



include **ME&U**











# ***‘For me, inclusion is about a community where everyone is recognised and everyone belongs’***

Community inclusion may mean different things to different people. For people and their families at Shepparton Access, community inclusion provides new and varied opportunities to learn new skills, to achieve independence, to build confidence and to contribute to their own community.

**includeME&U** is a collection of stories of some of the amazing achievements of the extraordinary people who attend Shepparton Access.

By sharing their stories, we are able to gain an insight into each person’s journey as they pursue their goals and fulfil their potential. Not only do they tell of new possibilities, they highlight the possibilities of what can be.

At Shepparton Access the goals and aspirations of each person continue to be realised by becoming empowered to play a leading role in shaping and driving their own choices and making decisions which impact on their own lives.

**includeME&U** is a celebration of our community working together to build a society where people with disability are given the opportunity to believe in and to achieve their dreams.

Wendy Shanks  
Shepparton Access  
June 2013

**includeME&U**





# AARON

Sailing is Aaron's new passion.

The first day Aaron went sailing, he did not want to get into the sailing boat. He sat on the beach and watched the others enjoy sailing around the lake.

The following week, Aaron was coached to put on his flotation jacket and to climb into the Shepparton Access boat with a volunteer from Shepparton Sailability.

This was the beginning of a new passion for Aaron.

Now, Aaron cannot wait for Tuesday afternoons. He is first to jump onto the bus ready for the drive to the lake. Aaron is also first off the bus and ready to grab a jacket and line up for his turn to sail around the lake.

Aaron is now learning to sail the boat and enjoys using the rudder and steering the boat in many different directions. He is able to steer the boat from one end of the lake to the other.

It is wonderful to see the smile on Aaron's face when he arrives at the lake and is warmly welcomed by Roy Hill and the Shepparton Sailability Team.

Every time Aaron goes past the lake he points to the lake and laughs.

He cannot wait for Tuesdays, so he can continue to pursue his new passion of sailing.

as told by Aaron's Support Worker.

# AARON

Mondays and Tuesdays are the best days of the week.

On Mondays and Tuesdays, I go to work experience at IK Caldwell in Shepparton.

I work around the office and in the warehouse on Mondays. I wash up and put away the cutlery and crockery, empty and re-line the bins, fill the printers and photocopier with paper and stock the shelves near the front counter.

After lunch, I sweep the warehouse. I sweep around the edges with a broom and then use the mechanical sweeper to sweep the floor. Sweeping takes most of the afternoon.

When I first learnt to use the sweeper, I went all over the place and did not do a very good job. Now I have learnt to make sure I sweep up and down so I don't miss any of the rubbish.

On Tuesdays, I help Naps and Squizzly. We load the trucks and do the deliveries. I help wrap the containers with plastic before they are loaded onto the truck. We deliver all over the place. Each week, we go to different places like Cobram, Wangaratta, Rochester, Kyabram and around Shepparton.









Going to the gym keeps me fit.

Shepparton Access is the best. I love coming every day to see my friends and to catch up with what is going on.

Going to the gym is one of my favourite programs. It helps to keep me fit and healthy.

At the gym, I do a circuit of many different exercises. I start with a warm up on the exercise bike and move onto the rowing machine and to the dumb bells. The rowing machine and the dumb bells are good for my arm muscles. I also use the squat press. The squat press builds my leg muscles and makes them strong.

I like the pec deck machine the best. The pec deck builds my chest and my shoulders.

When I go to the gym on Wednesdays, I take a towel and my gym clothes. After the gym program, I have a shower before going back to Shepparton Access for lunch.

I do lots of other things at Shepparton Access. I like to go to EcoPark and mow the lawns and build the boxes. We make the boxes from recycled wood and put the vegetables in the boxes to give to people.



# BRENDAN & MATT

The Great Victorian Bike Ride was awesome.

In the weeks before the Great Victorian Bike Ride, we needed to do lots of training. Each week, we practised riding up and down the hills at Dookie.

The bike ride started from Traralgon. There were heaps of people and their bikes. Some people rode in front of us and some rode behind.

We both enjoyed the continuing change in scenery, but the changes in the road surfaces were a little bit tricky. At times, the roads were bitumen and other times they were unsealed or gravel.

We needed to remember to keep to the side of the road and watch out for other riders and cars. One of us would call 'car up' or 'car back'. Calling out was important so we could look after each member of our team.

One day it was cold and wet. We put on our wet jackets to keep us warm and dry.

Along the ride we would pull off to the side of the road for drinks of water. We needed to keep hydrated to stop our legs from cramping.

