

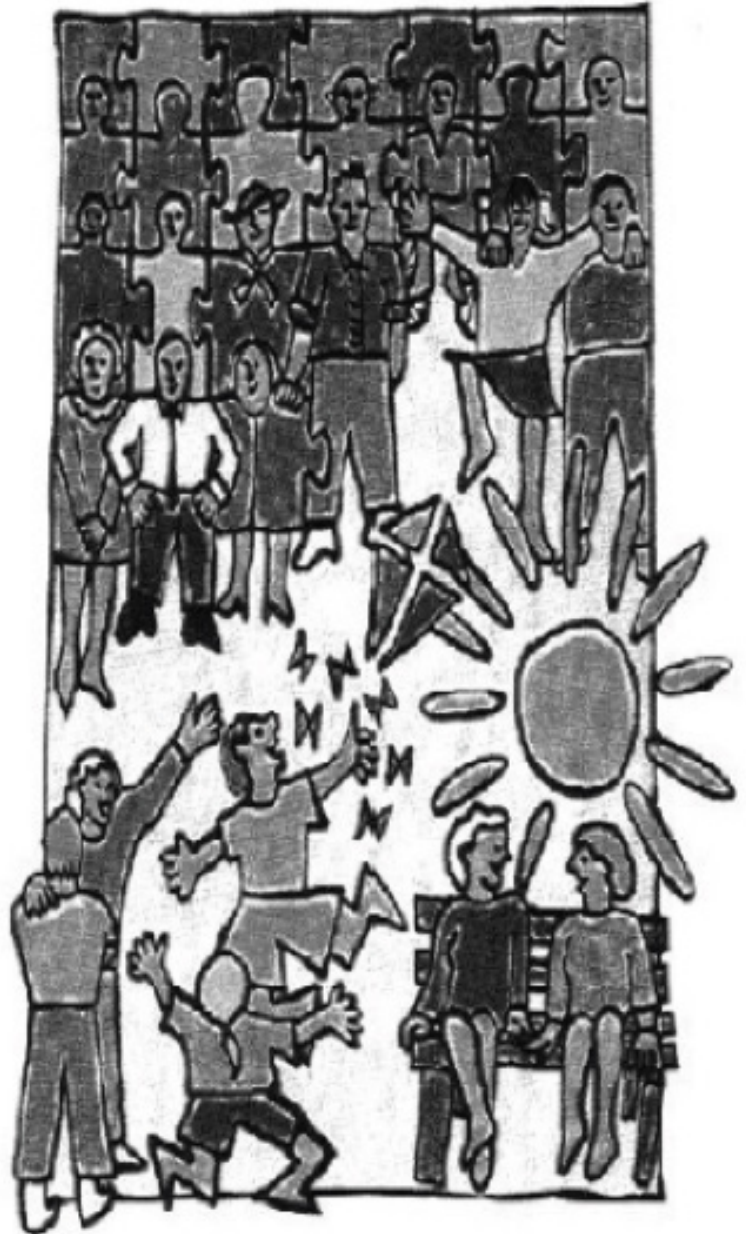


Southern
Disability
Advocacy

Newsletter

March 2025 - Issue #148

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NSDS

SAI GLOBAL

From the Program Manager

Dear friends,

It is with great pleasure that I introduce Jackie Breasley, our new Advocate. Jackie joined us in November from the Disability Resources Centre. We are working together, as she gets up to speed on how we deliver advocacy. She is working with clients and learning other aspects of how we run the Program. I will be retiring in the middle of the year, and Jackie will become the Program Manager on my departure. I am confident Jackie will develop the Program and continue our high quality support of people with disability.

At the time of writing, the legislative reforms to the NDIS are impacting on our workload, with queries and requests for advocacy in relation to how these reforms are impacting on our clients. There is now a list of services/supports that the NDIS will fund, plus a list of replacement supports. Anything outside those lists will not be funded. Therefore, we cannot advocate for people to have services or supports that aren't on those lists. We don't have enough resources to be pursuing something that has no hope of success, and this is definitely the case for items not specified on these two lists. If you have any questions about this, please feel free to reach out, as we are happy to discuss any concerns you have. Other useful sources of support in this regard include your Support Coordinator or Local Area Coordinator, if you have one, or your Plan Manager. The NDIS website has the list of approved supports and the replacement list. They can be found at <https://ourguidelines.ndis.gov.au/would-we-fund-it/what-does-ndis-fund> or we can send a copy to you.

Another development that is related to the legislative reform is that people will get written confirmation of the disability that NDIS has recognized for them. NDIS can only fund services and supports related to your recognized disability, so it is important that this is correct. Getting confirmation will be very valuable, however it will take some time before existing participants receive this. In the interim, you can always call the NDIS and ask for exactly what disability or disabilities they have recognized for you. People who are becoming new participants are getting this confirmation right from their first acceptance into the NDIS but for many people, who are already in the Scheme, it will take some time.

Again, as always, please feel free to get in touch if you have any questions: we are always happy to hear from you.

