



SARU Memo

4/12/09

Welcome to the
SARU E-memo No:

5

Self Advocacy Resource Unit

1. **New Resources**
2. **Training and raising money**
3. **Having a Say Conference**
4. **SARU Crossword**

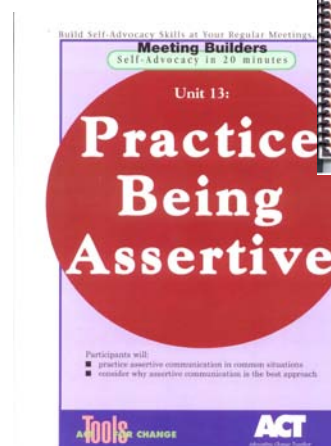
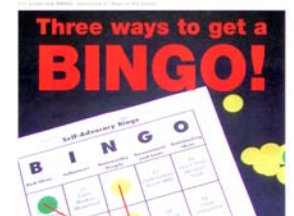
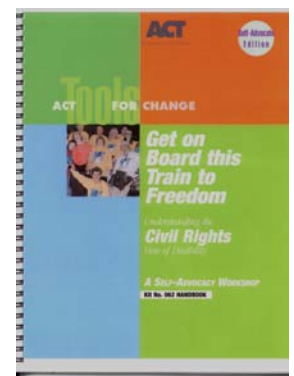
1. **New Resources**

New resources at last!!!!!! The SARU has a truck load of new resources for self advocacy groups to borrow. We have got some fantastic training kits from *Advocating Change Together* U.S.A. These training kits include facilitator's handbooks, DVD's, people's stories, handouts and workbooks. The training kits are:

- Changing Attitudes - training to give your group the power to change attitudes
- Disability, Identity and Culture
- Get on board this Train to Freedom
- I am a Person First
- My Choice Your Decision
- Self Advocacy Bingo
- Leadership Bingo
- Struggling for Our Rights
- Direct Action Bingo

Struggling to find ideas for things to do in your meetings? Why not try the meeting builder kits from *Advocating Change Together* – these kits have activities to do in meetings including:

- Label Jars Not People
- Qualities of a Leader
- Being Aggressive Doesn't Help
- Assert Your Self
- Ever Heard this One
- Practice Being Assertive
- Poetry Power



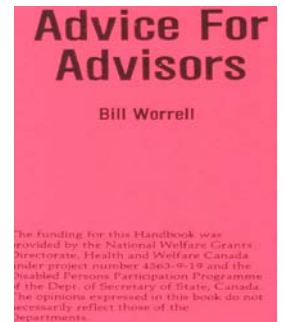
Other new resources include:

- Controlling What You Say
- Teamwork
- Becoming Media Savvy
- Working Together for Change - a tool kit for self advocates
- Self Determination and You



There are also resources for support workers and advisors including

- A support worker training package
- Advice for Advisors
- A book of ideas for Advisors
- People First Handbook
- How to find an Advisor



2. Training and Raising Money

Self Advocacy groups can use the new training kits to make some money. Why not learn how to run a training session for others - ideas could include schools, service staff, government staff, local councils and more. On Friday March 26th the SARU will run a training session for self advocates on how to use the Changing Attitudes Kit. We will also help you to make a poster and flier to advertise the training in your community. Let us know if you are interested!!!



3. Having a Say Conference

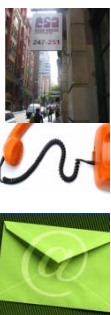
The SARU will be running four sessions at the *Having A Say* conference they are:

- Have a Go at Self Advocacy
- Human Rights Who Wants to be a Millionaire (Prizes)
- What Cheeses Me Off!!
- Using Face Book and Technology to Stay in Touch