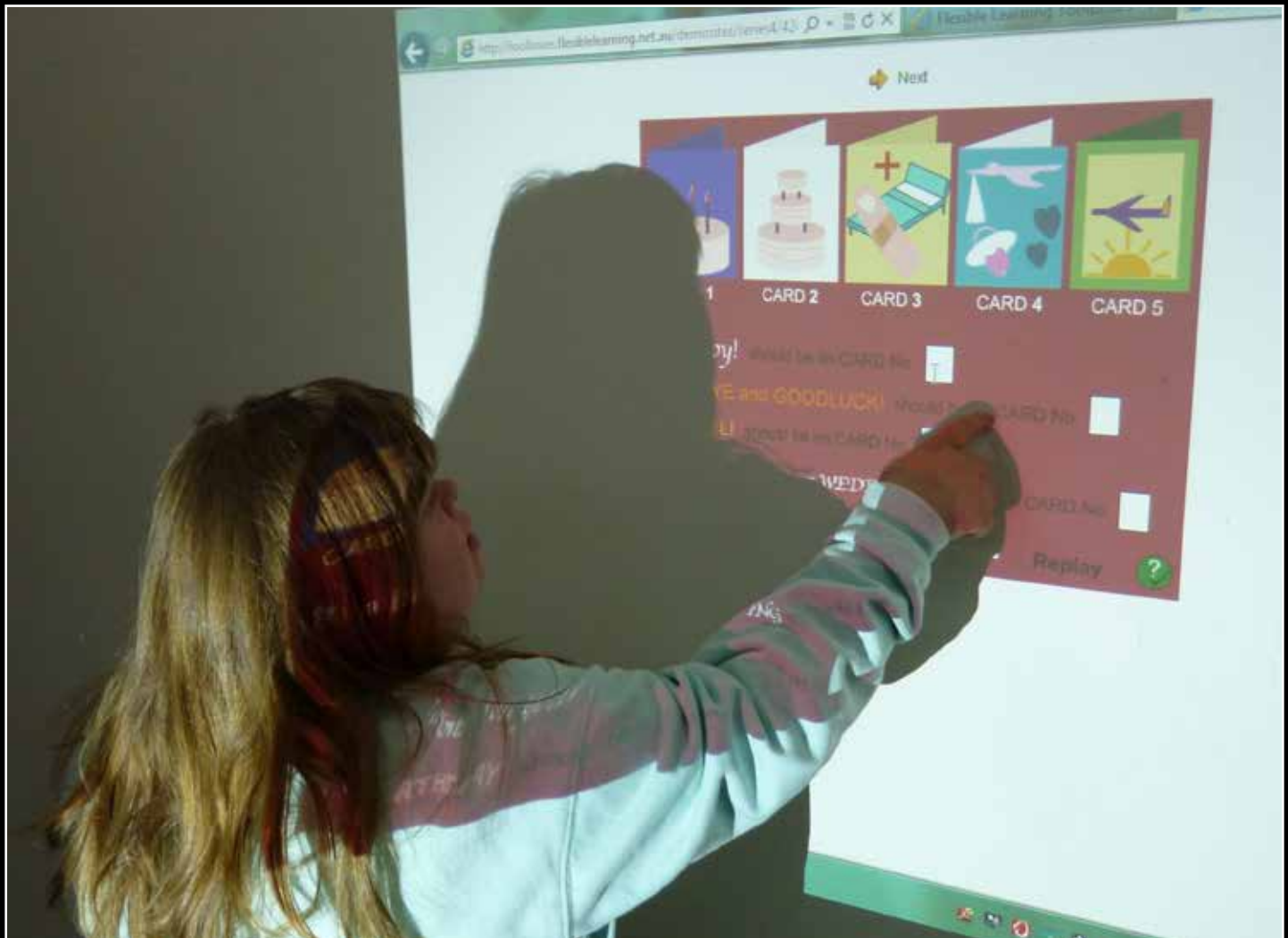
When we reached Phillip Island, our whole team was exhausted and we had sore legs.

While we were relieved the ride was over, we were very proud of what we had achieved.

Thank you to Scott, Marion and Jason for supporting us during the ride and for giving us the opportunity of 'achieving our dreams'.









I love coming to Shepparton Access.



I love to learn new things. I love



to use words and numbers.



The iPad and touch white board have



given me opportunities to join in learning activities.



I feel really happy when I am able



to finish puzzles and write sentences.