Kind regards
Kerry McLinden
Program Manager

Meet Jackie

I'm Jackie Breasley, Southern Disability Advocacy's new advocate and future Program Manager. I started working alongside Kerry in November 2024 and already I've learnt so much in the advocacy space. It's great to be a part of the Southern Disability Advocacy Team.

Before joining SDA, I was an individual advocate at the Disability Resources Centre for two years working with adults with disability throughout metropolitan Melbourne. A highlight was assisting an individual who had been incarcerated access services and housing.

I also have extensive experience in the disability sector having worked in a variety of roles including NDIA Planner, Sector Development Lead and Support Coordinator over the last 13 years. I identify as disabled with physical and related sensory disabilities.

I am undertaking a Masters of Disability Practice and Leadership part-time at Flinders University and a member of my Local Council's access and inclusion advisory committee.

I'm married with one furbaby, and still celebrating Collingwood's 2023 Grand Final victory!



From the Program Advocate

New rules about managing NDIS Funds

The NDIS Act is the law that explains how the NDIS works. The Act tells the National Disability Insurance Agency what they need to think about when making decisions about a participant's plan. This includes if there are risks to a NDIS participant in plan management decisions. This article will only be talking about plan management decisions.

With the new NDIS rules we are hearing of some participants are having their plan management request denied in full or part or changed in full or part. Because we are hearing about this, I thought it might be helpful to talk a little about the new rule that relates to plan management decisions. To help understand this it is important to know the difference between a plan management request and a plan management decision. Information provided in this article is based on that published by the Australian Government, Department of Social Services, Management of Funding Amendment Rules (Plain English summary) document. Participants can request their plan be managed by a particular person or in a particular way.

This is called a plan management request.

A participant can ask for their plan to be managed by:

1. Themselves
2. Their plan nominee - a person who a participant chooses to manage the plan on their behalf such as a family member.
3. A child representative - a person who manages a child's plan, like a parent or guardian.
4. A registered plan management provider - private business or organisation that is paid to manage a participant's plan.

A plan management decision is when the NDIA decides who can manage a participant's plan. Risks can arise because a person who manages a plan decides how the funding will be spent. It is not only about spending funds on something that is not allowed under the rules or service providers overcharging. Misuse of funding can leave a participant without funding, and this may impact on their vital supports. A lack of funded supports, especially for those needed in their day to day - exposes a participant to risk of harm.

When making a plan management decision, the NDIA needs to not only think about whether there is a risk to the participant, they must consider:

1. How big that risk is
2. Whether the risk can be managed by any informal or mainstream community supports the participant has in their life
3. If there are other supports and strategies in a participant's plan that help to lower identified risks.

From the Program Advocate cont.

There is a new rule - Rule 2025. The new rule means the NDIA must agree to a participant's plan management request unless the NDIS Act or rules give them a reason not to. The NDIA must consider a number of things before deciding to deny a participant's request. Rule 2025 explains the type of things the NDIA must think about before making a plan management decision.

These things include:

1. Whether there is any risk the participant of experiencing harm. Harm includes physical, mental or financial, exploitation, manipulation, influence or pressure
2. The participant's ability to make decisions and manage money. However, when thinking about this, the NDIA must consider any suitable support or help the participant is likely to have when making a plan management decision.
3. The type of support that is being funded. In some cases, the NDIA might decide someone, such as a participant, nominee or child representative from cannot manage life-sustaining support but they may be allowed to keep managing other low risk supports. This is sometimes referred to as high risk supports as opposed to low risk supports. When this happens the NDIA might decide that high risk supports need to be NDIA (Agency) managed.
4. How well risks have been managed in the past
5. Whether a Court has ordered another person to manage the money or property of the participant. The NDIA needs to consider who is responsible for managing NDIS plan funding to make sure the plan management decision complies with any Court Order.
6. Any other information raised by participant and/or any other information or circumstances the NDIA considers relevant.

The NDIA must not consider the nature of a participant's impairments in plan management decisions.

However, they are allowed to consider the impact of a participant's impairment, where it is relevant.

The NDIA must not consider the amount of funding in the plan. It is very important to know that risk assessments of this nature are not about the amount of funding in a plan (this means the dollar value). The dollar value of a plan is different to a support risk.

It is important for everyone to know that a plan management decision is a reviewable decision. This means when a participant does not agree with the plan management decision, they have the right to request a review of the plan management decision. This is explained more in section 99 of the NDIS Act. If you need help with a review of a plan management decision a request can be sent to Southern Disability Advocacy to see if this is something we can help with.

Lisa Thomas
Program Advocate

Would you like to receive the Southern Disability Advocacy Newsletter by email?

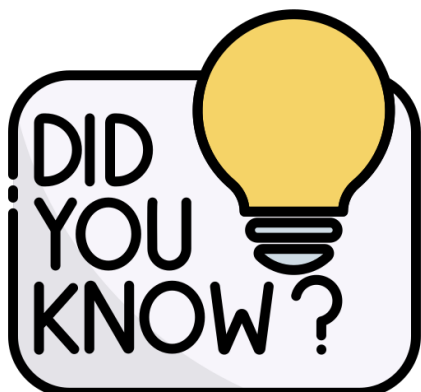


If so, just email us at kerry@southernda.org.au & we will happily place you on our e-list.

