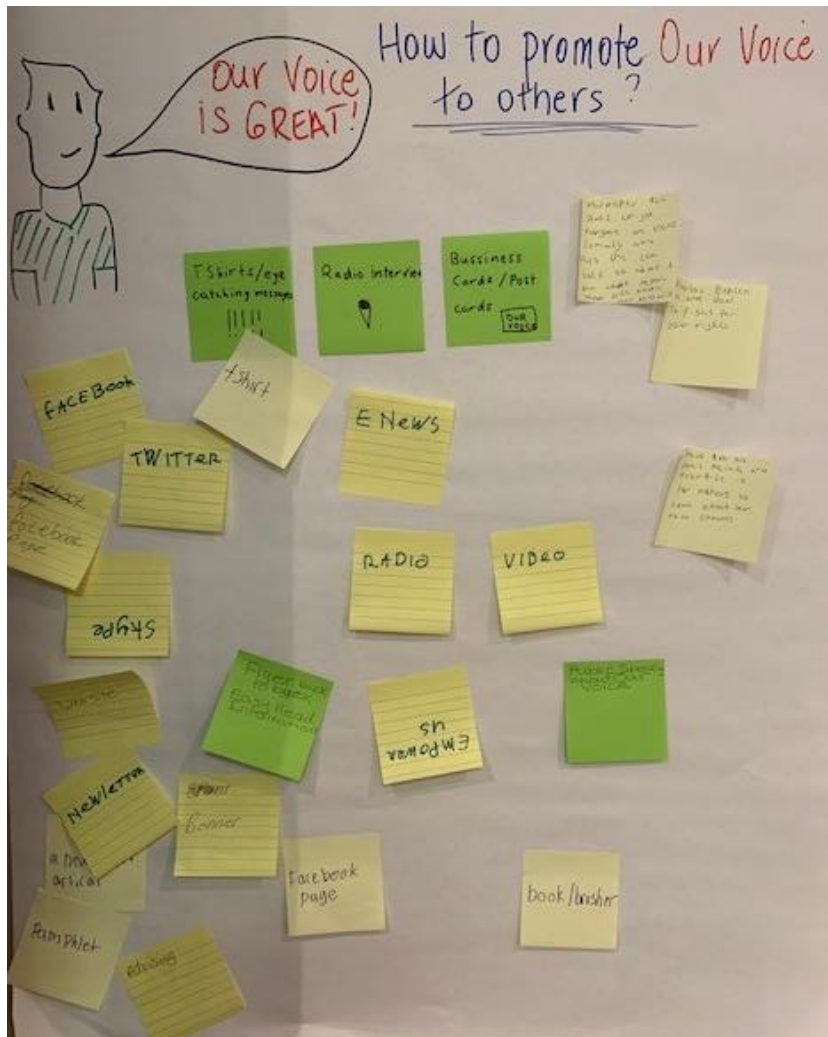
Presenting about the technology survey

Working on the conference workshops

Checking the Our Voice rules

Making plans for the future.

## Ideas to promote Our Voice



We had lots of ideas about how to promote Our Voice:

## Booklets, brochures, flyers

## Facebook and twitter

## Radio interviews and videos

Have a poster around the states and information about Our Voice

## Public Speaking about Our Voice

## Empower Us

e-news

## Photos that explain Our Voice and how to fight for your rights

## Business cards / post cards

t-shirts with an eye-catching message.



## What is good support?



Our Voice needs good support to do our job well.

We talked about good support

- what it is
- what works best for us.

This is what people said:

Let me be independent – I want to have a go first

Learn to back off a bit

Don't take over but give me advice

You're here to support ME!

Focus on me

Let me have a say – ask if I need help

Don't look over my shoulder all the time – ask me if I want help

Don't assume I want to sit next to you – especially when we knock off!

Keep us informed.

## What do we need?



We need information in a way that helps

- Email
- Phone
- Text
- In person

For our meetings by Zoom, good support will:

- remind us that the meeting is on
- help us with some dot points for the “Around the States” report
- help us to write information
- know how to use Zoom
- make sure there is technology we can use
- sort out a private place where we can focus

If we can not get to a meeting, we may need help to notify the Chair.



## What do we need when we travel?



A support person to help with travel

Our own support person to check personal needs like meds

We like to

- be organised with plenty of notice
- know how we are getting to the airport
- have reminders
- know who is paying for what.