HAYLEE

# JASON

It is great going to EcoPark

I like going to EcoPark and feeding the chooks



I feed the chooks scraps from the cooking programs.



The chooks run out to meet me and I watch them scratch and peck at their food.

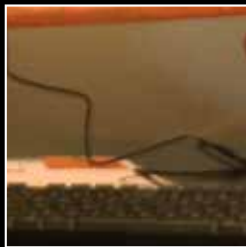


I like to gather the eggs and take them back to the cooking programs.









I hope to get a job in an office.

I began my work experience program at Australian Home Care during 2012. I work in the office each Monday from 9.30am to 12.30pm.

I enjoy working with all the people in the office. They have helped me to learn many new skills. Each week I am busy entering data into the computer, sorting emails, photocopying, filing, shredding and entering the mail. I am looking forward to learning some new skills over the coming months.

I have enrolled at TAFE to improve my office skills and to help with searching for a job. I am hoping that going to TAFE will help me get a traineeship.

My Shepparton Access program has also included getting my L Plates. I had to study the road rules and practice the questions on the computer.

I went to Vic Roads and passed the test on my first try. I had my photo taken and my licence was posted out to me the next week. It was very exciting.

I now have a mentor, Jim, from the Berry Street's 'L 2 P Program'. Jim takes me out driving each week and I am doing really well. I hope to complete my 120 hours soon so I can have my P Plates before the end of the year.

I am looking forward to buying my first car, perhaps a Mazda 6.

With my new independence, I will be able to drive myself to work.

# JUSTINE

My goal is to keep fit and healthy.

I come to Shepparton Access each day in a taxi. The taxi picks me up in the afternoon and takes me home.

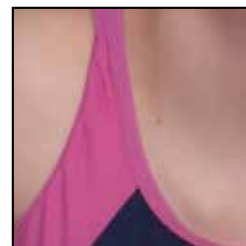
I like doing lots of different programs to keep me healthy.

Every Wednesday I go to the pool at Northside. I bring my togs and towel and put them on when I get to the pool. I do not need any help to get changed. I have been practising my swimming and I am getting better. I can now swim two laps of the pool without stopping. I never thought I would be able to do that.

I am hoping I will be able to swim three laps by the end of the year.

I love diving into the pool and going right down to the bottom. It is great to float underwater and back up to the top. Sometimes I float under other people and it feels funny. I also like having swimming races with my friends. Sometimes I win and sometimes my friends win.

We also do lots of stretching and exercises in the pool. Swimming is a good way to keep fit. I always feel better after going to the pool.









# MAILLISA

I have always wanted to work with kids.

When I left school I wanted to study Child Care so I could work with kids. I have lots of cousins with kids and I like playing with them.

I have been studying Certificate III in Child Care at North Shepparton Community House over the past two years.

Studying has been hard. I was lucky to have been supported by my aide Tammy and tutoring from Shepparton Access to help me with my reading. They have given me great support.

Each week, I look forward to waking up and knowing I am going to Gowrie Street Pre-School and Occasional Care.

Some of the activities I like to do with the kids are reading stories, preparing the paint trays and sheets of paper for painting, collecting the crayons after drawing and helping with the play dough.

My favourite time at pre-school is helping the little ones play in the play-ground. The kids love to run and jump around in the yard and climb on the jungle gym. They love to swing on the swings and slide down the slides and dig in the sand pit.

I also like helping with morning tea and lunches. I cut up the fruit and pour the drinks.

I am looking forward to working in the Child Care Centre and learning many new activities to help the kids do new things.

When I first went to Gowrie Street on work experience, I was shy and unsure of myself. Work experience has built my confidence and self-esteem.



# MARIAH

Work experience at Hungry Jacks is like having a real job.

This year I started work experience at Hungry Jacks. Work experience has taught me to become more independent and not to rely on other people all the time.

Before I began at Hungry Jacks, I had to do Certificate I in Work Education. I have learnt about communicating with other people and keeping safe at work.

I had to practice having interviews before my interview at Hungry Jacks with David. I was very worried at the interview and was not sure what David would ask me.

I was really pleased when I was able to begin work experience. I tried on some uniforms before one could be ordered especially for me. When my uniform arrived the pants were too big and I had to take them back and get another pair.

Mum took me shopping to buy some black leather shoes for me to wear.

On my first day of work experience, I was nervous. I learnt how to wipe the tables, sweep the floor and wash the dishes. I have to use a sanitiser to keep everything clean and to kill the germs. I enjoy cleaning.

I have made some new friends and hope I am able to get a job at Hungry Jacks one day.