Did You Know?

Southern Disability Advocacy keeps a file on the work they do with you. The file contains the information that we gather in working with you, so we can support you. There is usually a paper file and a file on the computer.

All files are kept in a secure place and only the staff have access to them. If at any time you would like access to your file, we are happy to arrange it for you. When we have a quality assurance audit, your written permission will be sought before anyone can access the file.



Useful Information

Mordi Fest

Dates: Saturday, 01 March 2025 at 11:00 AM to Sunday, 02 March 2025 07:00 PM

Where: Peter Scullin Reserve, Beach Road, Mordialloc

Join us for a sensational festival of live music, food and family fun as we bring Mordialloc's foreshore to life.

Mordi Fest is a two-day festival featuring non-stop music across four stages showcasing local and international artists.

The family-friendly fun continues in the alcohol-free zone with kids' activities and amusements to entertain the little ones.

You'll be spoilt for choice on 'Eat Street' with gourmet food and yummy snacks for all tastes. Enjoy regionally made wine and boutique Melbourne beers.

Check back for more information, event maps, and performer updates to help you plan your visit to Mordi Fest.

Cost: \$5 or \$10 for families. No bookings required
For more information about line up: <https://www.kingston.vic.gov.au/community/events/upcoming-events/mordi-fest>



Autumn Fest 2025 - Live and Local

Back for another year of feasting and fun, Autumn Fest kicks off across Bayside from March 23 with an exciting array of events. Autumn Fest kicks off with a series of events providing opportunity to explore Bayside's beautiful open spaces. All with great food, live music, and fun at our annual Autumn Fest.

Where: Live and Local at Green Point Brighton
Sunday 23rd March

A can't miss event, Live and Local show cases exciting musicians and performers, with food trucks and activities. CJ Commerford and the Supertones leads an exciting line up which also features Tall Dan and the Tue Stories and Velvet Bloom. There will be food trucks and activities.

Autumn Fest 2025 - Kids Day Out

The second event of Autumn Fest is Kids Day Out.

Where: Thomas Street Park in Hampton

When: Sunday 30 March

Cost: Free to attend

Come along and enjoy entertainment including interactive activities, lawn games and delicious food.



Useful Information

One-on-One Tech Help City of Kingston

Need help using your phone, tablet or laptop, or accessing an online service? Visit your local library for some friendly one-on-one assistance from library staff. To book please give us a call on 1300 135 668 or ask us at your local library branch.

Cost: Free but bookings are required.

Date and time: By arrangement when booking – call 1300 135 668

HAMPTON EAST MARKET

Gather, taste, shop and indulge at this 90-stall market set in the beautiful little botanical garden park in Hampton East called Basterfield Park. It is the ideal place to stroll around the lake, shop at the talented makers stalls, then sit down and have a picnic from the multiple street food trucks on the lush grass.

Where: Basterfield Park, Dane Road, Hampton East

Dates: 9th March

Time: 10am to 2pm

Spotlight on Dingley Village Inc – Financial Counselling Service

There are times when money just doesn't stretch far enough. You can't pay the rent or mortgage; you're behind in your bills; and maybe the power has been disconnected. And worse still, you may be already in debt so borrowing more money is not on. At times like these, free help from a Financial Counsellor is available. The financial counselling program is a voluntary program. You have a choice as to whether you use the service or not. Our financial counsellors will respect your right to confidentiality. No information provided to your financial Counsellor will be given to any other person or organisation without your permission. Our financial counsellors comply with privacy legislation. Our financial counsellors will not take any action on your behalf without your permission.

What can you do about this?

If you are currently experiencing any of these situations, or other issues causing financial stress, a Financial Counsellor may be able to assist you.

- Assisting you in working out payment plans with creditors.
- Advising you of available options when you are unable to pay bills, fines or debts.
- Provide information about financial management options.
- Advising you whether you might be eligible for Government assistance such as the Utility Relief Grant Scheme.
- Provide information relating to options for dealing with debts such as moratoriums, payment arrangements and bankruptcy.

What do I bring?

If possible, please bring the following documents with you to your appointment:

- Loan contracts
- Debt statements, demands, bills, etc
- Letters from creditors
- Details of social security and/or income from all sources

Appointments

To enquire about availability of financial counselling, please visit our contact us page

<https://maddv.com.au/contact/>

Other Contact Information

Location: 29 Marcus Road, Dingley Village

Phone: 9551 1799

Opening Hours – 9am to 3pm, Mon, Tues, Wed, Thurs.



