



RIGHTS IN ACTION INC

Independent advocacy for people with disabilities

NEWSLETTER

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September – Issue 33

Rights In Action Inc Staff

MANAGER

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ADVOCATES

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Jasmine Cook

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PARTNERS IN RECOVERY
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Jo Abbatangelo

ADMINISTRATION OFFICER

Mary Klansek

VOLUNTEER

Ariel Pose

Management Committee 2013/14

PRESIDENT

Joseph Lynd

VICE PRESIDENT

James Barnes

SECRETARY

Bernadette Dimla

TREASURER

Larry Giacomi

GENERAL MEMBERS

Jennifer McCabe

Mark Phillips

Message from the Manager

Promoting RIA Membership

Each year RIA is pleased to broaden our networks and the membership of our association by encouraging existing RIA members to help to us connect with others in our community that are interested in supporting *independent* advocacy for people with disabilities.

Financial members are invited to nominate for a position on our Management Committee (MC) prior to our Annual General Meeting (usually held in late October). The role of the Management Committee is to govern the organisations purpose, performance, policy and accountability.

If you are a member, speak to your friends and associates about joining RIA. We will soon be sending you information about MC nominations and inviting you to our AGM.

If you would like to be a member of RIA please contact us on 4031 7377 or email infor@rightsinaction.org and we will send you a Membership Application form.

Upcoming Quality Assurance Audit

We will be undertaking our annual quality assurance audit on 20th & 21st October 2014. The Human Services Quality Framework (HSQF) is underpinned by a commitment to operating efficiently and effectively to achieve the best results for people receiving our advocacy assistance. The QA auditor will look at our documents and files and speak to clients, families, the Public Guardian and anyone who would like to provide feedback about our service. If you talk to the Auditor please contact us to arrange a suitable time.



Rights In Action will be **closed** for the following **Public Holidays**:

Monday 6th October
Labour Day



Sign up to get the latest news and information about Queensland's preparations for the National Disability Insurance Scheme (NDIS) via email

[Subscribe to the Queensland NDIS update.](#)

Progress report on the implementation and administration of the National Disability Insurance Scheme

[http://www.aph.gov.au/~media/Committees/Senate/committee/ndis_ctte/progress_report.pdf](http://www.aph.gov.au/~/media/Committees/Senate/committee/ndis_ctte/progress_report.pdf)

NAIDOC DAY



NAIDOC in the Park Community Day at Arnold Park, Mareeba on Thursday 10th July.

NAIDOC Week events are attended by Australians from all walks of life. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians.

Disco Night at FlexiChoice MDFSA Mareeba



Participating in social activities and interacting with other people in a friendly, supportive environment contributes positively to a person's sense of well-being and helps to build social networks.

FlexiChoice MDFSA in Mareeba regularly holds social events for people with disabilities. Their BBQ and Disco held on Friday 5th September was an opportunity to dress up, have fun and dance to groovy music. The disco was well attended by people from across the Atherton Tablelands.



Deaf Services
Queensland Cairns
has moved to -
**37 Pease Street,
Manoora**

New office phone
numbers are:

Ph: 4032 3033
Fax: 4032 2033
TTY: 4032 3033
(NRS – 1300 553 467)

Postal address is still the
same:

**PO Box 5970, Cairns Qld
4870**



Event registrations for
International Day of People
with Disability are now open.

To register your event click
on the link below -
[http://www.idpwd.com.au/3-
december/event-registration/](http://www.idpwd.com.au/3-december/event-registration/)

Or Call 1800 440 385 to
register your event or check
on events in your area
TTY users can phone
1800 555 677 and ask for
1800 440 385