I feel great after working all day at Harmony Village.

On Mondays, I work at Harmony Village alongside Matt to maintain the grounds and gardens.

I need to remember to wear my steel cap boots and take my hat, gloves and sunscreen. It is important to follow the Occupational Health and Safety Regulations when working in the garden.

I help Matt to keep the gardens neat and tidy. Each week, we trim the bushes, pick up the clippings and put them in the wheel barrow or we design and plant out new gardens.

I like working outdoors and have an interest in getting a job in horticulture or gardening in the future.

When I work at Harmony, I enjoy talking to the residents. I enjoy talking to them about the football and the weekend scores and results.

I also have an interest in advocacy. I am currently the rural representative on the Victorian Youth Disability Advice Service (YDAS). I travel on the train to Southern Cross Station and onto Flinders Street Station to go to our meetings. I am now able to travel independently to the meetings.

At the YDAS meetings, we discuss the rights of people with disabilities. Often guests come to the meetings and ask for advice on how they can improve their services. The Taxi Association came to our last meeting.

MATT



Playing netball for Victoria was awesome.

I started playing netball when I was little. I have played for many years and was pleased when the Netball for All Abilities began in Shepparton three years ago. Now I am able to play each Saturday during the winter months at McEwen Reserve.

Over the years, I have learned many new skills. Our team practices a variety of drills and skills on Monday nights. I also like to practice my goal shooting.

Most of my friends also play netball. I am able to catch up with them at practice and at the Saturday game. I have also met lots of new people from playing netball both in Shepparton and in Melbourne.

Last year, a team from Shepparton Access travelled to the Victorian State Netball Championships at Parkville. We did not win many games but we had a great time.

For the past two years, I have been very lucky to be selected to play for the Victorian State All Abilities Team. I had to go to Melbourne on the train to practice for the interstate competition. I was selected to play in two positions, wing attack and goal attack. We played against the South Australian team in Adelaide and won most of our games. It was awesome. I feel very proud when I wear my Victorian tracksuit.

I look forward to continuing to play netball during the new season.



NIKKI  
NETBALL  
VICTORIA



# OUR THANKS

Thank you to all who have contributed to the collation of this publication.

In particular we wish to thank the people who have shared the stories of their journey towards community inclusion and achieving their dreams.

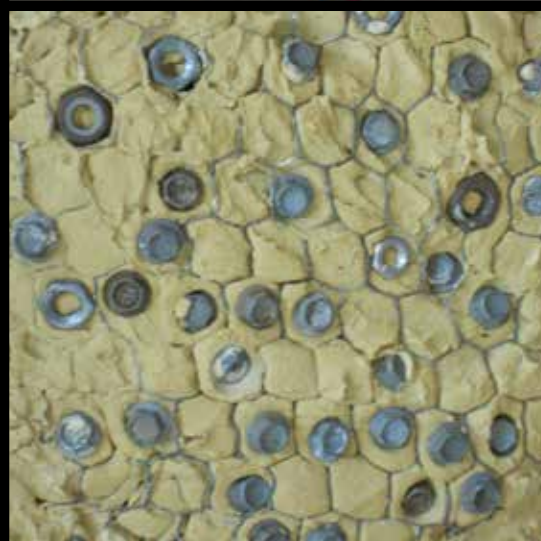
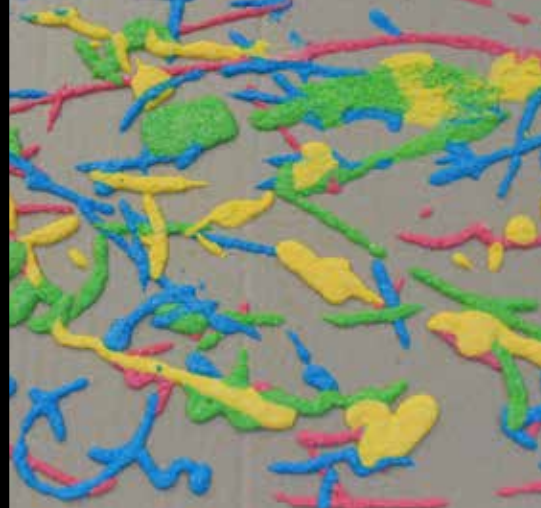
We would also like to thank:

- The many local businesses and organisations who continue to empower people from Shepparton Access to make a difference to their lives.
- The members of the dedicated team at Shepparton Access.
- Willprint Shepparton for their creative design and ongoing support.

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Creating  
Pathways  
into the  
Community







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