



Community Disability Alliance Hunter



ANNUAL REPORT 2017/2018

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About CDAH

Community Disability Hunter (CDAH) is a peer support organisation, run for and by people with disability and their families. CDAH is the first Disabled People's Organisation established to prepare people for the National Disability Insurance Scheme.

OUR MISSION

CDAH's mission is to support people to live the lives they choose. CDAH strives for an inclusive and just society where people with disability have voice, choice and control over their lives.

OUR OBJECTIVES

- Increase the knowledge, skills and capacity of people with disability and their families through information, advice, mentoring, peer support, training and development;
- Be a collective voice of, and for, people with disability and families;
- Assist people with disability to make the most of their packages of support;
- Build the capacity of the community to welcome all people;
- Share our collective lived experience to empower people with disability to have voice, choice and control;
- Uphold and be guided by the United Nations Convention on the Rights of Persons with Disabilities.

CDAH is registered with the Australian Charities and Not-for-profits Commission (ACNC).

Contact CDAH

Address: Suite 2, Level 1, 408 King St, Newcastle

Phone: 0490 053 454

Email: info@cdah.org.au

Website: www.cdah.org.au

Our People

CDAH Members are at the heart of all that CDAH does – it is an organisation run by, and for, people with disabilities and their families.

- Full members are people with disability and family members who reside in the Hunter region. At 30 June 2018 CDAH had 111 full members.
- Associate members are allies of people with disability. They may also be people with disability or family members who reside outside of the Hunter region. Organisations and companies can also become associate members. At 30 June 2018 CDAH had 31 associate members.



Photo of peer mentor training group

OUR BOARD

CDAH's work is driven by its Board which is made up of people with disability and family members.

David Belcher – President
Board Member since November 2016



Joseph Popov – Vice President
Board Member since November 2017



Debbie Hamilton – Secretary
Board Member since November 2015



Roslyn Talbot – Treasurer
Board Member since November 2017



Kristy Trajcevski – Director
Board Member since November 2016



OUR STAFF (as at 30.06.2018)

Suzy Trindall – Peer Worker (Talkin' Together Project)



Tania Lewis – Peer Worker (Talkin' Together Project)



Leigh Creighton – Peer Worker



Cath Mahony – Peer Worker



Emma Fergusson – Peer Worker (VOICCD)



Erin Forrester – Peer Worker



Jenny Cush – Project Worker and Public Officer



Rebecca Pockney-Project Coordinator (Home meetings training project)



CDAH would also like to acknowledge the contribution of other staff members who worked with us during 2017/18, including Chrissie Field (Peer Worker), Leonie Slade (Peer Worker), Di Richardson (Peer Worker), Sebastian King (Project Worker, VOICCD), Sean Pearson (Support Worker, Talkin' Together), Pegs Adams (Administration), Caroline Daley (Project Worker), Lauren McNeil (Project Assistant), Lisa Disney (Administration), Joanna McGlashan (Support Worker, Team Up)



Photos of Member's Action Group

PRESIDENT'S REPORT



It has been another incredible year for CDAH, as we continue to build the peer movement in the Hunter region and to be a strong national voice in increasing choice and control for people with disability. Our membership has continued to grow, with 111 full members and 31 associate members at the end of June 2018. Our members are at the heart of all we do at CDAH and we really look forward to all CDAH members actively contributing to and shaping our work in the coming year.

Peer support is really flourishing and CDAH continues to offer a range of innovative opportunities to connect peers and share the wisdom that comes from living the experience of disability. Between July 2017 and June 2018, CDAH facilitated 38 peer support events, attended by 556 peers. This included the ongoing success of our Planning Cafes, where peers shared stories, advice and experiences on topics such as getting the most out of the NDIS, engaging effective supports and peer mentoring. Building social connections and friendships is a really important part of what we do and our regular Catch Up Crew, where CDAH takes over a local pub one evening a month, has been a great way to bring people together to share a meal, company and laughs. CDAH peers have also really honed their skills in facilitating good quality training in peer support, regularly delivering packages such as the Introduction to Peer Support and Peer Mentoring Training. We've built opportunities to connect with peers living in Large Residential Centres and facilitated innovative training to help people living in these centres to be more involved in regular home meetings.

It has been a privilege for CDAH to work with a range of peer groups including Wellness Warriors, Hunter Deaf Blind Peers, Stories Circle, Maitland Peers, The Hive and Hunter Deaf Peers. New peer groups are continuing to emerge and have a life of their own in our region, with peers coming together around areas such as creative arts, health and diverse experiences of living with disability. Speak Up Hunter, a peer group for people with intellectual disability to have a strong voice, had a fantastic year, culminating in the production of the hip hop film 'This Is My World' which was recently awarded first prize at the Real Film Festival short film competition (Living With A Disability category).

