



**Emmanuel Centre**  
**A SELF HELP CENTRE**  
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## **EMMANUEL NEWS – OCTOBER 2016**

COMING EVENTS AS WE GO TO PRESS.

SUNDAY	MONDAY	TUESDAY	W ED	THU	FRI	SAT
30 Oct 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	31 Oct 9.45-10.45am: Paper-making 11am-12.30pm: Cooking (Lesley)	1 Nov 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Melbourne Cup Day 1-2pm: Bible Study	2 Nov	3 Nov	4 Nov	5 Nov
6 Nov 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) followed by <b>Morning Tea</b>	7 Nov 9.45-10.45: Action-games 11am-12.30pm: Cooking (Lesley)	8 Nov 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Modern wall art 1-2pm: Bible Study	9 Nov	10 Nov	11 Nov	12 Nov
13 Nov 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	14 Nov 9.45-10.45: 80th Bday theme 11am-12.30pm: Cooking (Lesley)	15 Nov 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Christmas craft with Sharon 1-2pm: Bible Study	16 Nov	17 Nov	18 Nov	19 Nov
20 Nov 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) ) 10.30am-12pm: <b>Auslan Café</b>	21 Nov 9.45-10.45: Christmas activity 11am-12.30pm: Cooking (Lesley)	22 Nov 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Weaving and Mozaic 1-2pm: Bible Study	23 Nov	24 Nov	25 Nov	26 Nov
27 Nov 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	28 Nov 9.45-10.45: Christmas activity 11am-12.30pm: Cooking (Lesley)	29 Nov 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Christmas card making 1-2pm: Bible Study	30 Nov	1 Dec	2 Dec	3 Dec
4 Dec 9.30am: Mass at St Francis Xavier Church-Interpreter & PowerPoint) followed by <b>Morning Tea</b>	5 Dec <b>EMMANUEL CHRISTMAS PARTY 11am – 2pm</b>	6 Dec <b>NO PROGRAMS</b>	7 Dec	8 Dec	9 Dec	10 Dec
11 Dec 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	12 Dec <b>NO PROGRAMS</b>	13 Dec <b>NO PROGRAMS</b>	14 Dec	15 Dec	16 Dec	17 Dec
<b>CHRISTMAS DAY MASS INTERPRETER &amp; POWERPOINT</b>	<b>NO PROGRAMS DURING THE TERM HOLIDAY. ACTIVITIES WILL START AGAIN IN FEBRUARY 2017 INTERPRETED SUNDAY MASS CONTINUES EACH SUNDAY AT St Francis Xavier Church at 9.30AM MASS.</b>					



### **Saturday 3rd December 2016 will be... Disability Day**

**Come to Emmanuel's Christmas Party on Monday 5<sup>th</sup> December and celebrate the event together with us. All are welcome**

Disability Day (or International Day of People with Disability) is a day that has been promoted by the United Nations since 1992. The aim is to encourage a better understanding of people affected by a disability, together with helping to make people more aware of the rights, dignity, and welfare of people with disability, as well as to raise awareness about the benefits of integrating people with a disability into every aspect of life, from economic, to political, to social, and cultural. Disability Day is not concerned exclusively with either mental or physical disabilities, but rather encompasses all known disabilities.

Here at Emmanuel Centre, every day of the year we celebrate people with all abilities of course, but since we already plan to have our Christmas Party on Monday 5th December, why not put the two together? So we are going to take up the theme of Disability Day as well as Christmas and celebrate both in the one party.



For anyone reading the daily newspapers we could be forgiven were we to think that we are living in an age of growing violence, crime and sending more people to jail in unheard of numbers. What seems to be happening is that our society looks at our world through the eye of retribution. I was very excited to be part of an initiative of the Archdiocese where 40 people came together at the Catholic Pastoral Centre in Highgate for 4 hours each month for 4 months to “Discover Restorative Justice Together”.

I was truly humbled that 40 people of the Archdiocese committed to sail in uncharted waters as we embarked on this journey of discovery. I have gathered together some of the comments made by participants during our journey. *“One of the best things about this course*

*was that each one of us was invited to be involved on a very personal level. This was no ‘head trip’ kind of presentation.” “The first thing that struck me is that we met in a circle. We had no desks to hide behind. We could see everyone face to face. It was challenging and refreshing at the same time to be told that we were in control of what happened in the circle. This was no talk fest.”*

*“The circle used a ‘talking stick’ so that whoever held the talking stick was allowed to speak and those who didn’t have the stick were to keep quiet. It was a relief for me not to have any pressure to make a response every time”.* Another circle member said, *“I was really free to LISTEN to the other people and when the stick came around to me I didn’t have to speak.”*

*“I never would have thought that watching a spider making its web could teach me about interconnectedness. To discover that we are swimming in a sea of relationships opened up a whole new world for me. The tiniest cell and the mightiest galaxy and I are connected. That idea alone let me look at the environment through a new lens – a relational lens.”*

We looked at restorative justice from the Scriptures, too. God’s love, we learned, comes to us relationally. It is no accident that we are encouraged to call God, “Father” or “Daddy”. Amazingly one could say that all of Scripture is a story of restoration from Genesis to Revelations.

