

ATSIDNQ

Aboriginal & Torres Strait Islander
Disability Network of Queensland

Edition 25 -

Dec 2019 - March 2020

Farewell 2019 and Welcome 2020

Thank you to all of you who supported the ATSIDNQ project. Over 2019, we witnessed the Network grow to an extensive number of approximately 1300 members. This Network cannot be possible without you. 2019 was a fantastic year for showcasing the Network by sharing stories and experiences across the rural and remote areas of Qld. ATSIDNQ has been fortunate to see so many remote communities who are resilient and continue to shine despite the lack of disability services. On these travels, there's been deadly conversations across regions, which has ignited dialogue for people with disability to continue to be encouraged to speak up and be heard. 2019 also forged new partnerships which are expanding across and include the regions of Bundaberg, Rockhampton, Woorabinda, Yeppoon, Townsville, Roma and connected communities. ATSIDNQ is excited to see where this leads in 2020.

ATSIDNQ looks forward to another great year in 2020 by recruiting new members and assisting current members to have input to policy, sharing challenges that you are experiencing, and how best to support those challenges. Already in 2020, ATSIDNQ has been reconnecting with existing services which include respite centres, community, health and education organisations. These foundational relationships ensure that your voice is heard, valued and strengthen the support pathways for people with disability.

To date, ATSIDNQ has established a significant relationship with the Disability Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability. ATSIDNQ's relationship with the Disability Royal Commission will provide an opportunity for people with a disability to share their stories and experiences. At this stage, the Disability Royal Commission is particularly interested in hearing any stories or experiences in the education sector. If you would like to share these experiences, please feel free to call me on 1800 718 969.

ATSIDNQ can only grow with your input, so please get involved. We need your voice! In closing, thank you again for the support of ATSIDNQ. I extend an invitation for a yarn, as I am only too happy to talk to you.

Bruce Simpson
ATSIDNQ Project Officer

In this edition

- Disability Royal Commission
- In the Community
- Member Stories
- Path to Treaty

Do you need support for the Disability Royal Commission?



The Disability Royal Commission

The Disability Royal Commission will run for three years until 2022. It will look at ways to prevent people with disability from experiencing violence, abuse, neglect and exploitation.

Free and independent support is now available to help you. These supports are funded by the Australian Government.

Counselling support from Blue Knot Foundation

Counselling support is for people with disability, their families and carers, and anyone affected by the Disability Royal Commission.

Call the National Counselling and Referral Service to connect to a counsellor who can support you to:

- discuss your feelings and emotions in a safe and confidential environment
- work out a problem or issue
- make choices about telling your story to the Disability Royal Commission
- find other practical supports available to you.

Call **1800 421 468** or visit **dss.gov.au/disability-royal-commission-support**

If you are currently experiencing any form of violence or abuse, or are concerned for your safety, call the police on 000.

Advocacy support from the National Disability Advocacy Program

An advocate can support people with disability (or family members or carers acting on their behalf) to help protect their rights and understand how to engage with the Disability Royal Commission.

An advocate will be able to help you to understand how to tell your story, work out problems, find communication supports, or access other supports such as legal or financial services. Advocates don't make decisions for you or tell you what to do.



Accessibility

You can find out more about the supports available on our website in accessible formats such as Easy Read, Auslan and translated material at **dss.gov.au/disability-royal-commission-support**

People who are deaf, hard of hearing and/or have a speech impairment can contact us through the National Relay Service (NRS). Please phone **133 677**.

If you require support in another language you can use the Translating and Interpreting Service (TIS National) free of charge by:

- calling the National Counselling and Referral Service on **1800 421 468** and ask for an interpreter. The counsellor will make the arrangements, or
- calling TIS on **131 450** and asking to be connected to the National Counselling and Referral Service on **1800 421 468**.

How to find supports

Contact the National Counselling and Referral Service for counselling support or to be referred to another support service.

Call **1800 421 468** or **02 6146 1468** 9am to 6pm weekdays or 9am to 5pm weekends AEDT.

You can also find contact details for support services on our website at **dss.gov.au/disability-royal-commission-support**

Support is here for you.

