



ANNUAL REPORT 2018/19



CONTENT

About CDAH
President's Report
Training
Potential and Possibilities
Speak Up Hunter
Planning Cafe
Positive Cultures
The Hive
Catch Up Crew
Peer Mentoring
Deaf Peers Hunter
Being Safe and Being Included
Rob's Story
CDAH on Stage
Home Meeting
Peer Mentoring Project with
Large Residential Centres

CDAH
CONNECTS

CDAH
is SOME
Diversity
is
Flexible

CDAH
Rock
😊

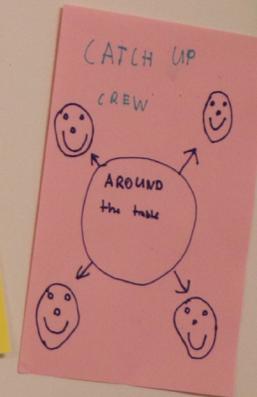
CDAH
let you let be
you

CDAH
IS
FUN!

CDAH
0
Barriers

CDAH
Inspired you to
live Independent
life

AH
I decision
human connection
and hearing / VDI10



CDAH
Empower to
Speak UP

GENUINE VOICE, CHOICE AND CONTROL

CDAH is run for and by people with a disability. We aim to assist people to live the lives they choose.

CDDAH stands for Community Disability Alliance Hunter. We aim to assist people to live the lives they choose. We are guided by our vision of an inclusive and just society where people with disability have voice, choice and control.

We are an independent, collective voice committed to full inclusion and active citizenship. We assist people with disability to make the most of their packages of support and build the capacity of the community to welcome all people.

We are the first user-led organisation established to prepare people for the

National Disability Insurance Scheme and we are forging new directions!

We try to increase the knowledge and skills of people with disability and their families through information, advice, mentoring, peer support, training and development. 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.

To find out more, please visit us in our office at 406-08 King Street in Newcastle, check our facebook page or www.cdah.org.au.



PRESIDENT'S REPORT

As we come to the end of 2019 we look back and note that it has been another incredible year for CDAH - by Kristy Trajcevski

The peer movement is front and centre of what we do at CDAH and we continue to build that movement in the Hunter region. CDAH has continued it's progress in being a voice for people with disability within our region. Our membership has continued to grow, with 123 full members and 31 associate members at the end of 2019.

CDAH continues to offer a range of innovative opportunities to connect peers and share the wisdom that comes from living the experience of disability. This included the ongoing success of our Planning Cafes, where peers shared stories, advice and experiences on topics such as creative transportation ideas for the Hunter (held in Maitland), what quality safeguards look like for people with disability and advice around the up-

coming Royal Commission into Abuse and Neglect of people with disability.

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 have grown this year with new faces every event. It 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.

This year CDAH has continued to work with a range of peer groups including, Hunter Deaf Blind Peers, Singleton Peer Group, 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 and it is CDAH's role to encourage this growth in this area.

Speak Up Hunter, a peer group for people with intellectual disability to have a strong voice, had a change in leadership this year with Erin Forrester stepping up into role that Leigh Creighton did such a great job doing previously. Congratulations Erin and thank you Leigh for your hard work and leadership of this important peer group. The work CDAH peer workers have

done inside the Large Residential Centres is nothing short of amazing. The work is consistently challenging and has been done with incredible professionalism and heart. The changes that are being made in people's lives, the connections to family and community being made can not be underestimated.

We've built strong partnerships that have given us opportunities to develop new projects. NSW Department of Communities and Justice 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.

This year has seen large growth in CDAH's training offerings. We have delivered training to such groups as Upper Hunter Shire Council, Maitland Community Centre and the Cerebral Palsy Alliance. The training packages include Inclusion Training, Home Meeting Training and a workshop called Keeping It Real, which is designed to upskill disability support practitioners. This training is led by and delivered by people with disability and is making a real difference.

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.