We've built strong partnerships that have given us opportunities to develop new projects. NSW Department of Family and Community Services has been an important partner, supporting us to deliver our core peer work. We have worked in partnership

with Department of Fair Trading to connect with Aboriginal peers to build knowledge about consumer rights in the NDIS, and we continue to collaborate closely with other peer organisations across Australia to build resources to improve and increase the uptake of peer support. CDAH has been auspicing and providing support to our peers on the Central Coast to develop a peer network there. We offer our congratulations to the members of Voices for Central Coast Disability (VOICCD) for having such a successful year in setting up a dynamic and committed group and for becoming a strong local voice in such a short time. VOICCD has been delivered with support from Ability Links, who we also worked with to deliver the Smart Arts in schools project, alongside Octapod, which was a valuable opportunity to draw on stories and creativity to promote inclusion. We have had a strong political voice, developing the skills of peers in campaigning and advocacy and contributing to campaigns such as 'Stand By Me' to continue funding for disability advocacy.

I am grateful to have had the opportunity to work with a committed and talented Board over the past year. I thank Debbie, Kristy, Joseph and Ros for their ongoing contribution, for their ability to recognise and work to their strengths, and to nurture the strengths of others in the peer network.

The achievements of the past year are the result of a powerful network of passionate peers. They are also a testament to the hard work and efforts of CDAH staff who have been tirelessly building relationships, promoting peer work, delivering innovative events, managing projects, advocating, campaigning, communicating and making sure that the organisation runs smoothly and in a way that reflects our values and principles. Thank you to the fantastic CDAH team.

This year is shaping up to be just as productive and exciting as the last. We will have a real focus on peer mentoring and peer support. A Peer Mentoring Network has been set up, so that our trained Peer Mentors can stay connected, share ideas and refresh their skills. We will shortly be recruiting Peer Mentees to connect with Peer Mentors to work on goals, to revitalise our great work in peer mentoring. We will be sharing information among peers via workshops, Planning Cafes and other forums, to build knowledge on how to get the best out of the NDIS and how to exercise choice, voice and control. We will keep working closely with peers at the Large Residential Centres to build connections.

I call on all of our CDAH members (and future members) to get involved. An organisation such as CDAH only works when we each play an active part. How will you 'pay it forward' in the coming year? How will you share your experiences, knowledge and strengths to help others? Let us know how you will contribute, by signing up to help out in one of the following areas (or let us know if you have other great ideas):

- Planning Cafes (help us design and coordinate our monthly Planning Cafes)
- Catch Up Crew (help plan, promote and run our monthly Catch Up Crew events)
- Communications (media, social media, promotions)
- Membership (recruit and welcome new members, get more members involved)
- Peer mentoring (train to become a peer mentor, be part of the Peer Mentoring Network or register to be mentored)
- Peer support group (join or contribute to an existing peer group or start up a new group – CDAH can help with advice and resources)
- Campaigning and advocacy (use peer power to have a voice in important issues)
- Administration (help out in the office)
- Connecting and supporting peers (think about ways that you can help your peers feel confident and comfortable to be a part of CDAH)

I thank all of our partners, peers, staff, Board and members for contributing to a fantastic year and look forward to continuing our exciting work together.



David Belcher

President, CDAH Board

OPERATIONAL REPORT

In 2017/18 CDAH delivered a range of exciting projects to continue building the peer work movement in the Hunter.

Hunter Peer2Peer Project

The Hunter Peer2Peer initiative was delivered with funding support from NSW Department of Family and Community Services over the last two years. From 1 July 2017 to 30 June 2018, key activities of the initiative included:

- Peer support events – including Planning Café's, Speak Up Hunter, Members Action Group and Catch Up Crew
- Peer mentoring
- Large Residential Centre Home Meeting Training

Planning Cafes

We ran Planning Café's every month – bringing peers together to talk, connect and learn from each other. Over the last year we ran 10 Planning Café's with over 270 peers attending. Popular topics from the year included:

- co-design event with the NDIA on self-management
- workshop on “creating your dream team of support” with peer leader Carolyn Campbell McLean
- opportunities for peers to explore innovative housing and support options.