Crime, any crime, breaks relationship. An action, however, doesn’t need to be a crime to break a relationship. Ordinary everyday conflicts can destroy relationships, too. How do I deal with conflict? “For me my first reaction is to run away; pretend it is not there.” Because of time restraints, our circles did not go deeply into the subject of conflict. We touched on some aspects of it. Where do conflicts arise? What can I do to lessen the impact and numbers of conflicts? *“I was surprised to learn that conflict can be good. I was really happy that we at least had a little look-in to sources of conflict. Amazingly I realised that dealing with conflict doesn’t have to be about removing the conflict but rather adjusting my response to conflict.”*

Restoring relationships is the goal of restorative justice when relationships are broken. *“It was uplifting for me to learn that restorative justice is not letting the offender ‘get away with it.”* On the contrary, restorative justice is about allowing the offender an opportunity to own up to the harm caused and be given a way to make amends. Victims, too, are given a way out of carrying the burden of victimisation for the rest of their lives. *“Restoration brings everyone back into relationship.”*

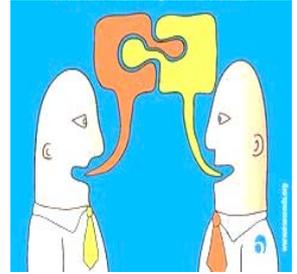
This circle of Discovering Restorative Justice Together made me realise that I am not used to thinking how my decisions will impact on other people and our relationships. Most times, I am unaware. This year being the Year of Mercy we learned that as part of the Body of Christ we reflect the face of Jesus. We are called to see with the eye of Jesus as shown in the logo for the Year of Mercy. I think it was Saint Teresa of Calcutta (Mother Teresa) who said something along the lines that people meeting us should leave happier than when they came. Restorative justice as a way of life will certainly help me to do that. Do people see in me the Mercy of God? You can answer that.

Next year the Archdiocese will be organising more circles in Discovering Restorative Justice Together. Unfortunately, the number of people who can participate in any session is limited to 20 only. As far as I know the dates that they will take place have not yet been chosen. Watch this space.

If you are interested in knowing more about “Discovering Restorative Justice Together” contact Barbara at [emmanuelcentre@westnet.com.au](mailto:emmanuelcentre@westnet.com.au) or ring 9328 8113. Or 9227 9720 (fax) or 9328 9571 (TTY).

*Barbara*

Even when you completely  
Disagree there is common  
ground. Find it.



# 'SEEING' THINGS DIFFERENTLY

In the late 18th century, Englishman James Holman was regarded as a war hero for his role with the British Royal Navy. During one voyage though, he contracted a mysterious illness and went completely blind.

Holman was something of a celebrity (he had permanent lodgings in Windsor Castle), however the only way he could alleviate the pain and despair he felt from his vision impairment was to travel. Holman set out by himself to explore the world using his new sensibility: he visited every continent on earth, captured rogue elephants in Sri Lanka, was arrested as a spy in Siberia, visited remote tribes in Africa, and travelled across the Australian outback. He was known as the 'Blind Traveller' for his incredulous exploits and for a time he was seen as one of the wonders of the world in his own right.



For those with vision impairment there are also the stories of John Foster Wilson and his *Travelling Blind* (1963) exploring postcolonial Africa, Bill Irwin's *Blind Courage* (1993) of his journey along the Appalachian Trail with his dog, and Nicola Naylor's *Jasmine and Arnica* (2001) depicting her solo travels in India.

I am interested in a different view. Beyond those travellers who achieve unlikely feats of survival and adventure, what about travel on a more local and usual level? I live in Adelaide and I want to experience what travel is for a person with vision impairment. I enlist the help of David Squirrell, a former doctor, academic, and branch president of Blind Citizens Australia.

