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The Newsletter of Side By Side Advocacy

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A message from our Executive Officer

Welcome to Spring edition of Side By Side!

This edition includes new resources, ideas about accessible locations around Sydney, an update from the Inclusive Governance Project, a range of events and more!

We also celebrate the life of Sarah Woodger, a valued member of the Side By Side Advocacy community. Sarah was a participant of the Citizen Advocacy Program. She will be missed.

Kim Roots
Executive Officer

Sarah Woodger - a life well lived

Sarah Woodger was a valued member of the Side By Side Advocacy community. She was regular at Side By Side Advocacy's cocktail parties and recently took part in a photoshoot when Side By Side Advocacy wanted to include long term stakeholders in our new brochures.

Sarah was in a Citizen Advocacy match with Lisa Greenberg for more than 24 years. Sarah passed away peacefully.

Sarah was a long term employee, a singer, a dancer, a holiday maker, a loyal friend and much more.

The following information from Sarah's eulogy is shared with permission.

"Sarah was born on 14 May 1962 at the War Memorial Hospital located at Waverley. Sarah was the second child to her mother Josephine and sister to Adrien who was two years older than Sarah. Sarah's Mother was born in Liverpool in England. Sarah's father passed away when Sarah was one as a result of a plane crash. Just prior to Sarah's second birthday Sarah moved to North Ryde Psychiatric Centre renamed later as Macquarie Hospital.

Sarah was employed working for the North Ryde veterinary hospital. Sarah took great pride in the work she did at the vets; cleaning kennels, doing washing, and sitting in on surgeries. Sarah loved looking after the animals and those she worked with.

Sarah was one of, if not the first person to work in open employment for people with a disability. She was a true but modest ground breaker well before her time. Following on from the success of Sarah in open employment it opened the doors for others to attain open employment with the establishment of the organisation Job Support.

When the Richmond Report was published and with it a budget to purchase a house in Terry Rd was purchased. Sarah, Arthur, Clifford, Richard, and Stanley moved into Terry Road on the 29 March 1988 including their combined 4 pussy cats. A few months later Heidi joined the Terry Road family. Heidi and Sarah instantly bonded and they were pretty much inseparable from that time on. Heidi and Sarah are like sisters to each other, and Heidi is going to miss Sarah terribly. Sarah loved Terry Road, it was home, and she felt very safe there. She had to re learn her bus route to the vets but managed this transition very well.

Sarah saved her money from working at the vets and went on a number of holidays. They include several times to Fiji and New Zealand; the United States once on a camping holiday supported by Heidi's sister Lisa visiting all the major sights like Disneyland, Yosemite National Park. On a second trip, they also

went to Canada and cruised to Alaska, even meeting the Captain of the ship. She also cruised the Hawaiian islands. Sarah has been to every state and territory within Australia and enjoyed attending many music festivals.

In recent years Sarah starred in a number of musicals A Moment To Shine where she had a number of leading roles and also starred in the musical program.

Sarah's smile was infectious, her laughter would light up a room. And her humour, especially her no holes bared one liners would put you in your place! Sarah loved to dance and we would often crank up the music and just start dancing. Sarah had great rhythm.

There was something very special about Sarah, she had a beautiful heart, she had a beautiful soul and she showed unconditional love."



Sarah is photographed with advocate Cathy Milne and with Citizen Advocate Lisa Greenberg - along with Lisa's baby

Inclusive Governance Project moves into new phase

The Inclusive Governance Project has been exploring ways that people with intellectual disability can be better included in decision making on management committees and boards. The Project is moving into a new phase where our findings will be compiled and resources are created.

This will be a codesigned process that includes Co-researchers Katrina Sneath and Will Harding. We will also be recruiting more people with intellectual disability to work with us.

An Easy Read document about this work is below.

[Easy Read Document](#)



Pictured from left is Co-researcher - Katrina Sneath, Project Lead -
Dr Bernadette Curryer and Co-researcher - Will Harding

Places to go around Sydney

Coming up with a fun way to pass the time can be hard. Whether you are a lover of the outdoors or the arts – there is an accessible option that may inspire you to get out and about!

The information we are sharing was provided to us. We have not checked out all the locations we list. If you have particular accessibility needs, it would be a good idea to make contact with the venue to be sure that your needs will be met.

See the link below for locations around Sydney.

We hope you have fun exploring!

[Accessible options around Sydney](#)

My Home My Way - a new website about people with disability living in their own home

My Home, My Way is a brand new website that has resources made by people with a disability and their supporters.

There are stories, videos, podcasts and other information.

You will find out about how people with disability, no matter what their needs, are living in their own home and enjoying rich and meaningful lives as part of their local community.

[My Home My Way](#)

Inspirational reading

If you are committed to the genuine inclusion of people with disability, Crucial Times may provide informative, inspirational reading.

