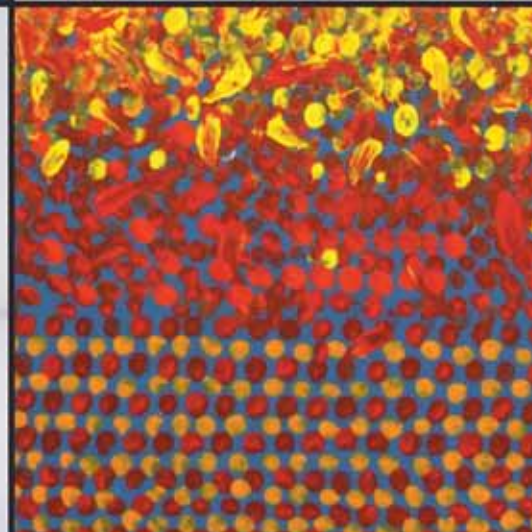




includeME2







***‘At Shepparton Access we believe in people
and what they can achieve.’***

includeME2 is our second collection of stories exploring the journey of people. The stories tell of the extraordinary achievements of these inspiring people to realise their dreams, to break down the barriers and to pursue their vision for a better future.

The courage of each person to tell their story has touched our hearts and the hearts of many people in the community. Together with many local businesses, people from Shepparton Access have changed the life of our community. Our community has become one community.

includeME2 portrays the spirit of people to create new opportunities, to grow great friendships and to progress social inclusion.

Every person at Shepparton Access, is to be applauded and admired for their strength of mind to be the “best they can be”.

Wendy Shanks
Shepparton Access
July 2010

includeME2



I play netball with the Shepparton Rubicons.

I have joined the Shepparton Rubicons netball team. I love playing netball with others and being part of a team. I like to try out new positions on the court. My favourite position is Centre. When I play Centre I get to throw the ball to all my team mates.

We play every Saturday afternoon during the netball season at the McKeown Reserve netball courts in Shepparton.

Last year we went to Melbourne to play in the State Championships at Parkville.

A team from Parkville came to Shepparton twice last year to play against our team, the Rubicons.

Shepparton South Netball Club takes us for training each week so we can practice our netball. This year we are going to train on Wednesdays.

The Rubicon team is made up of people from Shepparton Access and other people in the community. I have made new friends, even some from Melbourne.

I like wearing my Rubicon shirt. We are a real team!

I was asked to talk about our netball team at a Disability Forum at the Department of Human Services in Wangaratta. After the forum, we played netball with some of the staff from Human Services.

Netball gets me out and about, mixing with others. Go Rubicons!

ALLAN

ASHLEY

My favourite place to be is the Target Arcade.

There are lots of things I like to look at and do when I am in the Target Arcade.

It's important that I remember to put my ten bucks in my wallet, so I can enjoy my time in the Arcade.

I drop into The Footy Corner to say hello to John. I like to look at the shirts and scarves for my favourite team. At the moment my favourite team is Geelong. There are lots of other different things I like to look at The Footy Corner for my other sports.

I like to go into Target and look at DVD's. I have a wish list of DVD's I would like to buy. I really love NBA Jam.

I can sit down and have a drink with my friends in the Target Arcade too. There are lots of different shops to choose from, and lots of different things to buy.

I often bump into other people I know and have a chat.

As I walk back to Shepparton Access sometimes I choose to buy a drink at Noodlebox. I like talking footy with the boys there.

Each week I look forward to going down the street to catch up with my friends and to see what's new.





I like Shepparton Access better than school.

This is my first year at Shepparton Access. Last year I was at Verney Road School.

One of the new programs I like to do at Shepparton Access is LifeBall. LifeBall is a game I play with my new friends on Friday mornings. We play at the Baptist Church Hall.

During the game I pass the ball to my friends and shoot for goals. We take it in turns to wear a sash. When you wear the sash, it means you are a “Rover” and you get to move around more areas on the court.

I like LifeBall because it is a walking game, not a running game. If you run, the umpire blows the whistle.

Before we play LifeBall we warm up and when we are finished we do stretches to cool down.

We went to Kyabram for an exhibition game, to show other people how to play LifeBall. It was a great day.

LifeBall helps me with my netball skills.

I choose to play LifeBall because I like sport.



BRAD

Speaking in public gives me confidence.

I was asked to help with the MC job at the “Changing Days Changing Ways” Forum held in December last year.

David Harcoan and I did the introductions prior to the guest speakers coming onto the stage. David kept us on track with the times for each guest speaker.

Each time before I had to introduce somebody, I practiced what I was going to say. I had the information prepared on paper to help me.