I arrive at David's seaside home in the early morning--he is keen for me to experience the realities and challenges associated with doing something as simple as catching a train into the city. The preparation for this trip begins much earlier than I realised; David has been awake since 5am to get everything ready for himself and his guide dog Abbie. "I first need to conceptualise all the risks we might encounter and prepare," he says. I notice that he has his shoes, bag, first-aid kit, phone, and Abbie's harness all lined up and ready to go at the front door. David has Retinitis Pigmentosa, a form of retinal degeneration. The dystrophy developed later in his adult life. He also carries the gene which "knocks off vision and hearing", and in David's case this was in the period between 30 and 40 years old. As a result, David has about 10% vision in one eye.

Out on the street David wants me to experience this, so he has prepared a pair of glasses blacked out to simulate his impairment. All I can see is a freckle-sized circle of light, as if along the end of a blurred tunnel, "That's my world," says David as I tilt my head back and try to inadvertently cheat the restriction.

Much of our trip into the city highlights the challenges which a person with vision impairment would face on a daily basis, from misplaced crossings to incorrect (or absent) foot Braille. "If it's not safe for a mother pushing a pram, then it's not safe for a blind person," he says as we wind along the street, descending into the gutter to avoid overhanging trees, bins, and cars leaning out onto the road. I notice as we walk that for many people it is as if the person with special needs is invisible--the able bodied are blind to the vision impaired person walking the streets among them.

As we progress into the city the experience is not anything like I expected. David is guiding me now, he's showing me the challenges of his city firsthand. He highlights how important confidence is for people with vision impairment trying to maintain their independence.

During the lunchtime crush in Adelaide's CBD David gives me a blindfold and his cane. I attempt to navigate through the busy foot traffic. This isn't a game now. I hear buses to my right. I can feel people navigating around me. I search for some other guiding sense, though there's nothing but the trust I put in the cane and my left hand running against a building. My concentration is broken for a moment and I run into the railing of an alfresco dining setting. No one except David and Abbie even notice me stuck in the corner of one of Adelaide's busiest street. He smiles at the lesson I've learned.

One thing David said resonates as we head back to the station: perception is one of the most important things when it comes to considering blind citizens who want to travel. All it takes is a little empathy to realise that everyone needs some help now and again to feel a part of the place they live.

(Edited from an article by Ben Stubbs from link disability magazine, August 2016)



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## WHEN TOO MUCH STUFF SEEMS BARELY ENOUGH

I reckon plastic storage boxes might tell us stories. You know the ones. See-through vats that herd the household garden garage clutter into neat, rectangular piles. Stackable. Available in varying sizes and colours. Conveniently sold everywhere from supermarkets to hardware chains.

We neat-freaks bless these plastic marvels. They restore some semblance of order in many a house that otherwise might look like the tip. Whack a label on the front and they even give the illusion of an organised place. But surely, we're missing the point. If we have so

much stuff that we need to store the excess clothes, books, whatever: isn't that proof that we have more than we need?

David Flanagan, chief executive of Atlas Iron, recently told the Association of Mining and Exploration Companies (AMEC) conference in Perth that the "culture of entitlement" was endangering the core strengths of Australia's economy. Mr. Flanagan was critical of a mindset he sees creeping into the Australian psyche where wants are confused for needs. He told the AMEC conference that the evidence of this is the families with their baby bonus "hanging on the lounge room wall" in the form of a big flat screen TV. "I've heard of some houses where they have these 'baby bonus' televisions, but there's no electricity and their children go to school hungry," he said. "There are real problems out there. I believe we must change our culture (so) that it's a government's obligation to deliver needs, not wants." Though Mr. Flanagan was taking an economic view, perhaps the rest of us also need to do a spring clean of our expectations.

Consumption used to be the common name for tuberculosis. Wracking, heaving coughs that sucked the air then the life out of sufferers. Today, that disease has been all but wiped out thanks to medical advances. But 'consumption' nowadays is almost as equally revolting and there's no vaccination for this modern epidemic. To borrow a phrase: "We want it all and we want it now." First world problem? Absolutely. But the knock-on effect is societal.

Take our relationship with food. While hundreds of thousands of people (mostly) overseas are starving, in Australia we're waging a war against obesity. Perverse, isn't it? Expanding waistlines and sedentary habits are a symptom of our success. We no longer have to get off our chuffs to grow every meal, so we don't. Consequently, so-called lifestyle diseases like type 2 diabetes are being diagnosed at an alarming rate. And as we get older and fatter, the impact of that--not only on our own health, but also on an already groaning hospital system--is yet to be realised.

Our taste, or should that be demand, in housing is another example. Apparently everyone needs a four-by-two with a theatre room. Home ownership is a fine ambition but why are our expectations of even entry level abodes so lofty? Because "we want it all and we want it now".

