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What's in this Memo?

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1. Introducing Advocating Change Together

Advocating Change Together or ACT is a disability rights organisation run by and for people with developmental and other disabilities.

What Does ACT Do?

ACT fights oppression they think people with disabilities do not get equal treatment and are discriminated against. This is called oppression. ACT wants the community to change so that people with disabilities are not excluded.

How Do They Do It?

They support self advocates to become leaders. They support self advocates to have their voice heard. Some of the things they do to make this happen includes - running workshops, supporting a State Self Advocacy Network, sending out an e-memo, making resources about self advocacy and human rights and speaking at events in the U.S and other countries.

Where Can I find Out More?

You can find out more about ACT by going to their website <http://www.selfadvocacy.org/index.htm>. When you are on the website you can sign up for their free monthly e-memo. There are also self advocacy and rights resources on their website. SARU has some of their resources in our office for members of self advocacy groups in Victoria to borrow. While you are online why not check out another great self advocacy website <http://selfadvocacyonline.org/>



2. Nine Steps to Success

In the latest ACT memo they listed nine steps to success
This is what they have to say:

Success happens in small steps, not one heroic leap. Take these steps to take your group project from dream to reality:

The steps:

1. Find a common dream
2. Decide to make your dream a reality
3. Ask every member for their ideas/goals
4. Create an action plan
5. Create a timeline
6. Find others to help out
7. Do lots of work
8. Overcome obstacles
9. Celebrate your success



3. Meet SURG

SURG is a Self Advocacy group in Kyneton. Our group meets at Baxter Place every Tuesday from 9am to 3pm. Some of the things we have been doing include:

- Talking about our rights
- Speaking Up
- Going to meetings in Ross House
- Meeting with other self advocacy groups such as VALID and Reinforce
- Going to SARU forums to learn new ideas.

At our meetings we learn new things. We are planning to have a wood raffle to raise money for our group. We also go to the self advocacy meetings with Arthur Rogers to talk about the issues we care about. The issues we care about include access on country trains for people with disabilities and employment.

We recently held an election and Marlene was voted in as the SURG self advocacy representative. In February we went to the Having a Say conference and we were definitely the best dress group at the dinner dance. If you would like to learn more about contact SARU



4. SARU Resources

Did you know SARU has lots of free resources to download from our website including:

- Running Good Groups booklets including information about writing mission statements, the good groups checklist, looking after your money, action planning etc.
- The Lobbying Tool Kit including ideas for lobbying, picking your issue, who can help and more.

If you are a member of a self advocacy group Heidi will be visiting your group soon to give you printed copies of all of the books and information.

You can also download PowerPoint presentations from the website including:

- Have a Go At Self Advocacy
- What Cheeses Me Off
- Step by Step Lobbying and Campaigning
- Have a Go at Public Speaking

There are also Human Rights Games to Download and Play

- The Law: Human Rights (Who wants to be a Millionaire)
- Self Advocacy: Human Rights (Who wants to be a Millionaire)
- Services: Human Rights (Who wants to be a Millionaire)
- Decisions: Human Rights (Who wants to be a Millionaire)

5. Funding

Who: Jetstar Flying Start Grants

How Much: \$15,000 cash for the project and \$15,000 for airfares

Who: Charity groups, groups who do education work, arts groups and sports groups

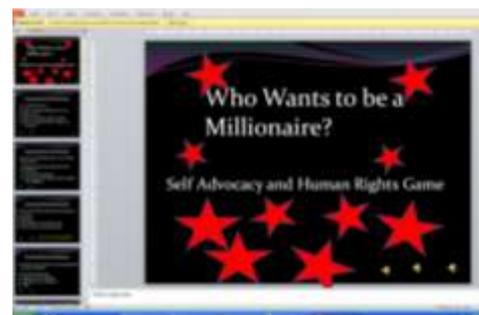
What: You can apply for funding to make the lives of people in the community better.

Dates: Submit between 1st July and 30th September

More Information: For more information go to their website

<http://www.jetstar.com/au/en/flyingstart#about>

If you need help to write an application contact SARU



6. SARU Word Search

On the next page is the SARU word search. 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 you 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 Memo No 2 2013

M S J U B Q Q T W E F S N U W
O Y T R O P P U S H U J G A A
M F U A L Q J L I I P G G T S
Q O W S O A D X U W L Q R S R
X R S W B C O J T R A A A T M
H U D G B C S U M O N B R H E
W M X N Y E M K K S N M W G M
Q S Z A I S A R P S I S R I O
F X S Y N S E O Z H N E A R H
U R U P G F R W R O G U T C E
N C R E U T D P M U R S S O T
D Q G K R O M U H S X S T T H
I R A I C A R R K E K I E N X
N A A D O O G G G B G Z J I R
G E W T E T A B Z X E O W E U

SURG WORK
JETSTAR FORUMS
FUNDING SARU
LOBBYING ROSSHOUSE
GOOD
GROUPS
ISSUES
SUPPORT
ACT
MEMO
PLANNING
DREAMS
RIGHTS
ACCESS
TRANSPORT