Disability Action Week

14 – 20 September 2014

We encourage you to celebrate by attending these local events

EVENT	VENUE	CONTACT
Dinner - for the deaf community	Cazaly's Football Club Saturday 13 6.30pm onward	Wayne Reynolds Wayne.Reynolds@deaffsq.org.au
"Walk with Me" – Cootharinga NQ's annual fundraiser	Sister Cities Parkland Cairns Esplanade Sunday 14 9am – 10.30am	Alyce Alyce.Trudgett@cootharinga.org.au
Inclusive Communities Festival – Free entertainment	Sister Cities Parkland Cairns Esplanade Sunday 14 10.30am - 2pm	Emma Emma.Smith@cootharinga.org.au
Jewellery & Artwork Display – organised by Douglas Shire Council Services Association	20 - 22 Mill Street Mossman Monday 15 9am – 12.30pm	flexirespite@dscsa.org.au 4098 2836
BBQ Lunch – for clients, volunteers & staff of Douglas Shire Community Services Association	20 – 22 Mill Street Mossman Tuesday 16 12pm – 2pm	flexirespite@dscsa.org.au 4098 2836
Café Connect – special menu to celebrate Disability Action Week	52 McNamara Street Manunda Wednesday 17 10am – 2pm	info@arcinc.org.au
Workshop on "An introduction to What is Cerebral Palsy" – organised by CPL Cairns	1/111 Spence Street (Cnr Draper Street) Cairns Wednesday 17 10am – 12pm	4041 4544
Workshop on "An introduction to What is Cerebral Palsy" – organised by CPL Cairns	1/111 Spence Street (Cnr Draper Street) Cairns Thursday 18 5pm – 7pm	4041 4544
Big Day Out with Picnic Lunch – jointly organised by Douglas Shire Community Services Association Inc. & FlexiChoice	Daintree River Cruise Thursday 18 9am – 4pm	flexirespite@dscsa.org.au 4098 2836
Fun Day & Disco – organised by St John's Community Care	Cnr Kamerunga and Freshwater Roads Redlynch Friday 19 10am – 2pm	Michele 4039 9700
Ties & Tiaras Dance Evening – organised by ACR Disability Services. Arc clients 17 years and over	ARC Community Hub 52 McNamara Street Manunda Saturday 20 6.30pm – 10pm	info@arcinc.org.au



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

Sense Sational Nutrition

The program which ran in July has proved extremely successful with 6 regular participants in attendance.

All participants worked as a team preparing and sharing meals together over the six week period.

Participants exchanged tips on food and had been also providing friendship and support to one another over a cooked meal. Comments such as I can't remember the last time I sat down and shared a meal with other people or even had a proper hot meal had been noted by the cook.

Some participants grow herbs in their gardens and had brought their produce along which also sparked interest in gardening. The participants feel totally comfortable at Hambledon House which is a hub of activity with other groups operating out of the facility.

The relaxation group run by Radiant Wellbeing also generated a great deal of interest amongst. The group had developed skills in managing their stress levels using the breath as the single point of focus



Assistance Dogs

Available and ready for placement

Asdogs (NQ) provide specially trained Assistance Dogs to assist and support individuals with physical disabilities to achieve greater independence.

If you have a physical disability and believe that an Assistance dog would be beneficial, contact ASDOGS (NQ).

These dogs greatly improve the quality of life for persons with a disability by performing tasks which able-bodied people take for granted. Assistance dogs can be trained to perform tasks like picking up dropped wallets, cards, clothing and opening and closing doors also assisting with dressing and switching the lights on and off.

An Assistance dog also provides other significant benefits like companionship, sense of safety and independence.

For or an application kit or more information phone 4092 3344

Email: mail@asdogsnq.org

INDIGENOUS CONFERENCE SERVICES

Is proud to host the

2014 National Indigenous
Men's Conference
13 – 15th October

2014 National Indigenous
Women's Conference
13th – 15th October

2014 Domestic Violence
Conference
"Brighter Future"
8th – 10th December

2014 World Indigenous
Health Conference
15th – 17th December

Conferences will be held
at Pullman's Hotel
International Cairns

For more information or to
register click on the link
below

<http://www.indigenousconferences.com/>

**TROPICAL
WAVE**
festival

Munro Martin Park
Sept 20
10:30am - 10pm
INTERNATIONAL CUISINE
CRAFT DISPLAYS
KIDS WORKSHOPS
CULTURAL ENTERTAINMENT
*Peace finale
Concert*

Sept 21
2pm - 9pm
Cultural Entertainment
GOSPEL CONCERT

Supported by

CARMA Cairns and Region Multicultural Association
OTA
Cairns I.M.N.
centecare
calms
arts-nexus
KOREA Inc.
Digicel top up
Esplanade Cairns Regional Council
Cairns Regional Council
Queensland Government