



Ground Floor Ross House
247 Flinders Lane Melbourne



Ph: 9639-6856



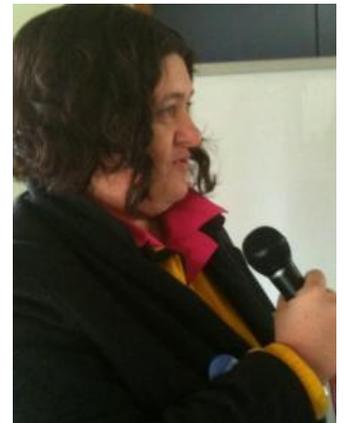
<mailto:saru@rosshouse.org.au>

1. *Public Speaking Tips*
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1. *Public Speaking Tips*

In July SARU ran successful training sessions called "Have A Go At Public Speaking". People who did the training said it was very helpful. So we thought we would share some top tips in this e-memo. So here are our top ten tips for public speaking:

1. When you are writing your speech make sure you choose a topic that you know about and interests you. Do not use jargon words in the speech. Keep the speech interesting by making sure it is to the point not too long and includes pictures and/or props.
2. Practice. Practice. Practice! Practice giving your speech to friends and members of your group. Ask them what they think and if there is anything you need to change or add to the speech. The more you practice the easier it will be. Time your speech so you know how long it takes
3. Before you go make sure you have all the information you need including date, location, who you are speaking to, how long you are speaking for, contact details, equipment support etc
4. Arrive early on the day so you have time see where you will be giving your speech and to set up your equipment and make sure everything is working
5. Relax - take a deep breath and start by introducing yourself tell people where you are from and what you will be talking about.



6. Use an ice breaker which is an activity that helps people to relax and it is a good way to get to know your audience. A good ice breaker is to ask people if they were a super hero who would they be and why?
7. If you are nervous try looking at the people in the audience who are smiling or look friendly. Remember people are not there to judge you they want you to do well.
8. Don't talk too fast remember to slow down and make eye contact with people. It also helps if you move around and don't stand in one place.
9. If people start to look tired or like they have stopped listening then stop and ask them questions or their opinions, or get the audience to have a stretch and then keep going with your speech.
10. Leave time for questions. When someone asks a question it helps to repeat the question so everyone can hear it and it also gives you time to think about the answer. Don't worry if you do not know the answer to every question - it is OK to say you don't know the answer.



Good Luck

If your self advocacy group would like to do the Public Speaking training contact SARU and we can come to you and run a session or download the training for free from the SARU website <http://www.saru.net.au/resources-and-information/>



2. DARU, SARU and VDAN Conference

Remember the SARU ,DARU and VDAN Conference is happening on: **March 26 and March 27 2012 at the Melbourne Park Conference Centre.** From now on we will give monthly updates on what is happening with the conference planning.

Attached with this e-memo are the Expressions of Interest forms for people who would like to give a talk at the conference. If you or your group would like to give a talk at the conference fill in the form and return it by Monday 26th September. If you need help to fill in the form or would like to talk about your ideas give SARU a ring on (03) 9639-6856



3. Funding Opportunities

Grant: Andrews Foundation Grants **Closing Date:** 4th November 2011

What is the grant for: There are grants to help small community groups to get started or work on a project. There are also grants to help community groups find ways to improve the lives of people who are disadvantaged

How much: You can apply for up to \$10,000

For more information ring (0)3 9793 4722 or go to their website <http://www.andrewsfoundation.org.au>

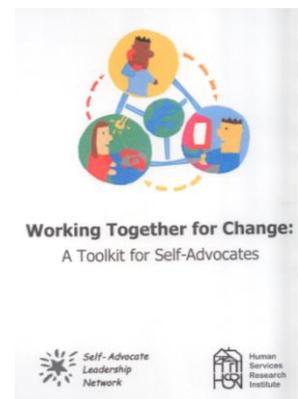


4. Resources Update

The SARU has three new self advocacy resources from the U.S.