These days "generous storage" is a key real-estate selling point. Talk to people who're snapping up old homes and they'll often lament the lack of storage. They'll tell you about the renovation they're planning. It'll cost many times their salary, but they push on because they "need the room". But think about it. You only need acres of storage if you have acres of stuff. And if you're not using it, do you really need it?

Our grandparents tell us of their first homes. "We sat on milk crates until we could afford a couch," they'll say, wearing thrift as a badge of pride. "We'd save up for anything new."

I can still remember the thrill of collecting a much wanted item that had been on lay-by for months. Often, what was in the parcel was a bit of a surprise, given the time that had elapsed between filling out the lay-by form and making the final payment. I've tried to explain the concept of lay-by to my kids. "Why didn't you just put it on your credit card?" they asked. "Because we didn't have one," I replied. They thought I was joking.

I have a cupboard my grandmother used as a linen press. It's about a metre wide and a metre and a half high. I use it to store (that word again) stationery, work files, and trinkets. My grandmother used it to store linen for a family of seven, which included a daughter and four strapping boys. All of their sheets, towels, pillowcases, tablecloths, doilies, and napkins--they all had a home in this little boxy cupboard. Gran was a formidable woman but not even she could make stuff disappear. So how did she make everything fit? She didn't. Sheets were on the bed and if they weren't, they were on the line.

Plastic storage boxes? Gran wouldn't have wasted her money. She had what she needed. And didn't want any more.

*(edited from an article by Andrea Burns from 'West Australian' newspaper, 2013)*



**You cannot do a kindness too soon, because you never know how soon it will be too late.**

**"When you change your thoughts, you change your world."**



# What is dementia?

Dementia is not just one disease, but a collection of diseases. They all affect the brain. Dementia affects thinking, behaviour and the ability to perform everyday tasks. Dementia is not just normal ageing, but changes specific to loss of brain functioning.

There are a number of conditions that produce symptoms similar to dementia. These include some vitamin and hormone deficiencies, depression, medication clashes or overmedication, infections and brain tumours. It is essential that a medical diagnosis is obtained at an early stage when symptoms first appear, to ensure that a person who has a treatable condition is diagnosed and treated correctly.

## What are the early signs of dementia?

The early signs of dementia may not be immediately obvious. Some common symptoms may include:

- Progressive and frequent memory loss
- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to perform everyday tasks

## Behaviour changes

Behaviour changes can be one of the symptoms of dementia that cause distress to relatives. Things such as overreaction, hoarding, aggression and, repetitive behaviours may be noticed. Try and see the behaviour as a method of communication. The person with dementia is letting you know that something is not right, or they have an unmet need. Put on your detective hat and try to work out what it is that needs to change. Be calm and reinforce you are here to help throughout this process.

## Things we can do to minimise developing dementia:

Some factors that can lead to dementia are beyond our control, such as family history or neurological disease. There are a number of things we can do though:

- Keeping a healthy heart and cardiovascular system
- Avoiding head injury
- Education in general at a young age
- Managing depression and avoiding delirium
- Socialising
- Keeping the brain challenged

## Things to keep your brain challenged:

Scientists have found activities that involve thinking and learning, that are new or challenge the brain, help to build new brain cells and strengthen the connections between them.

What you can do:

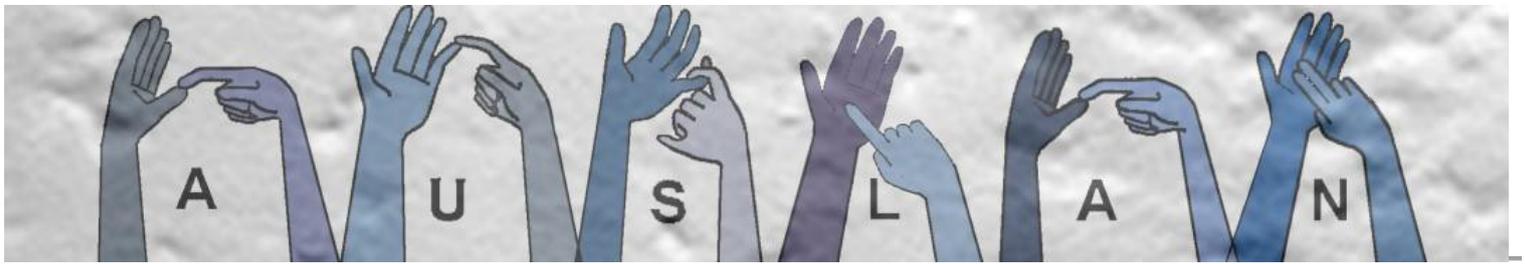
- Take up a new sport
- Learn a new language
- Have a go at a new hobby
- Start a course in something you've always wanted to do
- Anything really, as long as it's new, complex, and done often.

