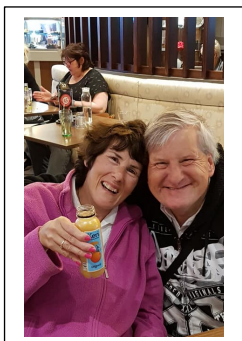




June Newsletter 2021

EDITORIAL



Hi Readers, and welcome to our winter Edition. Reinforce had their first coffee Morning on the 31st of March and it was a Great turn out. We have a couple of Great events coming-up that the peer Workers are organizing. The Self Advocacy Training Unit went up to Bendigo for the

Having a say group to do some training with them on Monday 24th – Tuesday 25th of May. Due to Covid-19 the Having a Say conference has been postponed until February next year. Because Reinforce isn't back in the office we are having meetings on zoom again. We are also running social events! If you would like to join one of our social events, check out our Reinforce Facebook page. If you have Facebook, you can find our page by searching for 'Reinforce.' I will be putting in word searches every 3 months.

We would like to hear from our members what you like about the newsletter? if you would like to receive the newsletter by email? I will make sure you get a copy.

Send in your email address to

gipsygirl88@bigpond.com or sw@reinforce.org.au

If you wish to know more about Reinforce please see our website www.reinforce.org.au

Disclaimer All information contained within the

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Reinforce does not recommend any product, activity, organisation, service or item – such details are provided with the Reinforce news for general information and interest only.

WHAT'S IN THIS NEWSLETTER

President Report by John Slattery

Peer workers trip to Bendigo

Recipe by Sally Heggaton.

ILC Report by Georgina

Colin report about workshop

Word search by Janice.

Jane article

Eve's article

Birthday column

Birthday Column

We wish the following Reinforce members a happy birthday for the month of May and June.

Eve Kinnear: who turn 70th on May 1st.



Colin Hiscoe: May 27th.

Kelly Geoghegan: June 7th.

Janice Slattery: June 25th



If any of the members would like their birthday mentioned in the birthday column just text me your birthday and date and your name to my mobile number which is 0439806000. Thanks Janice.

President Report By John Slattery

This is my first time as president of Reinforce. I took over from Colin Hiscoe because he retired from the president role after 5 years. I am learning a lot about president after working in my job for 40 Years, the things that I know I get support on.



Peer Workers Trip to Bendigo!



The Reinforce training gang (Edward, Heather, Leonie and Annie) went to Bendigo on Monday the 24th of May. We went to meet the Bendigo ‘Have a Say’ group and share our advice about being a strong self- advocate.

Everyone at the Bendigo ‘Have a Say’ group were welcoming. We did a presentation. We talked about rights and we asked Bendigo “*what are things in life you deserve?*” People said living independently and also the right to be safe in your own home!

We also talked about having confidence to speak up and finding people who are on your side. Heather asked the group to do the whisper & shout activity! This activity was to show that we are louder and stronger if we support each other and SPEAK UP together!

The 'Have a Say' group enjoyed it. The support workers also enjoyed it. A support worker came up to the peer workers after the presentation and said "that was great!" Everyone really liked Heather's story of getting confidence.

We had a good time in Bendigo. We stayed at a hotel and had dinner at the Bendigo RSL. The meals were enormous!

We are writing this story on the train home! We are all very tired but look forward to more training in the future. We wish we could do it again!



Story by the Reinforce **S**elf Advocacy **T**raining **U**nity
Heather Smith, Leonie Stork and Edward Clark



PREP TIME

10 minutes

SERVINGS 12

INGREDIENTS

2/3 cup peanut butter

2 tablespoons of honey

1 cup oats

1/2 cup chocolate chips (can substitute)

1/2 cup ground Flax Seeds (can substitute)

METHOD

Combine ingredients in a bowl

When well mixed, roll into 12 balls

VARIATIONS

Coconut

Cranberries

Chopped Walnuts

Chopped Pecans

Chopped Almonds

Cocoa Powder

Hemp Seeds

Chia Seeds

Regards Debbie & Sally Heggaton

ILC Project Update

From Georgina



The ILC project has been thriving this year as we have been able to meet and work together in Ross House. We have been achieving a lot of things we said we would do during the project.