They are:

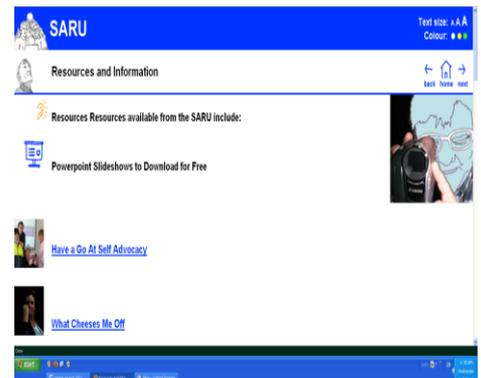
- Self-Determination and You – A tool kit for Self-Advocates
- Working Together for Change – A tool kit for Self-Advocates
- A tool kit on Planning and Giving a Presentation



If you are a member of a self advocacy group and would like to borrow these resources give SARU a ring : (03) 9639-6856

Also don't forget you can down load the following resources for free from the SARU website they are:

- Have a Go At Self Advocacy
- What Cheeses Me Off
- Step by Step Lobbying and Campaigning
- Have a Go at Public Speaking
- Human Rights Games to Download and Play
- Have a go at Facebook



FREE Resources

SARU has the following second hand gear to give away:

- HP OfficeJet Printer, Fax, Copier and Scanner – we are pretty sure the printer is working but you need to buy ink to be sure
- 1 small white board /notice board combined
- 1 medium notice board
- 1 small notice board

If you are interested in one of the freebies give SARU a ring on (03)9639-6856



5. What's On

Trans – an exhibition about printing making which includes fantastic screen printed artwork created by WESABI a self advocacy group for people with an ABI. FREE Entry

When: Friday 2nd September - Sunday 30th October

Where: Footscray Community Arts Centre
45 Moreland Street Footscray

Gallery Hours: Tuesday – Sunday, 9.30am – 5pm
(Closed Mondays and Public Holidays)



Unlocking Potential – a two day conference presented by VALID which will include real issues and real stories about how self-directed support, and person centred planning is working. Advocates, people with disabilities, families, and case managers are all welcome to attend. You need to complete a registration form if you want to attend the workshop. Contact VALID for a registration form Ph: (03) 9416 -4003 or Email: www.valid.org.au



When: 11th and 12th October

Where: 215 Bell Street, Preston Melways Ref 30 H2

Club Wild Event - Feel like hitting the dance floor then get along to the **Club Wild - fully accessible Cabaret/Dance Party event.**

When: Sat 10th September

Where: North Melbourne town Hall 512 Queensberry St

Cost: \$15 Carers free
BOOKINGS ESSENTIAL.

For more information and bookings phone(03) 9326- 9970, or email phil@wildatheart.org.au. For more details visit www.wildatheart.org.au