We need

- A person to meet and greet us when we arrive
- To know who to contact if we need to ask or check something
- An after hours number of someone on site.

## What is good support?

### Videoconferencing / communication



To be heard we need

A regular meeting time



Information sent out a week before

An Agenda

Minutes



A text message if there are any changes

## What is good support?



### Communication with others (consulting)

To ask people questions and get their ideas we may need:

Advice on

- what group to consult with
- when they are available

Help reading and understanding

Help planning and organising the session

Help to practise before

Reminders of what to do

Printing things

Transport at times or learn how to get there

It is good to get information early

Reassure me and help me feel confident.

Prompting is ok.

## Ways we connect with people with ID



Kalena is a Speak Out member.

She connects with over 200 people through

- Self advocacy meetings across the state
- Youth Group
- Peer networks
- New Horizons peer network



She is an experienced leader and has been the NW representative on Members' Executive.

Kalena regularly represents Speak Out in state consultations and is active with WWDA.

Kalena loves the Speak Out conference and has helped with conference planning and presentations about things like Self Management.



Heather works at VALID.

She connects with over 100 people through 4 Self Advocacy networks.

Heather works closely with Self Advocacy Groups.



She co-delivers VALID training about Staying Safe and Keys to Success.

## Ways we connect with people with ID



Justin is the WA representative through DDWA.

He connects with people through

- CREATE Foundation
- DDWA groups and courses



Justin is keen to connect to more people.

He also connects with Child Protection to talk about his experiences.



Bek is a member of the SACID Reference Group

She is part of setting up Peer Action Groups and has many friends.

Bek is a member of Our Voice SA self advocacy group. This is part of JFA.



## Ways we connect with people with ID



Allycia is part of the Loud and Clear Self Advocacy Group

She connects with people through Sunshine Troupe  
her work with Bush Kids,  
attending events  
and her friends.



Laura connects with members of CID and peer support groups.

She is part of Speak Out Reach Out.

Laura actively helps with

- Expos and conferences
- Newsletter
- E news
- Inclusion Point



## Our Voice Rules



We talked about the Our Voice Rules.

Most of the rules are ok.

But some need changing.

It is important to learn how to be a member.

There is paperwork to learn and how to do things

### Action

Moved by Justin and seconded by Allycia:

- Membership of Our Voice will be for a term of 3 years

The Chair has a lot to learn. They have to get good at lots of things and learn how to be on IA's Board. That takes time.

### Action

Moved by Heather and seconded by Kalena

- The Chairperson is for a term of 3 years.

### Action

Moved by Bek and seconded by Laura

- You must be a member of Our Voice for a full term of 3 years before you can be Chairperson

### Action

Moved by Heather and seconded by ?

- Chair is voted by members of Our Voice
- The state that holds the Chair should have an extra member



## Presentation skills

We worked on strategies when you present:

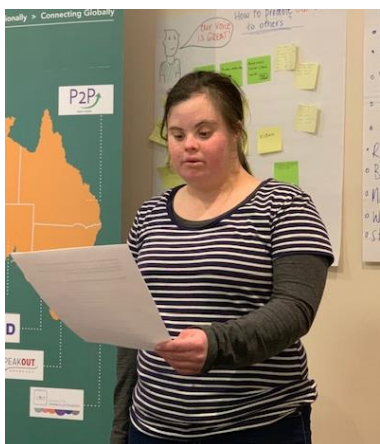


- Make eye contact
- Focus your audience (talkers)
- Understand what you are talking about
- Show confidence
- Manage your audience
- Stay on topic / task
- Stay relaxed

We practised:

- Timing
- Good posture – no fig leaves or flappers
- Showing respect

We think it is important to



- Be professional
- Do your research
- Be on your best behaviour
- Be well presented and polite