Having a Say 2010

4. SARU Crossword

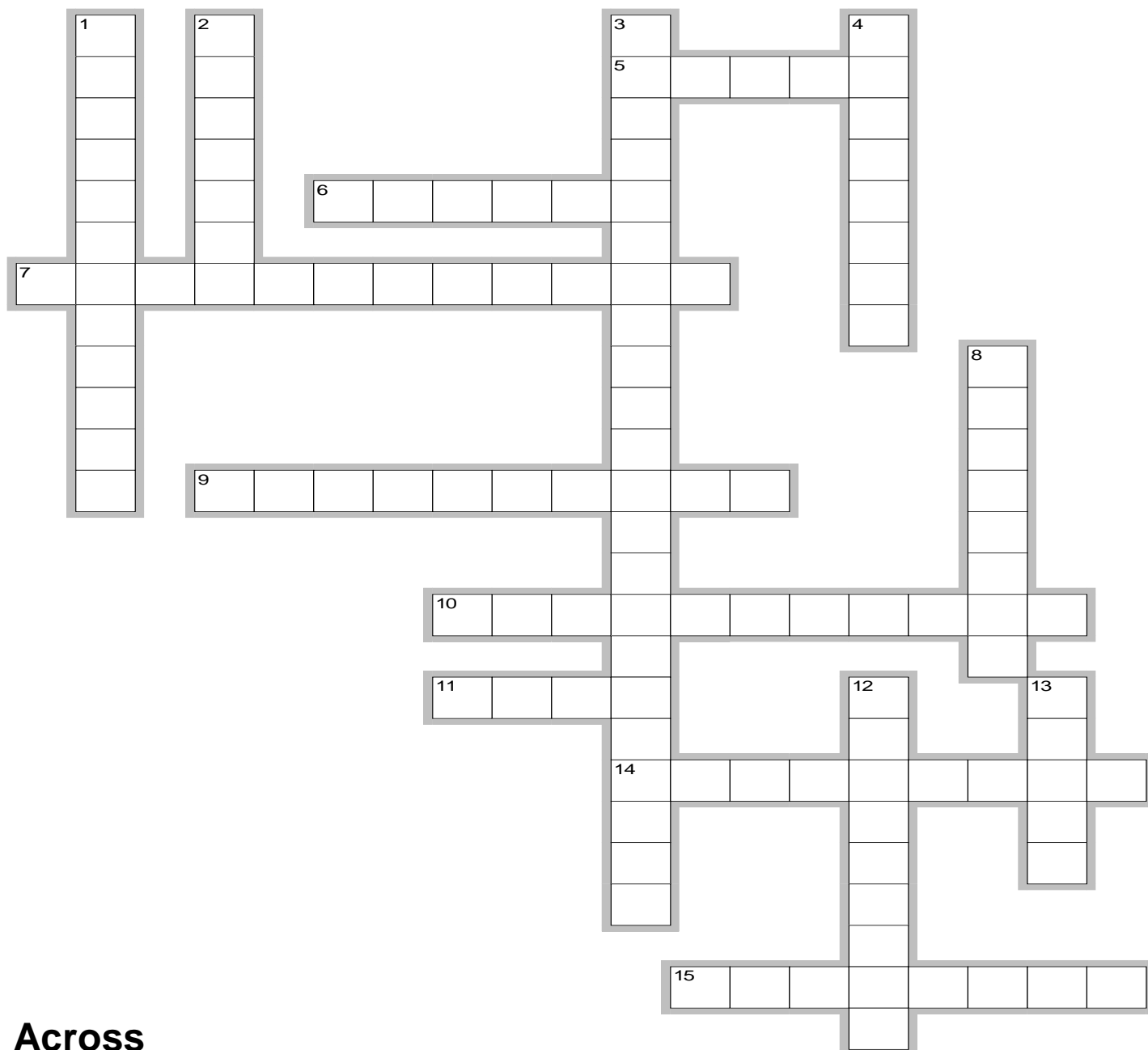
On the next page is the first SARU crossword. Have a go and see what you think. If your group would like to make a crossword for our next e-memo or for your own newsletter contact the SARU on:



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Across

5. The name of the SARU sheet that is sent out by computer
6. Label Jars Not _____?
7. Reinforce wants all of these to be closed now!
9. An important conference in February
10. The new UN Convention for people with a disability is about this
11. A new ticket system on the trains, trams and buses that people are a bit worried about
14. Moe Life Skills Self Advocacy, New Wave and Patchworks are all in this part of Victoria
15. A website where you can put your photo on to, meet other people and join other groups is called this

Down

1. A great self advocate who sadly passed away recently
2. The name of a report about the lives of people with disabilities
3. The name of a self advocacy group in Frankston
4. The Disability Services Commissioner says it is OK to _____?
8. We all hope we will get some of these in three weeks
12. SARU has some new _____?
13. A new game at the SARU office is self advocacy _____?