I got to stand up on the stage at Shepparton East Bank and look out at a crowd of faces looking back at me. It was a bit daunting at first, but I began to relax and become more confident as the day went on.

I really enjoyed the day and learnt a lot about other disability services in the area. The Mayor, Geoff Dobson came along to have a listen to what we had to say.

The best part of the day for me was networking with others and the lunch.

I enjoy public speaking and have practiced in our advocacy group. I sometimes go with Scott and Wendy to speak to school students about my experience of living with a disability.







DENNIS

I go to the gym Wednesday mornings.

What I like about Northside Gym is that everybody goes about doing their own thing.

When I first get to the gym, I sign the arrival sheet and have a chat with Andrew and Wally. They helped me set up my exercise chart.

I fill in my chart every time I go to the gym. I write down what I do, how many times I do it and the weights I lift. The chart goes back into the filing cabinet ready for my next visit.

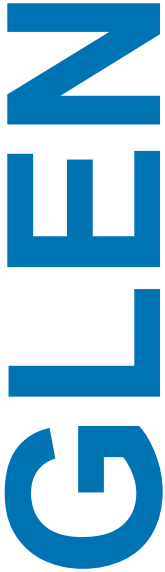
I like to walk on the treadmill, ride the exercise bike and do a bit of weights. My favourite machine is the peck deck.

The best thing about going to the gym is having the TV on and listening to the radio.

I take a bag with my own towel and gym clothes in it. I get changed into my gym clothes when I get there. If I need a drink I enjoy the cold water from the drink fountain.

The gym helps me keep fit so that I can ride my bike to Shepparton Access.





I like helping other people.

I collected for the Red Cross Appeal last year and again this year.

This year we collected from businesses near Shepparton Access. They were mostly shops. I got to talk to many people along the way and told them about the role of Red Cross in our community. During the afternoon we collected \$283.00.

When people donate money, like five dollars, I rip off a receipt from the pad and give it to the person. The receipt tells the person they have given money to the Red Cross.

When people are too busy, they ask us to leave an envelope so they could send in their money later.

I wore a Volunteer Collector ID Badge with my name on it. The badge made me feel good about volunteering.

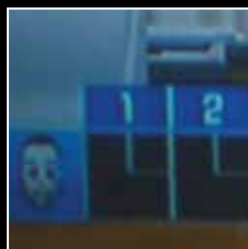
I like to volunteer with my friends from Shepparton Access. I also like volunteering with my family. My family collects for different organisations. This year we collected for the Heart Foundation.

I like doing voluntary work and helping others in the community who need my help. Voluntary work is an important part of our community.

I am looking forward to my next volunteer project.



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Nintendo Wii is good for me.

The program I like to do the most is Games. As part of Games I play the Nintendo Wii, which has helped me with my balance.

My favourite games on the Wii are Ten Pin Bowling and Tennis.

Twelve months ago, when I came to Shepparton Access I was in a wheelchair. Now I use a walking frame to get about.

Wii games have helped with my walking as well as strengthening my arms. It's good for my hand and eye co-ordination and keeping my mind active.

Using the Wii each week has made me more mobile and given me more confidence to get out and about in the community.

I look forward to doing this program each week and trying new games. I would like to try racing cars and cricket.

I really like coming to Shepparton Access and have met some great people who are now my friends.

Yeah...Shepp Access is good. I am not going anywhere else.



IAN

I go to the Men's Shed at Tarcoola every Friday.

I catch a taxi from my house to the Men's Shed on my own. I have to remember to take my taxi card and money to pay the taxi driver when I get there.

We do lots of things at the Men's Shed, most of all I like painting the toys that we make. Harry helps me. We make pull along horses, trains and that sort of thing.

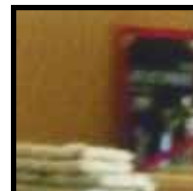
I helped make some toys at Christmas time for children in the community who did not have any Christmas presents.

The lunches are good. My favourite is Shepherds Pie. We also have lemon squash. I like to sit with my friends. I catch up with Geoff and Jenny at lunch.

Sometimes visitors come to the Men's Shed. I like the music man best. He plays lots of songs that I know. We all sing along together.

We have also been on outings. We have been to Echuca Puckapunyal and to Barmah.

The Men's Shed is great for me, because I get to mix with others and meet new people.







Photography is fun.

Photography is the program I look forward to most each week. I like doing photography with my friends and I like to take photo's down the street.

Before I joined photography I did not know how to use a camera. I have learnt to use my own camera. I can now zoom in and out when taking photos

I have taken photos of the cows from Mooving Art and flowers in the Shepparton Queens Gardens.

At the moment I am taking photos of landmarks around Shepparton and the seasons of the year.