Useful Information

Posture Fit

A mat-based exercise class that builds strength, stability and endurance in the muscles that support your core. Great music and supportive atmosphere.
 BYO yoga mat. All ages and fitness levels welcome.
 Where: Chelsea Activity Hub, 3-5 Showers Ave, Chelsea
 Dates: Tuesdays in March, April and May
 Time: 1:30 to 2:30pm
 Cost: \$5 per session
 More information: 9581 3045 or email chelseaactivityhub@kingston.vic.gov.au
 Bookings: Not required

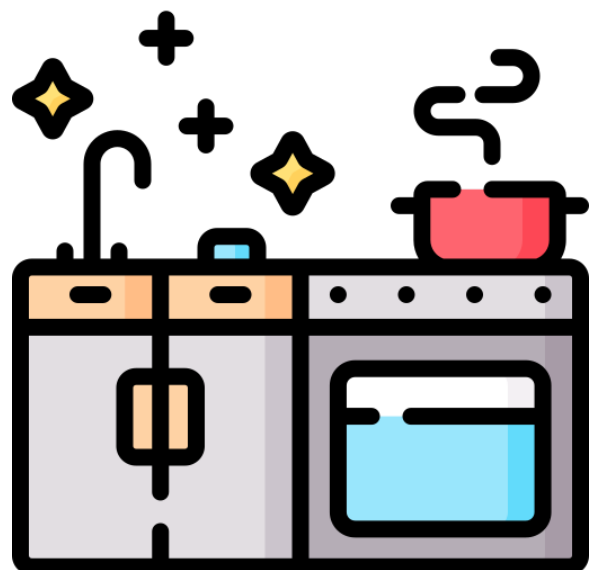
Crafty Community group

Come and join our friendly weekly craft group. Bring along any craft you like, share your skills and ideas - and learn some new ones.
 Tea and coffee provided. Class runs during school terms.
 Where: Westall Community Hub, 35 Fairbanks Road, Clayton South
 Dates: Wednesdays in March, April and May
 Time: 9am to 12pm
 Cost: \$2 per session
 More information: call 9581 3050 or email westhallhub@kingston.vic.gov.au



All-abilities Kitchen Club

Welcome to our Kitchen Club, where individuals of all abilities can come together to explore the world of cooking with confidence and creativity. Our program focuses on teaching the essentials of kitchen safety, the art of understanding and following recipes, various preparation techniques, and honing essential cooking skills. Whether you're a beginner or have some experience in the kitchen, our classes are designed to be inclusive and accommodating for all. Join us on a culinary adventure where you'll gain the skills and knowledge to become a confident and independent cook. We believe that everyone should have the opportunity to learn and enjoy the art of cooking, and our Kitchen Club is the perfect place to start. Welcome to join at any stage.
 Where: Sandy Beach Centre, 2 Sims Street, Sandringham
 Dates: Tuesday mornings and afternoon and Wednesday mornings during March, April and May
 Time: Morning sessions 9:30am to 12:30pm
 Afternoon sessions 1:15pm to 3:45pm
 Cost: Please contact Sandy Beach Centre for more information
 Bookings: Essential
 More information: 9598 2155 or email admin@sandybeach.org.au



Useful Information

Bollywood dance workshop for all ages

Join us this Cultural Diversity Week for an all-ages interactive Bollywood dance workshop! The team at Ignite Bollywood will spark your imagination and you will be invited on to the dance floor to learn a series of easy and fun Bollywood dance steps from their friendly dancers, who will rove through the library to involve even the shyest participants.

This interactive and highly engaging session will impart valuable lessons in confidence, respect and teamwork, and also instil values of diversity, self-confidence, friendship and mutual respect. Join us to celebrate our wonderful multicultural community.

When: 18th March

Time: 4pm to 5pm

Where: 96 Reserve Road, Beaumaris

Cost: Free, bookings essential call Beaumaris Library



Bayside Dog Lovers Day

More than one in three Bayside households has a furry family member, with over 12,000 registered dogs. Bayside Dog Lovers Day offers a unique opportunity for Bayside residents and their dogs to get together and have a fun filled family day.

With the support of Bayside City Council, the Rotary Club of Beaumaris will bring Bayside residents, their dogs and local businesses together. Every dog can participate in events showcasing their intelligence, tricks and of course their obedience skills. Dress your dog with a favourite theme, club colours or surprise everyone! There will be presentations by RSPCA, Guide Dogs Victoria, Racing 2 Rehome and Therapy Dogs Australia.

Collin Boggars' 'Fun Arts Creative Entertainment' will provide fun and entertainment. Beaumaris Rotary will be operating a sausage sizzle, and a variety of food stalls will provide you with food and drinks.

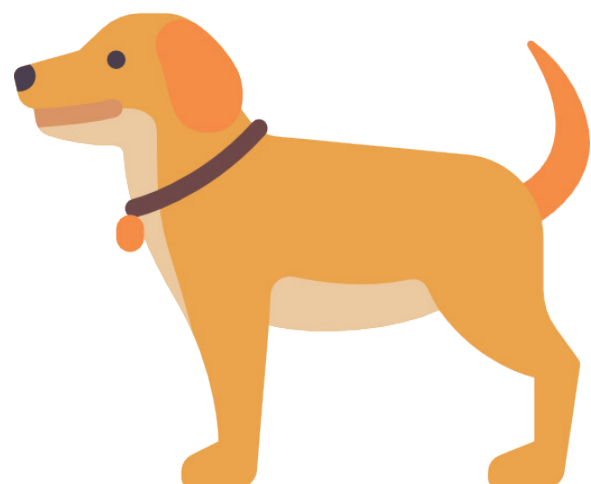
Where: Royal Avenue, Sandringham

When: 16th March

Time: 9am to 2pm

Cost: \$5 per family (including dogs) booking fees apply for further information

More information: glenda@stevensoncpa.com.au
(Rotary Club of Beaumaris)



Useful Information

Brighton classic car show

120 Classic cars on display at Firbank Grammar School. (Car entrants booking is preferred)

Entertainment for the whole family.