I am grateful to have had the opportunity to work with a committed and talented Board over the past year. I thank Michael, Lauren, Sally, 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. I would like to pay special tribute to both Ros and Michael who won't be continuing on the CDAH Board next year. Your contribution to the success of CDAH cannot be underestimated and I would like to thank you personally for your friendship and guidance. Thank you to the fantastic CDAH team.

CDAH will continue to share information and our lived experience and expertise 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.

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.

Again, I'd like to 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.



Kristi Trajcevski
CDAH President



- CDAH Board:**
Joseph Popov
(Vice President)
Lauren Hislop
Michael Lang
Sally Coddington
(Treasurer)
Ros Talbot
(Secretary)

TRAINING

In 2019 we offered four different training courses for individuals and organisations across the Hunter and New South Wales.

Potential and possibilities: Peer-led workshop working with people with a lived experience of mental illness to have more control over their NDIS funding. Participants share experiences, develop new skills and connect with others.

Inclusion training: In 'Inclusion Training' participants will learn about what every day life is like for people with disability. Two members of CDAH with lived experience of disability will share their stories of getting an education, working jobs and being involved in Australia's political system.

Home Meeting: With our 4-hour workshop "Home Meeting Training" we want to improve the quality of service delivery for people with disability who share their home with others. Our aim is to give

voice to residents so that they are better engaged in the day to day running of where they live and what they do. CDAH acts as a resource and support for staff to raise awareness of the needs and rights of the residents, drawing on the expertise of people with disability who have previously lived in large residential centres.

Keeping it real: "Keeping It Real" is a 3-hour interactive training session for disability support practitioners where you will hear directly from people with disability about what matters most to us. We explore the history of disability, the lived experience of people with disability in Australia and how you can make a difference – every day, every moment – to the lives of people with disability.





Training for facilitators of the Potential and Possibility workshop.

Suzy Trindall and Tania Lewis during one of our Home Meeting Trainings.

Mel Schlaeger and Cayt Weir with participants of our Inclusion Training. (clockwise)

You can find more information about our training courses in this report and our website: www.cdah.org.au/training



POTENTIAL AND POSSIBILITIES

Potential and Possibility is a new peer-led training CDAH offered for the first time in 2019.

We were stoked to offer a new training in 2019 called Potential and Possibilities. The workshops were developed and delivered over the course of 6 months. They were designed to provide people with disability (in particular, people with lived experience of mental illness) with information, resources and connections with peers in order to support their voice, choice and control in accessing the NDIS and obtaining supports.

Workshop participants were also given the opportunity to link into CDAH's ongoing work in the peer space and to join CDAH membership. As such, people in the Hunter region will have opportunities to link to activities such as Planning Cafes, Catch Up Crew and peer support groups such as 'The Hive Space'.

The workshops in 2019 took place in Newcastle but also in the Hunter (e.g. Matiland, Singleton and Raymond Terrace). They were run by peer workers who developed the content and facilitated the workshops. The team behind Potential and Possibilities is Deb Hamilton, Douglas Holmes, Suzy Trindall and Jess Watkins (from left to right on the photo). Participant feedback was consistently positive across all workshops and the training demonstrated that peers teach effectively and provide relevant up-to-date information. During the workshops, participants gained a sense of agency through the provision of information, reflective exercises, games and humour. We hope that we can continue to offer this training with renewed funding to provide peer support and workshops in the community.





SPEAK UP HUNTER

by Leigh Creighton and Erin Forrester



Speak Up Hunter is a strong self advocacy group run by people with intellectual disability. The group wants to support people to learn how to speak up. It is a place where people can talk if they have something on their chest. Speak Up Hunter saw some change this year as long time coordinator Leigh Creighton stepped down and Erin Forrester took over. Thank you Leigh for your hard work over the years! At the same time we are happy to have Erin on board as the new coordinator!



The Speak Up Hunter Crew at the VALID conference in Geelong where they presented their video clip 'This is my World' (photo on top). The crew during a preparation meeting with artist and collaborateur Shane Kenno (two photos on the left). The group also won a price for their clip at the Real Film Festival in Newcastle.