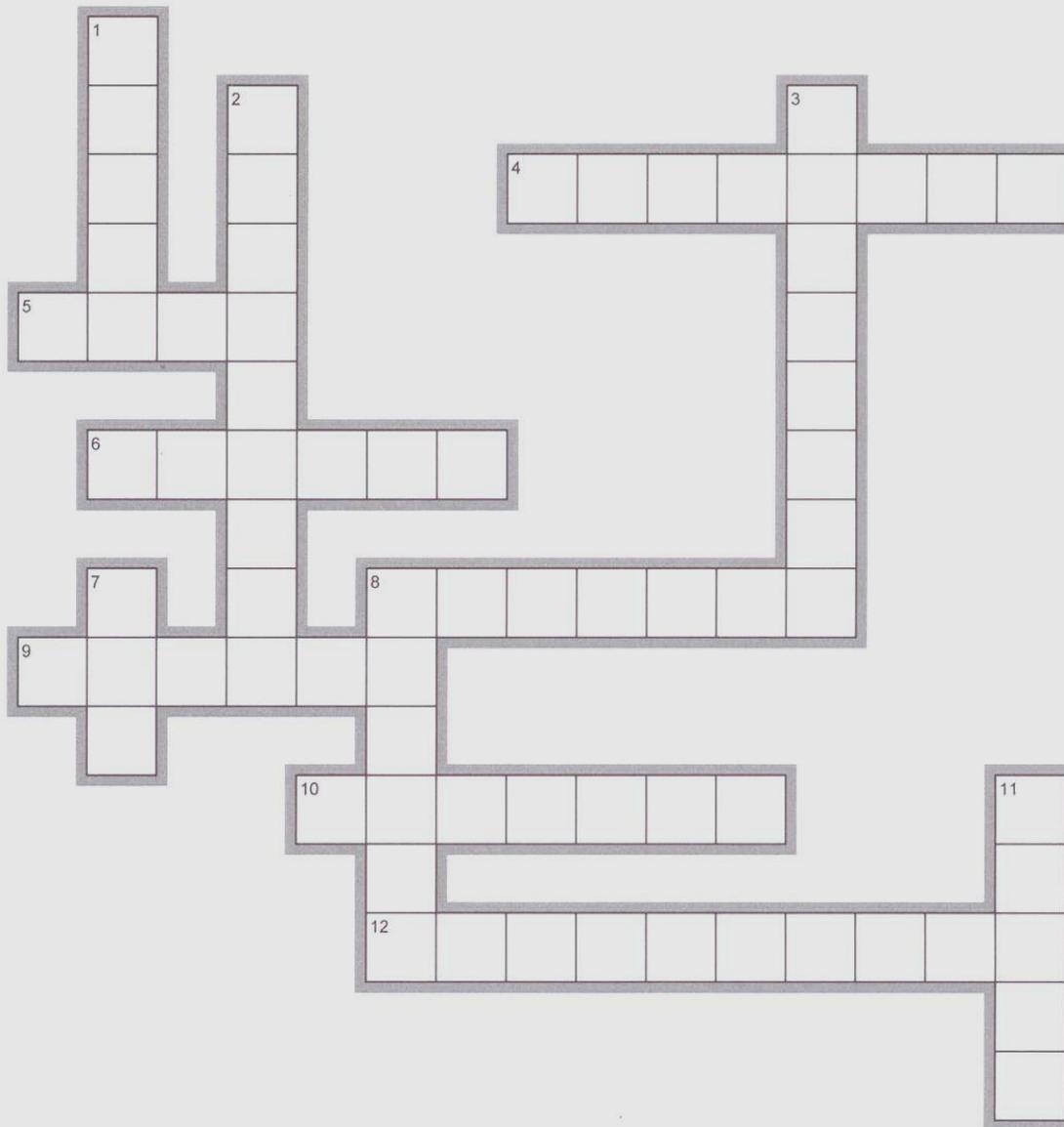
6. SARU Crossword

On the next page is the 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.

If your group is having a special event let us know and we will put it in the Memo email us your info. You can also help us by letting us know:

- what you think of the memo
- how we can improve or make the memo better
- things you would like to read in the memo

saru september



EclipseCrossword.com

Across

4. If you want to give a talk at the SARU, DARU, VDAN conference you need to fill out an Expression of
5. Another name for the National Disability Insurance Scheme
6. The SARU office is on the floor
8. SARU has free resources on their
9. The name of the super hero in this ememo
10. If you go to the Club Wild event you will be doing this
12. You do this activity to help people relax before you start a speech

3. Before you give a speech you need to do this with family and friends
7. The Moe Lifeskills Self advocacy group meets in this town
8. A self advocacy group for people with an ABI
11. The SARU, DARU and VDAN conference will be in this month

Down

1. This organisation is holding a conference about self-directed funding
2. The SARU office is in this building