Food and drinks available.

When: 30th March

Time: 10am to 2pm

Where: Firbank Grammar School, 51 Outer Crescent, Brighton

Cost: \$10 (under 14's free)

More information: pinchbeck@optusnet.com.au

Groove and Graze

Groove and Graze is an annual family-friendly event that celebrates food, music and Glen Eira's outdoor spaces. Come along to enjoy gourmet food trucks and live music showcasing young and emerging local artists. Headlining this year is The Cartridge Family. Starring Sarah Carroll, sister Suzannah Espie, wayward son Rusty Berther, grandpa Greg Field, Cousin Nicky and Aunty Jack — the Cartridge Family, named for their breezy, sunshine-filled hillbilly, funny songs of loss and despair. While giving a sincere musical nod to early country groups like the Carter Family and the Delmore Brothers, The Cartridge Family also have a stack of foot stomping, fun original songs such as Hipster Bogan, Grandpa Loved the Pixies and Ain't No Babies Named Gordon No More. Their three-part harmonies and two-part jokes add up to one hell of a good time!

When: Saturday 5th April

Time: 12pm to 7pm

Where: Halley Park, Jasper Road, Bentleigh

Cost: Free to attend

More information: www.gleneira.vic.au/groove



Caulfield Park's war history tour

In honour of those who have served our country, join our History and Heritage team for a tour of Caulfield Park's memorials, wartime history, and stories from the home front.

Where: Caulfield Park Cenotaph, near corner of Balaclava & Hawthorn Rd Caulfield (meet at the Cenotaph)

When: Sunday 18th May

Time: 2pm to 3pm

Cost: \$7

Bookings: Essential (limited places)

Book via: www.trybooking.com/CXEFN

National Reconciliation Week

National Reconciliation Week is for all Australians to learn about our shared histories, cultures, and achievements. It's a time to explore how we can all contribute to achieving reconciliation. Our vision for reconciliation is a unified, respectful and thriving community that embraces Australia's First Peoples for their experiences of the past, their resilience in the present and their aspirations for the future. Each year we explore themes of reconciliation through a week of insightful free events. National Reconciliation Week shall see various events and times at various locations through Glen Eira.

Please check individual events for age appropriateness. Some events may require bookings.

For more information: visit www.gleneira.vic.gov.au/NRW



Useful Information

First Nations Weaving Workshop

Come and learn about Indigenous weaving techniques with an artist from The Torch surrounded by the amazing works on display in the Confined 16 Exhibition. Listen to the artist's family stories about the cultural tradition of weaving and learn how to make a woven basket or a piece of jewellery.

Suitable for adults

When: Sunday 8th June

Time: 10am to 12pm

Where: Glen Eira City Council Gallery

Tickets: \$5 (all materials supplied)

Bookings required: Bookings open Monday 26th May

Book online at www.gleneira.vic.gov.au/gallery-programs

International Women's Day: The Australian Barbra Streisand Show

International Women's Day is an annual global celebration, and an opportunity to embrace and cultivate an ongoing commitment to diversity, equity, and inclusion. Back by popular demand, enjoy an evening of music from the wonderful Rachael Grace, as she celebrates songs from one of the most inspiring women of the music and movie world, Barbra Streisand. International Women's Day gives us an opportunity to call for change, and to celebrate acts of courage and determination by ordinary women who have played extraordinary roles in the history of their countries and communities.

When: Sunday 8th March

Time: 7pm

Where: Glen Eira Town Hall, Auditorium, Cnr Glen Eira and Hawthorn Roads, Caulfield

Cost: \$25

Bookings required: www.gleneira.vic.gov.au/IWD

This show is recommended for ages 16 years and above, but all ages are welcome.

ANZAC DAY MELBOURNE 2025

Every ANZAC Day in Melbourne, tens of thousands of Victorians turn out to remember the people who have served our country in all global conflicts, and honour those who continue to serve.