The group meets on the 3rd THURSDAY of the month from 5:30-7:00pm at the CDAH Office. **Contact number: 0410 599 576.**

17.10.2019

FROM 5:30PM TO 7PM

THE HIVE -
MENTAL HEALTH SUPPORT
AND ADVOCACY GROUP

406-408 KING STREET, NEWCASTLE, NSW 2302

THE HIVE SPACE

The Hive Space is a Mental Health Support & Advocacy Group that was formed in 2017. We have had another successful year and would like to thank the management and staff of CDAH for the support - by Douglas Holmes

The group has achieved a number of goals through the year. We were involved in developing and delivering the Potentials and Possibilities workshops, we supported members to attend Intentional Peer Support training and Certificate 4 in Mental Health Peer Support training and we had a planning session to review the aims of the group. The team-up grant has enabled us to think outside the square.

We have created the 'Hive Space'. This is an umbrella organisation of which the mental health support group is part. As well, we hope to open an office for mental health support, information and advocacy and 'safe' house for people who are experiencing mental distress to go to rather than the hospital. We will use a

special type of support called 'Intentional Peer Support' in the work we carry out in the Hive Space. Sourcing initial and on-going funding to realise this dream will be a challenge. Although it is very early days as we consolidate and grow our small support group we now have flyers, a mobile number, a web page and a Facebook presence. During the grant period we have been able to employ an administrative support person to do much of this background work.

The Hive is open to anyone who identifies as having some type of mental health issue whether it be someone who finds life hard and stressful to someone who is living with psychosis (eg they feel paranoid all the time or hear voices etc). We are all peers.



CATCH UP CREW

Catch Up Crew is a group that has been meeting since February 2017. People with and without disability take over a Newcastle pub each month to socialise and to build belonging. Everybody is welcome! Catch Up Crew generally meets every second Thursday of a month. Please check our facebook page for upcoming dates: www.facebook.com/cdah.org.au. We hope to see you next year!







HUNTER DEAFBLIND PEER GROUP LAUNCH FILMS

Film launch at Catch Up Crew in August 2018

At August Catch Up Crew, Hunter Deafblind Peers launched two of their own locally-made films to raise awareness about deafblindness and celebrate the growth of their peer group. The films were launched to an audience of over 80 people, at Carington Bowling Club. The launch was followed by a bush dance, with an enthusiastic crowd and a team of Auslan, tactile Auslan and finger spelling interpreters ensuring everyone was part of the dance action.

Hunter Deafblind Peers is a peer support group with five members who all use different modes of communication. “We wanted to make a film to raise awareness about deafblindness,” said Jex Truran-Lakaev, the founder of Hunter Deafblind Peers. Styled on the ABC’s “You Can’t Ask That” series, the film features peer group members answering questions ranging from, “How do you wake up in the morning?” to “What’s worse, being deaf or being blind?” – questions that deafblind people are commonly asked.

Within only a few days of launching the film has been viewed more than 12,000 times online and has been shared all over the world. Jex said, “It’s about letting people know we exist. Even though we are deafblind we just communicate in different ways... we go about things differently to achieve the same outcomes. I think most people have absolutely no idea that we exist, let alone how we go about things. We want to let people know what they can do to help make the world a bit easier for us to navigate.”

A second film celebrates the founding and growth of Hunter Deafblind Peers, which is the first and only group of its kind in the region. When Jex moved up from Wollongong, he didn’t know any deafblind people in the area. He was keen to meet others but didn’t know how. With the help of Justine Lorenz, a strong community supporter and advocate, they reached out to people in a similar situation, and so the group was born in early 2015. This project was funded through Team Up and the Hunter Deafblind Peers were assisted in filming and production by 3x3 Media.

You can watch the films at: www.cdah.org.au/blog/augustcatchupcrew



PEER MENTORING

**At CDAH, we believe in the power of peer support. Our trained Peer Mentors have lived experience of disability and many different skills, passions and life experiences to help you grow and develop within your home and community -
by Raelene Bock**

Hi and welcome to the exciting world of mentoring at CDAH! As an organisation rooted in human rights and intentional peer support, Peer Mentoring is our opportunity to provide this support on a one-to-one basis in all areas of life and active citizenship. As peers we are equals and as mentors we are willing to care and assist another peer to develop and learn in an area of life in which we have some shared lived experience.