NDAP

National Disability
Advocacy Program



blue knot
foundation

National Centre of Excellence
for Complex Trauma



Australian Government

The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability (Disability Royal Commission) was established on the 4 April 2019 and will run for three years until 2022.

Royal Commission Information

- **Hearing Dates** - Dates for hearing of the Disability Royal Commission are available on the Royal Commission website: <https://disability.royalcommission.gov.au/hearings/Pages/default.aspx>
- **Submission Information** - If you are enquiring about making a submission to the Royal Commission, please refer to the Disability Royal Commission website: <https://disability.royalcommission.gov.au/share-your-story/make-your-submission>
- **Assistance with Submissions** - If you need assistance with the submission process, you can:
 - Contact the Disability Royal Commission information services:
 - Phone: 1800 517 199 (9am-5pm)
 - Email: DRCenquiries@royalcommission.gov.au
 - Request support from an NDAP advocacy service to assist in the writing of a submission, or for support to attend a hearing. To find your local NDAP service go to <https://disabilityadvocacyfinder.dss.gov.au/disability/ndap/> For those in the Central Queensland or Gold Coast region, ADA Australia is the NDAP advocacy provider, see below for more information.
- **Auslan Submission Information** - The Royal Commission has also translated the submission process into Auslan which can be found at: <https://disability.royalcommission.gov.au/submissions/Pages/default.aspx#auslan>
- **Telephone Counselling** - A free national telephone counselling and referral service for people who are affected by the Disability Royal Commission. Information can be found: <https://www.dss.gov.au/disability-and-carers/disability-royal-commission-support-services>

Assistance with Submissions and Appearances for the Disability Royal Commission

ADA Australia offers free advocacy support for residents of Central Queensland (including Rockhampton, Gladstone, Woorabinda and surrounding areas) and Gold Coast regions to access and participate in the Disability Royal Commission.

If you do not live in Central Queensland or Gold Coast area's, use the NDAP finder webpage to locate an advocacy service who are providing Disability Royal Commission support in other areas around Australia. <https://disabilityadvocacyfinder.dss.gov.au/disability/ndap/>

An ADA Australia advocate can assist people in Central Queensland which included Rockhampton, Gladstone, Woorabinda and surrounding areas and the Gold Coast to:

- participate in the Disability Royal Commission and plan the best way to tell their story
- communicate with the Disability Royal Commission about required communication supports e.g. interpreter accessible interview techniques, recordings
- refer people to other agencies for ongoing counselling and/or psychological support as needed,
- deal with other related issues faced by people engaging with the Royal Commission e.g. accessing services, finding housing, stopping discrimination or making complaints.

FREECALL: 1800 700 600 Ph: (07) 3637 6000 e: info@adaaustralia.com.au



If you require an interpreter please phone: **131 450**

In The Community



Uncle Willie Prince (ATSIDNQ Champion) was invited by Carers Qld to share his story at the Inclusive Communities and You! Event - Social Inclusion Week at Carers Qld, Lutwyche, Brisbane.

The discussion was about people with disability sharing their NDIS stories, their day to day experiences and raising the importance of

including people with a disability into all facets of life, - Employment, Politics, Education, Health, Sports and Well Being.

It was also a great opportunity for Networking between services and to expand on the disability sector's support and advocacy.



ATSIDNQ and ADA Australia participated in the Brisbane Disability Expo on 1-2 November 2019, held at the Brisbane Royal Showgrounds.

These Disability Expos give services an opportunity to showcase their products and how best support and advocate for people with a disability. ATSIDNQ recruited 22 new members to the Network.

The new ATSIDNQ merchandise was a favourite of many people who attended.

Uncle Willie, ATSIDNQ Champion, also enjoyed the Expo and was excited to see so many disability services.

The food and entertainment was amazing as well. ATSIDNQ looks forward to attending the Disability Regional Expo events in 2020.