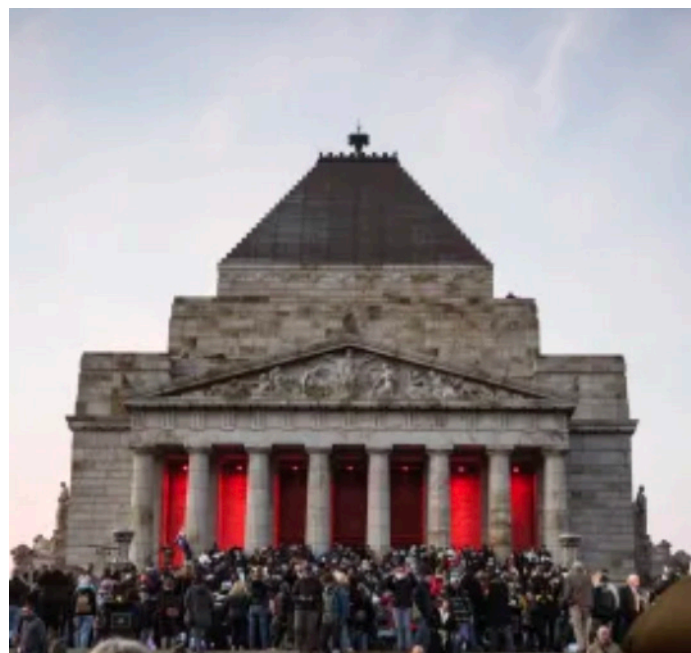
Melbourne's ANZAC Day Commemoration activities are a way for veterans, their families, and the public to honour and recognise those who have served and currently serve for Australia.

Commemorative activities in Melbourne include:

- ANZAC Church Service – Sunday 13th April 2025 from 4pm to 5pm at St Paul's Cathedral, Flinders Street
- The Dawn Service – 5:30am Shrine of Remembrance Friday 25th April
- Commemoration March of Veterans – commences at 9am on ANZAC Day at Swanston Street, near Federation Square.
- Wreath Laying

Thank you to the thousands of RSL volunteers throughout Victoria who are so diligent in organising and conducting commemoration activities on our most important day.

Event Map: <https://rslvic.com.au/wp-content/uploads/2024/11/anzac-day-2025-map.pdf>



Useful Information

Gasworks Farmers' Market

Deep coloured, ripe and delicious fruit and vegetables, aromatic hand-made cakes and jams, freshly laid free range eggs and just cut flowers are only a few of the sumptuous goods you'll find at our monthly Gasworks Farmers' Market, held on the third Saturday of each month. .

You will love spending Saturday mornings on the grass soaking up the vibrant atmosphere and sampling the very best of local Victorian produce, direct from Victorian farmers and specialty makers. Gasworks Farmers' Market is proudly accredited by the Victorian Farmers Market Association (VFMA) and our market received the Outstanding Farmers' Market Award at the 2012 delicious. Produce Awards.

Where: Gas Works Parkland, Albert Park

When: Third Saturday of every month

Time: 8am to 1pm

The SUNSET CINEMA - AN OUTDOOR Cinema Experience

Where: St Kilda Botanical Gardens

When: Saturday 1st March and Saturday 8th March

Gates Open: 7pm

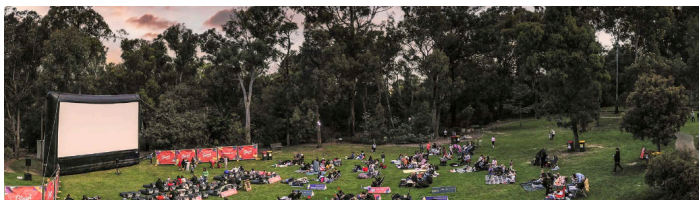
Start time: From last light

Cost: Adults \$25, Concession \$20, Children (3 -12yrs) \$15

Bookings for 1st March - essential via <https://sunsetcinema.com.au/screening/moana-2-st-kilda-botanical-gardens-on-2025-03-01/>

Bookings for 8th March – essential via <https://sunsetcinema.com.au/screening/a-complete-unknown-st-kilda-botanical-gardens-on-2025-03-07/>

Program: <https://sunsetcinema.com.au/st-kilda/>



Elwood Glee Club Singalongs

Come along to gorgeous Elwood Sailing Club for the singalong that will leave you feeling great. No auditions, no solos and no commitment to come again - just a big group sing with a drink in hand!

When: First Sunday of each month up until June 1st

Where: Elwood Sailing Club, 6 Elwood Foreshore, Elwood

Time: 5pm to 6:30pm

Cost: \$20

Bookings essential via: <https://www.trybooking.com/events/landing/1328063>

FREE Salsa & Bachata classes & social EVERY FRIDAY in South Melbourne

Free Latin dance classes and social dancing with Obsesion Latina as the pre-party to Oye Latino Reggaeton night every Friday night at The Albion Rooftop & Club in South Melbourne.

Where: Albion Rooftop, 172 York Street, South Melbourne

8pm: Bachata classes levels 1 & 2

9pm: Salsa & Bachata social dancing in the main room

10:45pm DJs start the Oye Latino party

11:00pm head upstairs to the rooftop for more Salsa and Bachata social dancing.

First timers welcome!

Tickets are not compulsory, but it does help us manage lead & follow ratios for the dance classes. If classes get too big, we may have to cap numbers, and priority will be given to those who can show their valid tickets. For tickets follow the link and click on more options under select date and time <https://www.eventbrite.com.au/e/free-salsa-bachata-classes-social-every-friday-in-south-melbourne-tickets-1147359405869?aff=ebdssbdestsearch>

Useful Information

St Kilda Esplanade Market

Since 1970, The Esplanade Market has been a St Kilda Sunday delight.

