



## ADEC Newsletter April 2021

Welcome to ADEC's first newsletter in 2021. Below you will find the latest news on our programs, projects, events and achievements in the last quarter.

### Newsflash – ADEC's doors open again for staff and clients!



It has been a challenging time for all of us and it feels like we can finally take a deep breath and exhale as we welcome what has been coined as 'Stage 4 COVID normal' or in other words the most 'normal' way of life we've seen in a year!

ADEC is so happy to open our doors again, to both our staff and clients under full capacity from 19<sup>th</sup> April! ADEC will continue to take the utmost care to keep everyone safe with strict hygienic and safe distancing practices in all of our offices.

### Our Projects

ADEC's projects team continues to help ethnic communities build capacity in their day to day lives through a variety of empowering projects.

Below is a snapshot of ADEC's current and upcoming projects. If you or someone you know can benefit from participating please contact ADEC's project team on **9480 7000 (extension 2) or email: [werribee@adec.org.au](mailto:werribee@adec.org.au)**.

### Geelong Growth Project



In March 2021, the ADEC projects team connected with the local Karen and Karenni community in Geelong and provided physical activity and art and craft sessions. The response has been really positive! *"I love every minute of the sessions that we attend, thank you for organising this"* said one participant.

### ILC-3: NDIS Education Project



The team commenced the NDIS Education project face to face in 2021. There was an overwhelming interest from Vietnamese NDIS participants, so ADEC was pleased to be able to deliver information sessions to Vietnamese communities in both the North and South. This project aims to build the capacity of people with NDIS Plans, their family members and carers, and educate them on NDIS processes and structure, making sure they feel socially included and empowered to live their best life.

### ArtAbility

ArtAbility® began in 2006 and has been growing ever since. Our focus is on uniting, recognising and celebrating a range of talented artists who are living with a



disability, or experience mental ill health and are from a culturally and linguistically diverse background. In our 15th year we are expanding beyond Preston to Werribee, Dandenong and more!



The Preston art workshops are back to face to face in 2021, after last year's zoom sessions. The 5 artists in this group have enjoyed creating self-portraits, collages and fine tuning

their drawing skills. In Werribee, ArtAbility has completed 4 workshops with a group of 9 Karen speaking women. We have made embroidery broches, drawn portraits of each other and created some great fashionable tote bags.

### Women of Colour

The projects team kick-started the Women of Colour Project (WOC) in the first week of March with three separate ethnic groups of Karen, Afghan, and Karenni background. The WOC project focuses on engaging women of ethnic background in sports and physical activity programs to increase community participation, diversity awareness, and to decrease social isolation.

ADEC has successfully delivered a total of 4 workshops across all three groups, namely tennis sessions for the Karen and Karenni womens groups, while the Afghan womens group engaged in gym-based physical activity workshops. Each group has

shown a consistent attendance rate, with positive feedbacks such as "Hoping for tennis sessions to be longer." and "I wished gym classes would run for the whole of 2021."



A big thank you to **Dane Nebel Tennis Academy** for supporting the WOC project!



## Free NDIS Support

If you would like help to apply for the NDIS, prepare your plan, to understand and implement your plan and/or apply for reviews, our capacity building team can help. This one on one support is FREE, and interpreters can be made available. For more information contact **Leila on [werrabee@adec.org.au](mailto:werrabee@adec.org.au) or call her on 9480 7000 (option 2).**

## Upcoming Projects

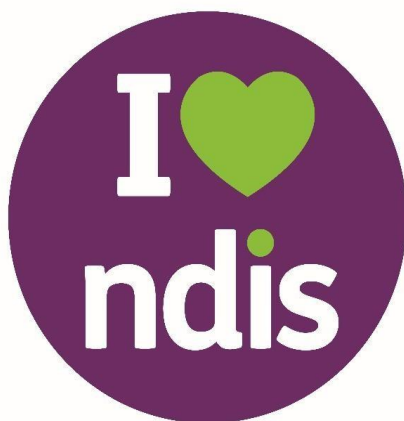



ADEC has a number of capacity building projects that aim to create healthy and inclusive communities including: self-care, healthy communities and bandage me! For more information download our [Capacity Building Project flyer](#).

## ADEC NDIS Update

The NDIS Support Unit has been transitioning back into the office and has been enjoying seeing our clients again face to face. Our programs, **NDIS Appeals, Support Coordination, Disability Support and Plan Management** are all keeping our finger on the pulse of NDIS updates and news such as plan roll-overs, plan extensions and virtual review meetings.

If you have any questions about your NDIS plan or your services please reach out to your ADEC contact. ADEC's **Disability Support Program** are consistently hiring a variety of support workers with different backgrounds and languages.





ADEC can work with you to tailor supports which meet your needs and fit within your NDIS plan. If you are needing support in the home, accessing the community or with domestic activities and want to discuss how ADEC can assist you, **call Rikky (0491 147 622) or Angie (0490 529 770) our Disability Support Case Managers.**

## ADEC TIPS – COVID-19 Vaccine

A lot of you may have questions about the COVID-19 Vaccine. The Australian government has a wealth of information on their website. For more information see below:



**Information in YOUR language:** <https://www.health.gov.au/initiatives-andprograms/covid-19-vaccines/covid-19-vaccine-information-in-yourlanguage>



**Information for Aged Care:** <https://www.health.gov.au/initiatives-andprograms/covid-19-vaccines/information-for-aged-care-providersworkers-and-residents-about-covid-19-vaccines>



**Information for People with Disability:**  
<https://www.health.gov.au/initiatives-and-programs/covid-19vaccines/getting-vaccinated-for-covid-19/information-for-people-withdisability-about-covid-19-vaccines>



If you would like to speak to someone about information on the vaccine contact 1800 020 080.