Check out the Regional Disability 2020 calendar in this edition and come to an event near you!
<https://socialimpact.institute/expos/>

In The Community



In December 2019, ATSIDNQ was fortunate to travel to Bundaberg to meet with the Indigenous Well being Centre (IWC). ATSIDNQ was amazed with IWC and the services they provided. IWC is also the National Disability Insurance Agency Partner in the community for Bundaberg Region (Local Area Coordinators).

In 2020, ATSIDNQ will be endeavouring to continue to grow this partnership to extend the Network through a yarning group in Bundaberg, and to potentially recruit an ATSIDNQ Champion.

Thank you IWC for your hospitality during the visit.

Are you worried about the care services you receive in your home?

Do you know somebody who is not happy in an aged care facility?

ADA Australia may be able to help.
Call us on **1800 818 338**

 **ADAAustralia**
Your aged and disability advocates

Become an ATSIDNQ Champion



**WE NEED
PEOPLE
LIKE YOU**

ATSIDNQ would like to invite you to become an official **Network Champion** for the Aboriginal and Torres Strait Islander Disability Network of Queensland (ATSIDNQ) within your region.

The Champion **role will be vital in supporting** the Network to **grow and achieve** its aim for the future so that the **voice of Aboriginal and Torres Strait Islander people with disability can be heard.**

You will be a valuable asset in helping the Network to grow. This means setting up **Yarning Groups** so that people with a disability, their carers, families and community has a **safe place** to yarn about the challenges and successes.

Please call the ATSIDNQ Project Officer Bruce Simpson for further details on **1800 718 969** or email: **info@atsidnq.com.au**

Aunty Myrtle Pagel

Member Stories



Hi, my name is Aunty Myrtle and I'm from the Kuku Yalanji mob, Cooktown.

I am 85 years old and grew up on the mission of Mona Mona. We were moved from Mona Mona to Palm Island. Mum and Dad had 11 children and I'm the second youngest. We then moved from Palm Island back to Mona Mona mission when I was 4 years old.

I went to school in Mona Mona. When my mum passed away I was raised in the dormitory. Then on reaching 19 years of age, Dad asked if we wanted to leave Mona Mona and live in Mareeba. So we moved to Mareeba where I had my first daughter.

I worked in Mareeba for some time. I also worked at

Blackdown station near Chilligoe, North Qld for 12 months. I had to leave my job because my Aunty got very sick and I had to be near her. It was at Crystal Brook Station, Almaden where I worked and met someone. We stayed there for 12 months and then went to Mareeba. That's where in Mareeba, I was asked for my hand in marriage (1958).

We eventually moved to Mackay where we had 3 more beautiful children. We lived and fished in Mackay. Fishing was our family business for many years, however unfortunately we had to move back to Brisbane. I have been living with my children in Wynnum Manly ever since, watching my children raise their children.

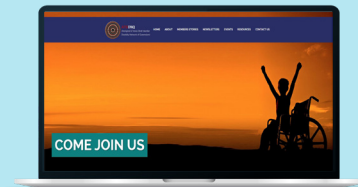
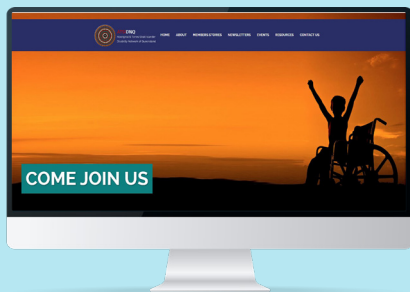
My advice for life is that I'm from a lovely family. I've always looked after my health and put my children first. My experiences over my lifespan, is that I always cared for my family and children and always showed them my love and affection, and this is my advice to you.

At 85 years of age I still do what I can for my family.



Always Was, Always Will Be.

5-12 JULY 2020



Come join us and get connected by checking out our Website

ATSIDNQ is a network of Aboriginal and Torres Strait Islander people with a disability. It was established to raise awareness of the cultural and social needs of Aboriginal and Torres Strait Islander people with a disability, their families and carers.

The ATSIDNQ Website www.atsidnq.com.au is a fantastic medium to create a starting point for anyone interested in the Network and the support it provides for all visitors. The website not only showcases the great work of the Network, but also shares what is happening in your region and how you can connect to those supports and remain connected.