It's famous for a good reason- there's something for everyone and more! Enjoy browsing through works by more than 100 artists and crafts people in Melbourne's open-air gallery by the sea. Shop for handcrafted gifts and souvenirs, from furniture to jewellery, and buy direct from the artists that created them.

New stalls are added to the market regularly, so there is always something new to catch your eye.

Don't miss this unique and refreshing shopping experience!

Where: Upper Esplanade, Between Fitzroy Street and Acland Street, beside Luna Park in St Kilda

When: Every Sunday

Time: 10am to 5pm

ORANGE SKY – Free Laundry and shower services to anyone in need



Orange Sky provides free laundry and shower services to anyone in need. We also offer a welcoming community space for those experiencing loneliness or isolation. The service operates in different areas on a rotational basis. It is important to use the link to find out when the service will next be in one of their service locations:

Chelsea Community Church – 5 Blantyre Ave Chelsea
Christ Church Mission – 14 Acland St St Kilda
368 Beaconsfield Parade, St Kilda West (Cleve Gardens, Fitzroy St)
99 Bridport Street, Albert Park

Use the following link to find out when the service will next be in your area and/or other locations: <https://orangesky.org.au/what-we-do/#where-we-are>

Yoga via Zoom

This yoga session delivered via Zoom is designed to enhance your body and mind. You'll practice postures to increase flexibility and strength, as well as breathing techniques to encourage relaxation.

These classes are suitable for all fitness levels, with movements adapted to suit your ability and needs.

When: Every Monday in March

Mode: Online via Zoom

Time: 9:30am to 10:30am

Duration: 60 minutes

Cost: Free

Bookings essential: Book via <https://www.stonnington.vic.gov.au/active/Stay-active/Community-events/Yoga-via-Zoom> or phone Active Stonnington on 8290 1421



Greet U There

Greet-U-There is a new welcoming and inclusive space for older, LGBTIQ+ people and their carers and family to socialise and connect.

This new social group, hosted by Thorne Harbour Health and the Stonnington Engaged program, encourages members of the LGBTIQ+ community, their allies, and people keen to learn more about the community. Join us for morning tea (barista-made coffee also available at a heavily discounted price) and friendly chats at a local Stonnington venue.

When: Monday 3rd March, Monday 7th April, Monday 5th May, Monday 2nd June

Time: 11am to midday

Where: For more information and to register your attendance call Thorne Harbour Community Support on 9863 0426 or register via their website using the following link: <https://thorneharbour.typeform.com/to/D8mqFpTb?typeform-source=www.stonnington.vic.gov.au>

Cost: Free to attend

Useful Information

Chess Club

New to chess or consider yourself a grandmaster? Players of all ages and skill levels are welcome to drop in to enjoy a social game of chess. Enjoy a game with your friends or family or play with other chess enthusiasts in the community.

Please note this is not a class, however our friendly staff will be available to help with basic rules, strategies and to referee games. This program runs all year round except for public holidays.

When: Thursday 13th and 27th March

Time: 2:30pm to 4pm

Where: Toorak/South Yarra Library, 340 Toorak Rd, South Yarra

Cost: Free and no bookings required

More information: 8290 800

Stonnington's Pets in the Park 2025

In its twenty-third year, the City of Stonnington proudly presents the 2025 Pets in the Park at Central Park, Malvern East. This free, family-friendly event returns this March to celebrate Stonnington's animals with a pet-friendly day of informative presentations, stalls, entertainment, competitions, and much more.

The animals will be the stars of the day!

When: Sunday 23rd March

Time: 11am to 3pm

Where: Central Park, Malvern East

Cost: Free

Allnutt Park – Wheatly Rd McKinnon

Allnutt Park is a beloved local destination that boasts an impressive array of amenities, including a spacious playground suitable for all ages and abilities. For those looking to unwind, Allnutt Park also offers plenty of opportunities to relax amongst large trees. Allnutt Park is popular for its playground, parts of which are naturally shaded by the beautiful trees, whilst other areas are under shade sails for some protection

from the elements. The large playground has a range of activities.

Uniting Emergency Relief - Prahran

You may have financial problems due to unemployment, illness or family breakdown. Our Emergency Relief program is a free and confidential service providing resources for people experiencing financial hardships. A dedicated and compassionate team of staff and volunteers provide a safe and welcoming space where you will be heard and respected.

We provide the following resources:

- Food
- Op Shop vouchers
- Meals at Hartley's Dining Room
- Social inclusion programs
- Information advocacy and referral.

Appointments are prioritised – book via phone or walk in.

Opening Hours: Monday to Friday 9:30am to 12:30pm

Location: 211 Chapel Street, Prahran

DINING HALL – ST Kilda



Our warm, welcoming Dining Hall is where hundreds of people who are experiencing homelessness and social disadvantage come to share a community meal and engage with our services, 365 days a year.

Everyone is welcome to drop in for a free meal today.

The Dining Hall provides free meals daily, trained support workers, referrals to other services.