“I always feel really welcome at Planning Cafes. Most importantly, I am reminded that I am not alone. I learn so much each month and I am always encouraged by the peers who share their stories. Your empathy and sharing I think will help me move on more positively and with hope.” (Nic, CDAH Member)



Photo of April Planning Café

Speak Up Hunter

Speak Up Hunter is a peer group run for, and by, people with intellectual disability. We ran 11 meetings with over 90 peers attending – a regular group of 8 people attend each month and new members are always welcome.

“We have done so much this year. We made the hip hop film ‘This Is My World’. We made it really inclusive. It was an amazing year. Topics we looked at were making of the DVD, music and lyrics workshop.” Leigh, Speak Up Hunter Coordinator

This year, Speak Up Hunter members collaborated with 3x3 Media, UpNUp and Newcastle Scratch Academy with funding from the Team Up project to create a hip-hop music clip about their lives and what’s important to them.

*We're gonna be seen
We're gonna be heard
Get out of the way
This Is My World!*



Photo of Speak Up Hunter at their film launch

Check out the clip: www.cdah.org.au/this-is-my-world

Catch Up Crew

This is a group that has been meeting since February 2017 for people with and without disability who take over a Newcastle pub each month to socialise and to build belonging. We ran 12 Catch Up events with over 420 people attending this year. Catch Up Crew - we're pretty saucy – get it?



"I can't remember the last time I felt comfortable and safe to have a drink in a pub with mates. As a woman with disability, you can feel pretty vulnerable at times. With all the business of being a mum and having a family, I always make time for Catch Up Crew as a monthly event in my calendar. It's always so great for a laugh." Lisa, CDAH member

Photo of people at Catch Up Crew



Photo of June Catch Up Crew

Members' Action Group

We ran 5 meetings with over 50 peers attending. We ran campaign and advocacy training and we made an action plan for the things that mattered most to us – jobs and fair wages for people with disability. The Members' Action Group also came out in force to support the “Stand By Me” rally in March to maintain advocacy funding from the NSW Government for people with disability.



Photo of Members' Action Group

“When we gather together, we harness peer power to fight for what matters most to us. Together, we made an impact on changing attitudes about fair wages for people with disability in our region. With our peer movement, we can really start to build proper advocacy for our issues – it’s you and your peers advocating for issues that are important to you. We can have a real impact on changing societal concepts and perceptions about what disability is.” David Belcher, CDAH President

Peer Mentoring

CDAH Peer Mentors provide one-to-one peer support and guidance to people with disability and their family members who have a specific goal to get the most out of the mentoring relationship so people can grow and develop in their own lives and communities.

Peer mentoring relationships at CDAH are purposeful, specific and time-limited.

CDAH's Peer Mentors have engaged in 12 formal peer mentoring relationships and an additional 9 peer mentors were trained and registered with CDAH this year. Peer mentoring goals have included

- learning how to self manage
- developing skills and confidence to speak up
- learning how to interview support workers.

A Peer Mentoring Community of Practice has been developed which meets monthly to oversee and strengthen the peer mentoring initiative at CDAH.



Photo of Peer Mentoring Network

“By becoming a peer mentor, I’ve learnt so much about valuing my own lived experience, of recognising myself as the expert in my own life. How radical is that? Being part of this has been life changing for me. Again I realised the rich depth of experience, skill and passion that our community has and freely offers to others.”

Deb, CDAH Peer Mentor

Smart Art Includes You

During May, 7 CDAH peers presented at 11 schools throughout the Hunter and Upper Hunter, Lake Macquarie and Central Coast. Funded by Ability Links, CDAH was a project partner (along with Octapod) in the Smart Art Includes you Schools Challenge.

CDAH peers shared their personal stories of exclusion and inclusion during our school years. We were really thrilled to be part of this project, understanding the power and importance of working with schools to change attitudes.



Photo of CDAH peers facilitating a school inclusion workshop with Ability Links

"I learnt to be more accepting and that you can't always see the disability."
Student, Tumby High School

"I overheard in the playground, one student who has a sibling with autism, talking to her friends about what it's like to live at home. Her friends were asking questions about what life was like and then they finally asked the question how can we help you and your brother at school?" Teacher

Team Up

Team Up was a project delivered in partnership with CDAH, Diversity and Disability Alliance, and Council for Intellectual Disability to develop and promote inclusive peer support practice as a valid and valued choice for people with disability in NSW. Through this program CDAH delivered three training courses:

- 'Introduction to Peer Support' – fundamental principles of peer support;
- 'Peer Facilitator' training – how to lead a peer support group; and
- 'Peer Mentor' training – how to provide peer support in a one-on-one mentoring relationship.