In the 2018/19 financial year there was no specific funding achieved for this valuable work so the focus was on how we can create a structure to be able to keep peer mentoring running as core business with or without funding. I commenced as the Coordinator in October 2018.

I love my job and am privileged to have worked with knowledgeable peers and allies to achieve this. Our trained mentors are skilled listeners and have a depth of empathy that only experience can teach.

The dedication of our Peer Mentors this year has seen impactful change for individuals in ways such as understanding their NDIS funding and ways to use it, ways to organise and prioritise personal projects to effect social change, explore options for moving out of a nursing home, how to set better NDIS goals, help explore a variety of technology options, understand the process and gain courage to change support providers, explore meal-planning on a way to save money to be able to visit family.



Raelene at work with one of CDAH's Peer Mentors, Cath Mahony.

Joseph Popov is another highly skilled Peer Mentor. He is in his fourth year of university studying a Bachelor of Social Science/Laws degree.

Cayt Weir, another Peer Mentor, is also in fourth and final year at University of Newcastle studying social work. (clockwise)

Find out more about Peer Mentors at CDAH at: www.cdah.org.au/peer-mentoring



I am always excited to see the changes that happen in people's lives that usually go far beyond that of achieving the 'designated goal'. The gains in confidence, courage, community acceptance and connectedness that develops when a mentee shares with someone who 'gets it' are the REAL change that transcends across into other areas of life, further empowering and motivating them.

One of the challenges I am hoping to overcome coming year is the time lag between when a peer asks for mentoring and to when they feel ready and supported to commence and commit. With a focus on peer training and a streamlining of admin processing in the coming year I am looking forward to sharing many more examples of REAL change in the lives of my peers.



You can help support us by asking for mentoring yourself. Remember it can be an any aspect of life. You could also share our posts on your personal social media and within your peer communities or discuss the benefits of mentoring to your peers and support networks . Or maybe you want to do the training and become one of our valued CDAH Peer Mentors!

Do you have skills, passions and life experiences you would like to use to help other peo-ple with disability achieve? Then we would love to hear from you!

Please send an email to info@cdah.org.au and we put you on our waiting list for the next CDAH Peer Mentoring Training Course.





BEING SAFE AND BEING INCLUDED

Film launch with Commissioner Graeme Head

At CDAH, we know that the best way to keep people safe is to have people around them who love them - with networks of friends, family and supporters - people who will notice if they are hurt or if something is wrong. That's why CDAH was so thrilled to be involved with National Disability Services (NDS) in the fantastic work developing a series of short films - "Responding to Abuse" – that explore how to support people with disability who have experienced abuse, neglect and violence. These

films were developed by NDS with the NSW Ombudsman, Council for Intellectual Disability and CDAH as well as representatives from NSW service providers and were launched at Newcastle Museum on 25 July 2018 by Graeme Head, NDIS Quality and Safeguards Commissioner. At the same event CDAH member Robert King also launched a film he made recently as part of Council for Intellectual Disability - Shared Stories series. You can watch the film here: www.cdah.org.au/blog/zlaunch

Working with Robert on a film isn't a walk in the park. He isn't shy. He'll tell you exactly what he wants done and how he wants it done. He knows what he likes and doesn't like. You have to be ready to relinquish ideas that you approach him with – even those you deem superb. Your ideas aren't automatically adopted by Robert. 'Compliance' is not in his disposition. Amazing, considering the ultra-structured life he's experienced in institutional care during the last five decades. Rob has had a fascination with the process of film production ever since I met him. A couple of years ago he acquired a GoPro and then a camcorder, and now he's unstoppable.



ROBERT'S STORY - MAKING THE FILM WITH ROB

Geordie Anderson supported Rob to make his film "Robert's Story". Here he writes about their collaboration.