ATSIDNQ Facebook Page

To keep up to date with what is happening in the Network, ATSIDNQ has a PUBLIC page that we encourage you, your friends and family to LIKE this page and share with your networks. Help us spread the word about the ATSIDNQ Network and how to join to make the network stronger.

<https://www.facebook.com/Aboriginal-Torres-Strait-Islander-Disability-Network-QLD-418621321682340/>

ATSIDNQ also has a CLOSED group just for ATSIDNQ members. This is an interactive platform where members can share stories and access the MEMBERS ONLY information. You will be sent a request when you signup to be a MEMBER.

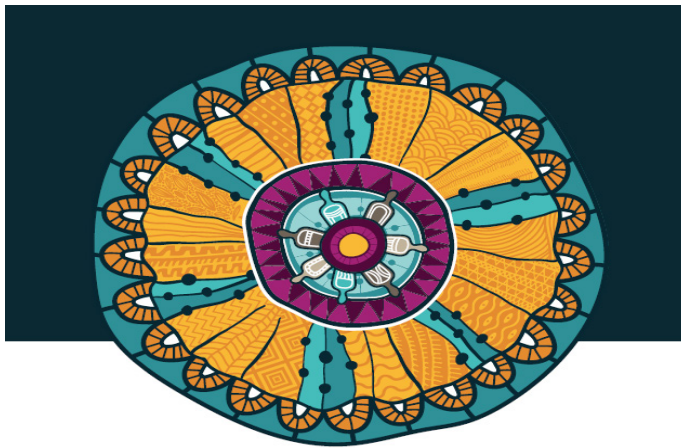


The Network can only get stronger when we hear and see the deadly stories that are happening out in the regions and communities.

When you share your story, you will be featured in our bi-monthly ATSIDNQ Newsletter and website along with your consent to include a beautiful photo of yourself.

You will also receive an ATSIDNQ Bag and Towel in addition to the Cap that you already receive when you become a member.

If you would like to share your story, please call the ATSIDNQ Project Officer for further details on 1800 718 969 or email info@atsidnq.com.au



PATH TO TREATY

What is a Treaty?

A treaty is a negotiated agreement between parties. It is important to understand a treaty is only signed once all parties are in agreement.

A Path to Treaty is about reframing our profoundly important relationship with Aboriginal peoples and Torres Strait Islander peoples in Queensland, so that we can start to move towards a shared future.

It is a broader conversation with Aboriginal and Torres Strait Islander Queenslanders and the broader community to develop a process for state-wide agreement making in Queensland.

Background to the treaty process

As a state, we have led the nation with reforms that acknowledge past injustices and recognise and celebrate the contribution of Aboriginal peoples and Torres Strait Islander peoples who have occupied this land for more than 60,000 years.

Work to date includes the addition to the preamble to the Queensland Constitution to honour Aboriginal peoples and Torres Strait Islander peoples as the First Australians in February 2010.

Other achievements include the:

- commitment to legally recognise traditional Torres Strait Islander child rearing practices in November 2017
- launch of the Reconciliation Action Plan
- 2018-2021, aligning to the reconciliation themes of Respect, Relationships, and Opportunities
- commitment to ensuring Aboriginal peoples and Torres Strait Islander peoples are represented on government boards and committees
- appointment of a First Nations Advisor for Housing in October 2018

- establishment of the Queensland First Children and Families Board in November 2018
- Human Rights Act 2019, which acknowledges the importance of the right to self-determination for Aboriginal and Torres Strait Islander Queenslanders, in March 2019

Now is the time for truth telling and for people's voices to be heard at the local level and in the treaty conversations.

How to get involved

The Queensland Government is committed to reframing the relationship with Aboriginal and Torres Strait Islander Queenslanders. The Path to Treaty is a commitment to begin the journey towards negotiated treaties with First Nations Queenslanders.

Let's start the conversation

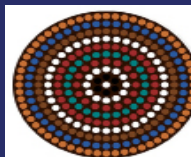
We are inviting Aboriginal and Torres Strait Islander Queenslanders, and members of the wider Queensland community, to submit their comments, opinions and ideas about a treaty or treaties.