The Advisory Group have met regularly to support the project. During our meetings we have been lucky enough to have homemade cakes from members of the group.

We have updated the way some of our reports and other documents are written, so they can be understood more easily. We are very happy to be using more easy read documents at Reinforce.

The Peer Workers ran a fantastic Skills Workshop about having Confidence and they have been to Bendigo to deliver training. They are now preparing to launch the Training Unit at the Having A Say conference this month. They are busy!

Here are some picture of the Self Advocacy Skills Workshop.



We hope you will join in some of our activities. We have a Monthly Members Meet Up, and 2 more big workshops coming up this year.

You can keep in touch with reinforce at:

Website - www.reinforce.org.au

Facebook page - <https://www.facebook.com/groups/reinforceadvocacy>

Or email us if you'd like more information about any of our events or training at info@reinforce.org.au

REINFORCE WORKSHOP

On Wednesday 12th May the peer workers at Reinforce ran their first Self Advocacy training for Reinforce Members. The peer workers who did the training were Heather Smith, Leonie Stork, and Eddie Clarke.

The workshop was on Confidence Skills the first thing that happened was:

We made a list of rules for how the group was going to run

We then talked about what is Confidence and how you get it

Sharing the peer workers 5 tips.

The 5 tips were about:

1. Love all yourself
2. Don't compare yourself to others
3. Speak from the heart
4. Its ok to say no
5. Be kind to yourself

If you would like a copy of the workshop you can email Annie

info@reinforce.org.au

A very good and interesting day was had by all the people who attended and I look forward to the next workshop.

Colin

bedroom

C	B	E	D	D	S	G	N	L	G	T	R	E	A
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O	O	C	O	A	T	H	A	N	G	E	R	L	E
D	I	B	S	R	L	R	L	D	E	R	I	H	E
C	S	D	L	H	C	R	D	L	I	G	H	T	S
H	I	T	B	A	D	R	E	S	S	G	O	W	N
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W	T	A	E	U	E	L	B	A	T	E	D	I	S
D	R	E	S	S	T	A	B	L	E	N	H	A	O
B	H	S	E	H	E	S	T	A	O	T	S	B	N
E	E	B	O	R	D	R	A	W	G	I	S	E	W

DRESSGOWN
 COATHANGER
 TELEVISION
 LIGHTS
 BED
 HAIRBRUSH
 DRESSTABLE
 WARDROBE
 CLOTHES
 SIDE-TABLE

Play this puzzle online at : <https://thewordsearch.com/puzzle/2468502/>

Needs and Rights of People with a Disability

There are still people with a disability that are not considered by their own family members as being listened to, because their rights & needs aren't seriously thought about.

It is unfortunate that when a person who have a disability as well as having a mental illness doesn't have their needs, rights, strengths & weaknesses seriously thought about.

This is where the family members of that person don't realize how essential to be congruous or supportive by having an purposeful conversation with their disabled family member on their needs & rights. It is a necessity that their points of view is worth listening to through the fact that these people are expressing their feelings, needs & interests in life. It is important that they feel as though that they part of their family & join them in the general conversation of their family. In all topics & even talk to them and arrange or organize activities of all aspects of life for that person; with the idea of causing the person to be happy & to be able to progress.

Patience is a virtue for people who have any disability particularly when they are strongly required to be encouraged.

I have been placed in the wrong place through not having my family not recognizing my needs in 2016, because of my negative mental behaviour.

Eve Kinnear

Royal Commission Video Filming

A couple of weeks ago Colin, John, Janice, Heather, Susan and I did a video where we got asked questions about self-advocacy for the disability royal commission to help everyone, including indigenous people stand up for themselves. We were going to show this video at the Having a Say Conference in Geelong but now it is cancelled because of the virus. We be launching the video when the restrictions lift. We hope to have a lot of people come to Ross House for the launch to watch it. I would like to thank the people who were involved preparing and filming in their own time for this project including Ian who gave up his time to help with this.

Jane Rosengrave