Rob has amassed hours and hours of footage. Footage that gives insight into what it's like to be him. 'Robert's Story', says a lot about a man's life in the span of four minutes. Editing with Rob was also an interesting process. As I said, he tends to know immediately when he likes something or does not. Like all editors, he enjoys playing God. We disagreed once or twice but not often. His compass is sound. Possibly better than mine. He's an excellent editor, which equates,

in the words of Ron Howard, to having good taste.

And it's his film. 'Robert's Story', says a lot about a man's life in the span of four minutes and a few seconds. And in the spirit of peer support, we've made it as accessible as possible with embedded captions and audio descriptions. This aspect of the film is important to Rob. He's a strong supporter of others. If you see him around the traps, be sure to stop and say hello."

CDAH ON STAGE

Rebecca Pockney and Tania Lewis presented CDAH's work at a conference organised by PANDDA, an organisation for nurses who support people with intellectual disability

PANDDA invite us to a conference in October 2018 and CDAH project officers Rebecca Pockney and Tania Lewis went to Sydney. They spoke about their work at two large residential centres (LRC) in the Newcastle and Port Stephens region where they undertook an education project with nurses and residents. The aim of the project was to increase the knowledge of nurses and other staff about how to set-up and run home meetings.

Through the training the number of home meetings being conducted across LRC sites rose as staff had increased knowledge and skills. At the same time the residents benefitted from the meetings as they are designed especially to meet their needs, wants and concerns. The involvement of a peer support organisation in the design and delivery of nurse education was an extraordinary experience for everyone involved. The project showed again why it is important and beneficial to engage a peer support organisation in the training of staff at LRC's. The unique combination of lived experience and practice knowledge make CDAH project officers best placed to represent both resident and staff perspectives. The aim of the project is:

- Improving the quality of service delivery so that people living in the home could have input into the running of the home and raise any current issues.
- Finding effective ways to give 'voice' to residents so that they might express more choice about, and be better engage in, everyday activities in their homes.



CDAH Project Managers Rebecca Pockney and Tania Lewis represented CDAH at the PANDDA Conference in Sydney.

HOME MEETING TRAINING PROJECT

From July 2018 – March 2019, Tania Lewis and Rebecca Pockney ran an extension of the home meeting training project in the Large Residential Centre's

CDAH was approached to do this work as we are an independent peer support organisation run by people with disability with expertise in supporting people to live the lives they choose. Project officers Tania Lewis and Rebecca Pockney have professional and personal experience of large residential centre's that made them uniquely placed to provide support and guidance to the staff, but more importantly advocate for the residents.

CDAH completed an additional 7 education session with over 70 staff between July 2018 and March 2019. Staff embraced the idea that meaningful engagement of residents in home meetings starts with understanding a person's needs / wants and communication levels. They recognised the importance of assisting individual residents to prepare for their meetings by recording their experiences in ways that were accessible to them (i.e. on an iPad) and acknowledged the need to provide 1:1 support for every client during each home meeting. Staff demonstrated that they could adapt their support approach depending on the needs of the person and provided some innovative suggestions about how to 're-imagine' the traditional meeting forum to better meet the needs of the LRC residents.

CDAH is passionate about people with disability having the opportunity to influence what happens in their lives and firmly believes that establishing home meetings is one way of doing this. CDAH is committed to continuing to provide Home Meeting Training and on-going support to Supported Independent Living (SIL) staff teams.



"I loved running this training with Rebecca. I think it hits home harder when the stories are from real people with lived experience. Because most people we are working with do not use words to communicate, I share my story of after my stroke when I couldn't use words to communicate and how it feels when staff don't care about you and don't engage with you." - **Tania Lewis**

PEER MENTORING PROJECT WITH LARGE RESIDENTIAL CENTRES

Opening doors to the community through peer support. Over the last year, CDAH has been working with the Large Residential Centre's to run a peer mentoring project.

Who we are: We are a team of peer mentors – people with disability who offer relationships, support and practical assistance and suggestions to our peers in the Large Residential Centres. Sharing the lived experience of disability, we have unique ways of connecting and building relationships with our peers and look forward to being part of their lives as they move to their new homes.