Where to find us: 87 Grey Street, St Kilda

When: Monday to Friday 8:30am to 10:30am for breakfast

Monday to Friday 11:30am to 1:00pm for lunch

Weekends and Public Holidays the Dining Hall is open from 9:00am to 10:30am for breakfast and from 11:30am to 1:00pm

Useful Information

Kingston's Pet Expo

Pet Expo is Kingston City Council's free and family-friendly community event for animal enthusiasts, pet owners and their four-legged friends.

You're invited to join us for a day of pet competitions, kids' activities, demonstrations, and interactive talks - and to find out more about all of the pet-related services the City of Kingston offers its residents.

We'll have some fantastic goodie bags and competition prizes up for grabs! Kingston's pet owners can also go into the running to win:

- a \$300 voucher to a local pet store
- a hamper filled with fantastic goodies for pets and humans
- 2 x Gold Class movie vouchers.

To go into the running, simply visit us at Pet Expo and complete an activity at the Pet Expo Information booth:

- sign up to receive your annual pet registration renewal notice via email; or
- bring and pay your registration renewal notice

Winners will be announced on the day.

Event Information: Saturday 29th March from 9am to 1pm at Kingston Heath Reserve, Centre Dandenong Road, Cheltenham

Changing Places

It is a basic human right to be able to access a suitable, safe and private place to go to the toilet. Changing place toilets are larger than standard accessible toilets which provide people with disability and high support needs access to suitable, safe and private bathroom facilities. There are now 326 Changing Places across Australia.

Portable Changing Places Toilets are also at some events.

To find a Changing Places Toilet use the following link: <https://changingplaces.org.au/find>

To find a Portable Changing Places toilet at an event use the following link: <https://changingplaces.org.au/find-a-portable-changing-places-toilet>

Privacy Collection Statement

Southern Disability Advocacy has to collect information about you, so that we can advocate for you. The information we need will be related to your life, the services you receive and things that are related to your advocacy issue that we are working on for you.

You don't have to tell us about anything you don't want to

You don't have to provide any information that you don't want but if you don't tell us about something it might mean we can't do our work for you. That is ok: we will discuss this with you and we will respect your decision to not tell us information.

How we keep information about you

We store information about you on our computer and in a file in the office. The file is kept safe, in a locked filing cabinet that only staff can access. Your information on the computer is protected by a password.

We use a type of computer storage that means information is stored on someone else's computer. Even though it is stored on someone else's computer, and this computer might even be overseas, only staff from Southern Disability Advocacy can access. This is called "cloud computing" and lots of organisations use it. For all files stored in this way, we use extra security, called encryption, to lock your information up, even though it is on someone else's computer. If you don't want us to store your information in this way, please tell us and we will ensure your information is only stored on our computer. This might mean some restrictions on how we work with you, for example we can only access your information when we are in the office.

We need your permission to talk to other people in your life

We ask you to sign our Exchange of Information form, so we can show people that you have given us permission to talk to them about you. You can cancel this permission at any time: you just have to tell us. That is ok. We will discuss this with you and always respect your decision.

Feedback Survey

Southern Disability Advocacy always wants to get your views on the work we do with and for you.

This Survey is a chance for you to tell us anonymously and in writing if you think we could improve. We hope you will take the time to fill it out and post it back to us. It should only take a few minutes to complete.

1. Is the Newsletter helpful & interesting to you?
2. Tell us if there are topics or items you like us to include in future Newsletters
3. Do you feel comfortable asking us for help?
4. Do you find it easy to get support from us when you ask?
5. Do you feel safe with us?
6. Have we ever done something that upset you or made you angry?
7. Would you feel comfortable telling us if we upset you?
8. Do you know someone who could support you tell us if we upset you?
9. Can you think of anything to improve the advocacy work we do for you?

Thanks for your time. We will consider all the feedback we get and use it to improve the work we do.



Organisational Structure Southern Disability Advocacy

Committee of Management

Anat Green (Chairperson)

Evan Lowenstein (Treasurer)

Aisa Obarcanin (Ordinary Member)

Alan Bergman (Ordinary Member)

Southern Disability Advocacy is managed by a community based Committee of Management that is elected annually. The Committee is responsible for overall strategic directions, policy development, financial management, risk management and the hiring and oversight of staff. The Constitution establishes the procedures for election of the Committee members. Membership of the Committee is open to all Members of the Association.

The constitution establishes the procedures for election of the committee members. Participation in elections to the committee is open to all members of Southern Disability Advocacy. The committee encourages people who are interested in contributing to the governance of the program to consider joining the committee. Please contact the office if you are interested.

Staff

Kerry McLinden (Program Manager)

Lisa Thomas (Advocate)

Jackie Breasley(Advocate)

Staff are responsible for decision making processes and activities as outlined on their position description, and so are responsible for the day to day running of the program by putting into practice the decisions of the Committee.

Southern Disability Advocacy is part of the National Disability Advocacy Program funded by the Australian Government Department of Social Services.

The opinions expressed in this newsletter do not necessarily reflect the views of the Australian Government Department of Social Services.

Sender: SDA, PO Box 161, Bentleigh 3204