Crucial Times is created by the Community Resource Unit in Queensland. It is free and available online. It covers topics relating to home, creative use of support and more.

[Crucial Times](#)

New brochures about Side By Side Advocacy

Side By Side Advocacy has prepared new brochures about the advocacy we provide and the research we are undertaking.

Feel free to share or print these brochures.

- [Citizen Advocacy](#)
- [Individual Advocacy](#)

- [National Disability Insurance Scheme \(NDIS\) Appeals](#)
- [Disability Royal Commission](#)
- [Inclusive Governance Project Brochure](#)

For an overview of what we offer see our [Side By Side Advocacy Brochure](#)

Thank you to everyone who took part in our recent photoshoot and brought the brochures to life!

News Updates

[Article from SBS News about a barista who lives with Tourette Syndrome](#)

[Article about The Infantilization of Elders and People With Disabilities](#)

[Article about design of new homes](#)

Meet the people of Side By Side Advocacy

In each edition of Side By Side we get to know someone from the Side By Side Advocacy community. This month, Kim spoke with team member Dr Bernadette Curryer.



Kim: Could you tell me a little about yourself?

Bernadette: I have been working at Side By Side Advocacy since mid-2020. I had recently completed a doctorate exploring self-determination of adults with intellectual disability within family relationship. I was excited to find a research project that was looking at how the voice of people with intellectual disability can be heard and valued, this time in an organisational setting.

Kim: What is your role at Side By Side Advocacy?

Bernadette: I am currently a Research Officer undertaking a 3-year research project exploring Inclusive Governance

Kim: What is inclusive governance?

Bernadette: Inclusive governance is about the inclusion of people from diverse backgrounds and experiences in the decision-making and governance of community organisations. In this project, we are particularly looking at the inclusion of people with intellectual disability

Kim: Why is inclusive governance important?

Bernadette: People with intellectual disability are often left out of decision-making opportunities, both within their own life and within disability and community organisations. They not only have a right to be included but can also provide a valuable perspective for organisations. Their lived experience can help organisations to understand and respond to the needs and preferences of people with intellectual disability.

Kim: What has your research found?

Bernadette: Inclusive governance works best when there is holistic inclusion of people with intellectual disability within the organisation.

There needs to be a focus on providing a pathway to Board membership, increasing the accessibility of Board processes, providing individualised, skilled support, and removing real or perceived barriers.

Contact Bernadette if you would like to learn more about the Inclusive Governance Project.

You can phone: 02 9808 5500

You can email: igp@sidebysideadvocacy.org.au

If you would like to become more involved with Side By Side Advocacy, let us know and we can explore possibilities!

Dates for your calendar

Last chance - [Get That Good Life! Conference Replay](#) (Video and Podcast) – available free until 4 September – presentations about home, securing the future and more

1 September – Indigenous Literacy Day

4 September – Father's Day

5 – 9 September – [Purpose Matters](#) – online conference from Belonging Matters

13 September – Anniversary of the UN Declaration on the Rights of Indigenous People

14 & 15 September - School to Work Disability Employment Conference - Securing Futures, Shifting Mindsets – [2 day Conference in Parramatta](#) - Resourcing Inclusive Communities

2 October – start of daylight saving

3 October – Labour Day holiday

4 & 5 October – [Building opportunities, building communities](#) – Conference in Melbourne featuring Side By Side Advocacy's Dr Bernadette Curryer

31 December – final day for submissions to the Disability Royal Commission

Have your say!

Do you have any suggestions about how we could do things better or differently

at Side By Side Advocacy?

If you do, we would love to hear from you! You can use the contact information below to tell us.

Contact details for Side By Side Advocacy

Phone: (02) 9808 5500

Email: info@sidebysideadvocacy.org.au

Website: www.sidebysideadvocacy.org.au

Address: Shop 1, 30-32 Herbert Street, West Ryde, NSW 2114

Office hours: 9am to 5pm

Side By Side Advocacy is a short distance from West Ryde Railway Station.

There is a bus stop at both ends of Herbert Street.

There is time limited on-street parking.

Side By Side Advocacy promotes and upholds the rights, needs and interests of people with disability to enable full and meaningful participation in the community.

We recognise that people with intellectual disability experience particular barriers in having their voices heard and needs met and for that reason we specialise in providing advocacy for people with intellectual disability.

Side By Side Advocacy acknowledges the Wallumedegal people, Traditional Custodians on the land on which we live and work. We pay respect to Elders past, present and emerging.

Side By Side Advocacy is funded by the Australian Government Department of Social Services.

For more information visit: www.dss.gov.au

Contact:

Shop 1, 30-32 Herbert Street, West Ryde, NSW 2114

(02) 9808 5500

info@sidebysideadvocacy.org.au

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