What we offer: We spend time with our peers from the Large Residential Centres – and those who know them well – to find out what matters to them. We find out what makes them feel happy, well, safe and included. Based on the time we spend with our peers and the relationship we build, we work with them to facilitate community connections as people move into their new homes. We know how much it matters to us to feel part of our community and we also know the stress and anxiety of beginning new lives in new homes in new areas. That's why we gladly share some important ingredients we know make a huge difference:

Having relationships with others that are positive, respectful and reciprocal

Finding positive ways to introduce our peers in their new communities

Building connections with the people and places in their new communities by sharing our personal experience, knowledge and networks, some of our greatest assets..

Lived experience is powerful: We have powerful lived experiences to share including information and practical ideas about: getting the best from the NDIS, making connections in the community, developing genuine partnerships with disability service providers, connecting with mainstream services, how and where to find welcoming people and places in our community.

CDAH is passionate about continuing our work with people living in the Large Residential Centres as they move into their new homes in the community.



“Working with our peers in the Large Residential Centre’s is integral to CDAH’s work and values. Personally, I am mindful of the privilege and responsibility of supporting my peers at such an incredible time in their lives, and in the history of this region. Already we are supporting some of our peers to begin the critical process of connecting with their new communities, and are optimistic about and committed to this next phase.” - **Cath Mahony**

“We are trying to introduce people to new homes and new supports. We want to make sure that people are supported in effective ways so they can do what they want to do, have their own voice choice and control and to understand the possibilities of the NDIS. We want to make sure that they can participate in an active way. That is the main idea. I want to act as some kind of role model and show that it is possible to be independent and live your own life. I got involved because I believe that people should be part of their community. I hope that I can make a positive contribution. I will try my best and bring my lived experience in.” - **Stephen Hallinan**



“I love doing this work as I love the power of peer support. Peers bring out the best in each other. We uncover things for each other, things about ourselves and our lives that have sometimes been hidden for a long time. No-one gets a peer like a peer. No-one can understand what it takes to build our own lives in the community like a peer. I love working with residents, building relationships, visiting community in the local area they are moving to so people can build their connections and their identity.” - **Tania Lewis**

PLANNING CAFE

In 2019 we ran Planning Cafe's every second month – bringing peers together to talk, connect and learn from each other.

In 2019 we organised five Planning Cafes with over 200 peers attending. Each event covered a certain topic relevant to our members. In February we met in Charlestown to launch our innovative Peer Mentoring Program (read more about the program in this report). In May we went to Maitland to host an event discussing transportation and the challenges for people with disabilities. “This is about independence,” said David Belcher during the event. “It is about our ability to be part of society and to have barriers to our participation removed.” People with disabilities talked about their own experience and discussed the topic with politicians (among them Federal MP Meryl Swanson) and repre-

sentatives from council and agencies. The event in September was about creating a safe community. Peers explained which organisation is best to contact in a particular incident (e.g. Royal Commission, Ageing and Disability Commission or NDIS Safeguards Commission). In role plays we learned from each other how to create a safe place for us and within our community.

Planning Cafes are an extremely important part of our work as these events bring peers together to talk, connect and learn from each other. Please check our facebook page for upcoming dates: www.facebook.com/cdah.org.au. We hope to see you next year!



STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2019

	Current Assets	How much money CDAH has	\$577,352
	Total Assets	Dollar amount of all of the things we own and how much money we have	\$543,486
	Total Liabilities	What we owe to others	\$75,026
	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	\$502,607

STATEMENT OF PROFIT AND LOSS FOR YEAR ENDED 30 JUNE 2019

	Revenue	How much money we got in this year	\$680,751
	Expenses	How much money we spent this year	\$423,185
	Profit for the year	How much money we have left over this year	257,556

Please note: The full report will be available at the CDAH office and on our website.

CDAH

GENUINE VOICE, CHOICE AND CONTROL

406-408 King Street
Newcastle, NSW 2302

0490 053 454

info@cdah.org.au

www.cdah.org.au