## Presentation skills

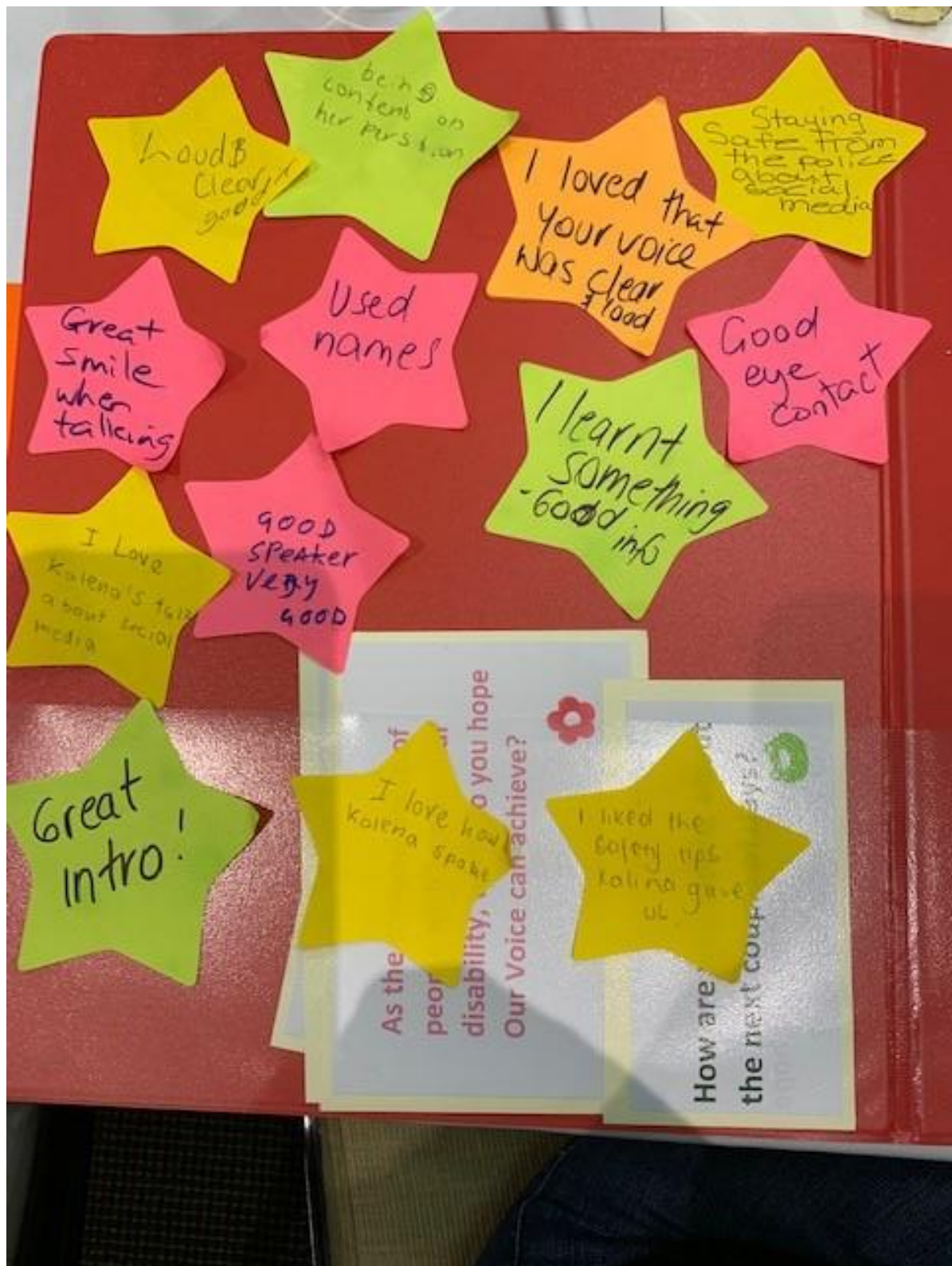
Our Voice members presented our research.

Then we had “tickets on you”

Tickets on you is when people give feedback about your presentation by sticking post-it notes on you!







## Our Voice – in the future



We think Our Voice could work more closely with the Board and IA.

We recommend that



The Board looks at their Strategic activities and includes Our Voice in putting them in place



We suggest that the Board has the same rule as Our Voice and has a state representative that is extra to the Chair.

## Our Voice – in the future



There are lots of things we want for Our Voice in the future.

Some of the ideas are:

To share what we think about rights

To talk to government about the whole system about disability and DCP support

Have people with intellectual disability share their experience and stories

To learn more and do more training

All states should have the same opportunities as others

Talk to people with ID Royal Commission

Have more face to face meetings