By getting involved and having your say you will be part of the process, allowing Aboriginal and Torres Strait Islander Queenslanders and non-Indigenous Queenslanders to move forward together towards a shared future. Your views will help us decide what this shared future might look like.

You can share your views and get involved by:

- Preparing a written submission
- Attending a face-to-face community consultation session

For more information, or assistance with questions, please email us at treaty@datsip.qld.gov.au.



ATSIDNQ

Aboriginal & Torres Strait Islander
Disability Network of Queensland

Phone: 1800 718 969

Web: www.atsidnq.com.au

Email: info@atsidnq.com.au

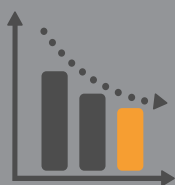
If you know someone who would like to become a member, tell them to contact us!

CQ Health #10000LivesCQ Smoking Cessation 2018–19 year at a glance

AIM: to reduce adult smoking prevalence in CQ from 16.7% to 9.5% by 2030



17% CQ women who smoked in pregnancy (2016 CHO)



2018 CQ adult daily smoking rate
14% down from 16.7% in 2016



3510
Quitline registrations (2018/19)

5823 Quitline registrations (November 2017 - June 2019)

Over 5000 Quitline registrations since November 2017 when 10000Lives launched

- 74% of Quitline registrations were self-referred
- Third party referrals - 54% from hospital, 20% dental practice
- Males and females equally represented
- Highest registrations from the 45-49yo age group
- 17% registrations identify as Aboriginal and/or Torres Strait Islander
- Health professional recommendation and self motivation were the greatest triggers to contact quitline.



670 new CQ Health staff educated on smoking cessation support available in CQ

6 staff trained in Renee Bittoun Nicotine Dependence and Tobacco Cessation Intensive Interventions Course

#10000LivesCQ

Join the movement!

Residents of Central Queensland are eligible to receive tailored support combined with free nicotine replacement therapy (such as patches, gum, lozenges) by contacting Quitline.



Quitline on 13 78 48
www.qld.gov.au/quithq



Contact: Kalie Green, Senior Project Officer
E: Kalie.green@health.qld.gov.au P: 4920 6989

Smoking... What is it costing you?

Cigarettes	Weekly Cost	Monthly Cost	3 months (quitline offers 12 weeks free NRT)	Yearly Cost	Over 5 Years
10 cigarettes a day	\$98	\$392	\$1,176	\$4,704	\$23,520
20 cigarettes a day	\$196	\$784	\$2,352	\$9,408	\$47,040
30 cigarettes a day	\$294	\$1,176	\$3,528	\$14,112	\$70,560

Based on a 25 pack of cigarettes at \$35.

Roll your owns	Weekly Cost	Monthly Cost	12 weeks (quitline offers 12 weeks free NRT)	Yearly Cost	Over 5 Years
50 grams a week	\$82.75	\$331	\$993	\$4,303	\$21,515

*Costs based on average supermarket prices. Costs do not include filters, paper or lighter.

Check out how much smoking is costing you by visiting www.quithq.qld.gov.au



#10000LivesCQ

Join the movement!



All Central Queensland smokers are eligible for Quitline's tailored program of:

- ☒ 12 weeks of free nicotine replacement therapy posted to your home
- ☒ 4 confidential call backs with a Quitline counsellor to support you through quitting

Call Quitline now on 13 78 48 (8am - 9pm, 7 days a week)

or visit www.quithq.qld.gov.au

STAY HOME TO
Keep Mob Safe



Protect Elders, bubs and yourself

**IF YOU ARE FEELING UNWELL STAY HOME,
REDUCE TRAVEL AND REDUCE VISITS**

WASH WELL TO
Keep Mob Safe



PALM TO PALM



BACK TO HANDS



FINGERS INTERLACED



BASE OF THUMBS



FINGERNAILS



RINSE HANDS

**HAND HYGIENE IS KEY TO STOPPING
THE SPREAD AND PROTECTING OTHERS**

**Coronavirus:
Stop the spread**

Visit health.gov.au/health-topics/novel-coronavirus