"We saw people making connections and helping each other out. People were standing alongside each other. I am really proud of all of them. We built peers and friendships. It was really empowering." Leigh, Peer Facilitator



Photo of Team Up graduates – Become A Peer Facilitator course

CDAH was also able to support a number of local peer support groups and networks to grow and develop, including:

- Speak Up Hunter – for people with intellectual disability
- Maitland Peer Support Group – for people with disability and their families in the Maitland region
- Hunter Deafblind Peers – run for and by people who are Deafblind
- Hunter Deaf Peers – run for and by Deaf people
- Wellness Warriors – for people with intellectual disability with a focus on mindfulness and wellbeing
- The Hive – run for and by people with psychosocial disability
- Stories Circle – run for and by people with disability to support each other to share their stories to build inclusion

“My favourite moments were observing those who I facilitated all three different courses for and to watch their confidence bloom. One very special lady turned up by mistake for our first session to Intro to Peer Support and enjoyed it so much finished the course and came back for the next two courses. She is now facilitating some of our Planning Cafes and Communities of Practice.” Suzy, Peer Facilitator



Photo of CDAH's Team Up Peer Facilitators

Talking Together

The Talkin' Together (TnT) project is delivered in partnership with NSW Department of Fair Trading, with a range of partners across the state working to share information about consumer rights with people living with disability. CDAH is working with Aboriginal people with disabilities, helping people to understand their rights as a consumer of the NDIS. Peer workers Suzy Trindal and Tania Lewis have been sharing information and connecting with peers across the Hunter and Central Coast regions. The project shares information about:

- Being scam aware;
- Signing a contract;
- Hiring a service; and
- Making a complaint.

"We have made some deep connections with our mob. I am now working on one to one Peer Work and getting Aboriginal people living with disability or their family members to be part of CDAH. The message we keep hearing in community is that people are very isolated and don't know how to access the right information. This is why this project has been so valuable." Suzy, Project Worker



“The project is about Aboriginal people with disabilities accessing the NDIS, also letting them know they’re now a consumer as a NDIS Participant. They have rights as a consumer when accessing service providers. I share my lived experience as a young Aboriginal woman and my NDIS journey.”
Tania, Project Worker

Home meetings training

Tania Lewis and Rebecca Pockney delivered training sessions to staff at the Large Residential Centres, to share skills and knowledge with staff to create person-centred home meetings for residents.

“Rebecca and myself have had the pleasure of running Home Meetings Training at Tomaree and Stockton LRC, teaching staff new ways to communicate with residents.”
Tania, Peer Worker



Voices for Central Coast Disability

In November 2017 CDAH partnered with Ability Links to undertake a seven-month project to support the establishment of a peer network of people with disability and their family members across the Central Coast region. The aim of the Central Coast Peer Network project was to:

- Develop the skills, knowledge and leadership of people with disability and their family members on the Central Coast through a peer learning and mentoring project, and



- Give people with disability a stronger voice on the Central Coast.

The network was called Voices for Central Coast Disability (VOICCD) and members have made an incredible start to strengthening peer work and peer connections in their region. Key activities included:





- Chatability sessions: Planning café style events to discuss topics such as getting in control with the NDIS and the power of peer support;
- Introduction to peer support training (facilitated by CDAH);
- Peer facilitator training (facilitated by CDAH);
- Developing a working group; and
- Administering a community survey to learn about what is important to people with disabilities and family members on the Central Coast.



Photo of VOICCD members


“Mobilising a community over a large space such as the Central Coast will be a huge challenge. But the feedback and the interest from the local community has been extremely positive. There is a gap on the Coast crying out to be filled and many individuals' voices crying out to be heard. We have named our group voices for disability because we want our views, perspectives and opinions to stand out loud and proud in our Coast community. We now have the foundation of a great group that can make a real difference. We build alongside and learning from our CDAH peers who are one of many who have paved the way for the peer movement to take off in this country. A new wave of disability leadership and change is here and we're excited for the future.” Steph, VOICCD


Statement of Financial Position as at 30 June 2018


	Current Assets	How much money CDAH has	\$294,918
	Total Assets	Dollar amount of all of the things we own and how much money we have	\$295,199
	Total Liabilities	What we owe to others	\$51,025
	Equity	How much we have at the end of the year if we sell everything we own and pay all the money we owe to others	\$244,174

Statement of Profit and Loss

For year ended 30 June 2018

	Revenue	How much money we got in this year	\$378,731
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	Expenses	How much money we spent this year	\$537,027
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	Profit for the year	How much money we have left over this year	\$-158,296
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For more information about CDAH, please contact us:

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Phone: 0490 053 454

Email: info@cdah.org.au

Website: www.cdah.org.au



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