## When talking with someone with dementia:

- Help your friend maintain independence
- Listen to the person and give them time to respond
- Communicate clearly. Questions with a yes or no answer are easy
- Be realistic if they cannot remember
- The person may be thinking it is 10, 20 or 30 years ago. Talk about things relevant to that time.

**Resources:** Alzheimer's Association [www.fightdementia.org.au](http://www.fightdementia.org.au) ; Dementia Behaviour Management Advisory Service <http://dbmas.org.au> ; Your GP. Submitted by Julie MacRae Solutions for Your Manual Tasks Accredited Level 5 Manutention Trainer Specialist Certification of Obesity Professional Education Masters OSH and Cert IV WHS Occupational Therapist Cert IV TAE

\*E\*: [info@safeactions.com.au](mailto:info@safeactions.com.au); \*P\*: 0413 954 530 \*W\*: [www.safeactions.com.au](http://www.safeactions.com.au)



**Emmanuel Centre has been hosting regular free Auslan lessons every month at AUSLAN CAFÉ. The AUSLAN CAFÉ is run by people who are Deaf at the Emmanuel Centre premises on 25 Windsor St, Perth (nearest train station - East Perth) from 10:30am to 12:00noon.**

**The last date for Auslan Cafe for this term is Sunday 20<sup>th</sup> November 2016 and this free event is open to everyone. A light lunch is provided after the lessons. SMS 0401 016 399 or (emmanuelcentre@westnet.com.au) or [facebook.com/auslan.live](https://www.facebook.com/auslan.live) **BEGINNERS WELCOME****



The Senate Community Affairs Legislation Committee is currently conducting an Inquiry into the *Social Services Legislation Amendment (Transition Mobility Allowance to the National Disability Insurance Scheme) Bill 2016*. This legislation has been introduced to transition the Mobility Allowance to the National Disability Insurance Scheme (NDIS). Children and Young People with Disability Australia (CYDA) is completing a submission about the proposed changes for the Inquiry.

### **MOBILITY ALLOWANCE**

The Mobility Allowance is a payment that provides assistance with travel costs for people with disability who work, volunteer, study or are seeking employment. Currently, to be eligible for the Allowance people must be over 16 years and “be unable to use public transport without substantial assistance because of disability, illness, or injury.”

### **NDIS**

The NDIS is a new system of providing disability services and supports. Each eligible person will have an individual plan that funds services and supports to meet their specific needs and goals. It is estimated that 460 000 people will access the NDIS when it is fully implemented in 2019. This means the majority of the approximately four million people with disability in Australia will not have a funded plan through the Scheme.

To be eligible for the NDIS, people must be aged under 65 years and have a disability or condition that: is likely to be permanent; means the person is likely to require support under the NDIS for their lifetime; and impacts the person’s social and economic participation in the community.

### **PROPOSED CHANGES**

The Bill introduces the following changes to transition the Mobility Allowance to the NDIS:

- From 1 January 2017 the eligibility criteria for new Mobility Allowance claims will be changed to reflect the eligibility criteria for the NDIS.
- From 1 January 2017 people who are receiving the Mobility Allowance who become ineligible (for example if they cease working, volunteering, studying or looking for work) will be able to access the payment for an additional four weeks. This has been reduced from the previous 12-week ‘grace period.’
- The Mobility Allowance will cease from 2020.

Important considerations about the proposed legislation:

- People who are eligible for the NDIS will be able to access transport support through their individual funding package. If a NDIS participant exits the Scheme, they will not be able to access the Mobility Allowance again.
- People who currently receive the Mobility Allowance but are not eligible for the NDIS will continue to access a payment for travel costs. This is referred to as ‘continuity of support arrangements.’
- New Mobility Allowance claimants in 2017 must have a “significant or permanent disability which prevents them from using public transport without substantial assistance.” People who do not currently receive the Mobility Allowance and do not meet this new criteria will not be able to access the Mobility Allowance from 1 Jan 2017.

**Further Information and Seeking Feedback to these new conditions contact:**

Mobility Allowance - <https://goo.gl/kNGZrI>

NDIS – <https://www.ndis.gov.au/>

Senate Inquiry - <https://goo.gl/5NALs6>