When I get back to Shepparton Access I download the photos I have taken onto a disk in the computer room. I am using Photoshop to make a photo album on the disc.

When I go away on holidays I can now use my camera to take photos. On my last holiday I took a photo by the river in the Lane Cove National Park in Sydney. Merlene has helped me enter my photo into an Australian Explorer Photography Competition. I have called this photo "Exquisite Green". I hope to win a prize like a hot air balloon ride or a trip on a sailing boat.





One day I would like to get a job.

I would like a job like my Wednesday work experience at Rubicon Systems in Wheeler Street.

On my first day at Rubicon, Brett took me for my induction. I had to learn about safety at work. He gave me a Rubicon hat and now I wear it to and from work.

The first thing I do when I arrive at work is scan my swipe card to clock on and I let Vena know I have arrived. I work with Vena on the front desk.

I like the position of the front desk as I get to see everyone coming and going. I scan the papers from the workshop where they make the flume gates for the irrigation systems on the farms. The gates help save water.

As I scan the paperwork it goes onto Vena's computer, then I put a red stamp on it and put it in a tray to be filed.

I have a break at afternoon tea time. I enjoy reading the newspaper and comics.

At the end of the day I swipe my card to clock off and hop in my car and drive home.





I love music and dance.

I came to Shepparton Access from COBS in Wodonga last year and I am enjoying my activities in the Shepparton community.

Dance is the best. It is great to learn new steps with my friends at the stadium. We practice different dances every week.

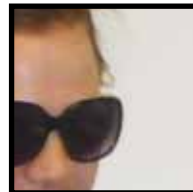
Last year I was part of the dance demonstration at the Shepparton Access Open Day. We had a crowd of people watching us perform. Mum and Dad were among the crowd. Everyone clapped and cheered after our dances. We did the Nutbush, Macarena and the Bus Stop.

When we did the Blues Brothers dance, Shake a Tail Feather, we dressed up with hats and sunglasses. We were great.

I go with my friends to dance at the stadium every Wednesday. We learn new steps each week.

I take some of my own CD's from my collection for Donna to play. I like to play PINK and dance with my friends during free dance time.

MAHNI



MARIA

I love my Monday afternoons.

Every Monday afternoon I go to Health and Wellbeing at the South Shepparton Community House. When I arrive I say “hi” to the office staff.

When it was my birthday the office staff gave me a surprise birthday cake and sang Happy Birthday to me.

I take a water bottle and some enthusiasm and gusto with me to Health and Wellbeing

Donna helps me with the exercises. She shows me what to do. “She’s great”. Donna makes sure I do my stretches before I start.

I do a lot of strength training which helps me with my walking. I put weights on my ankles to make my legs stronger. I also sit and hold my legs up on the chair for five counts and use the rocking board to strengthen my legs.

We play ball games to help with our coordination.

During our eye exercises I look at the blue dots on the wall and follow the dots in the circle.

I want to keep this program because I like it. It makes me stronger and helps me with my balance and mobility.





Art is my passion.

I love attending art workshops at the Shepparton Art Gallery. The last one I attended was “Expression through Creativity”.

“Expression through Creativity” was really interesting. I used a needle threaded with some wool and a sponge to create a picture with other members from the workshop.

Other workshops I have attended at the Shepparton Art Gallery have been to do with ceramics. I made a person with a mask sitting on a rock. I have this on display at home.

During the workshops I get to mix with other people who love art.

I walk over to the Art Gallery from Shepparton Access on my own. The studio at the Art Gallery is upstairs. On my way up to the studio I like to have a look at the art on display in the East Bank foyer.

I have also had some photographic work displayed in the foyer of East Bank. It was part of the “Turning the Page” Exhibition.

I like drawing with charcoal and water colour painting. I have been able to do some of this as part of Shepparton Access’ art programs.

I like trying new things that I haven’t tried before; Shepparton Access helps me to do this.

MAT



MICHAEL

I look forward to going to Shepparton Access.

I go to school at Verney Road and I am lucky because I am able to go to Shepparton Access after school on Tuesdays and Thursdays.

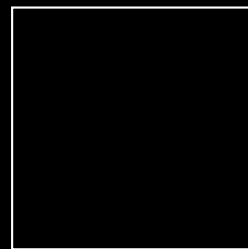
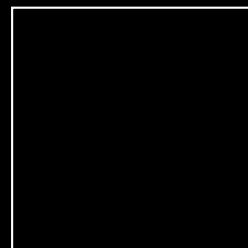
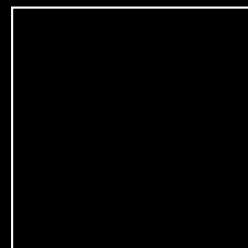
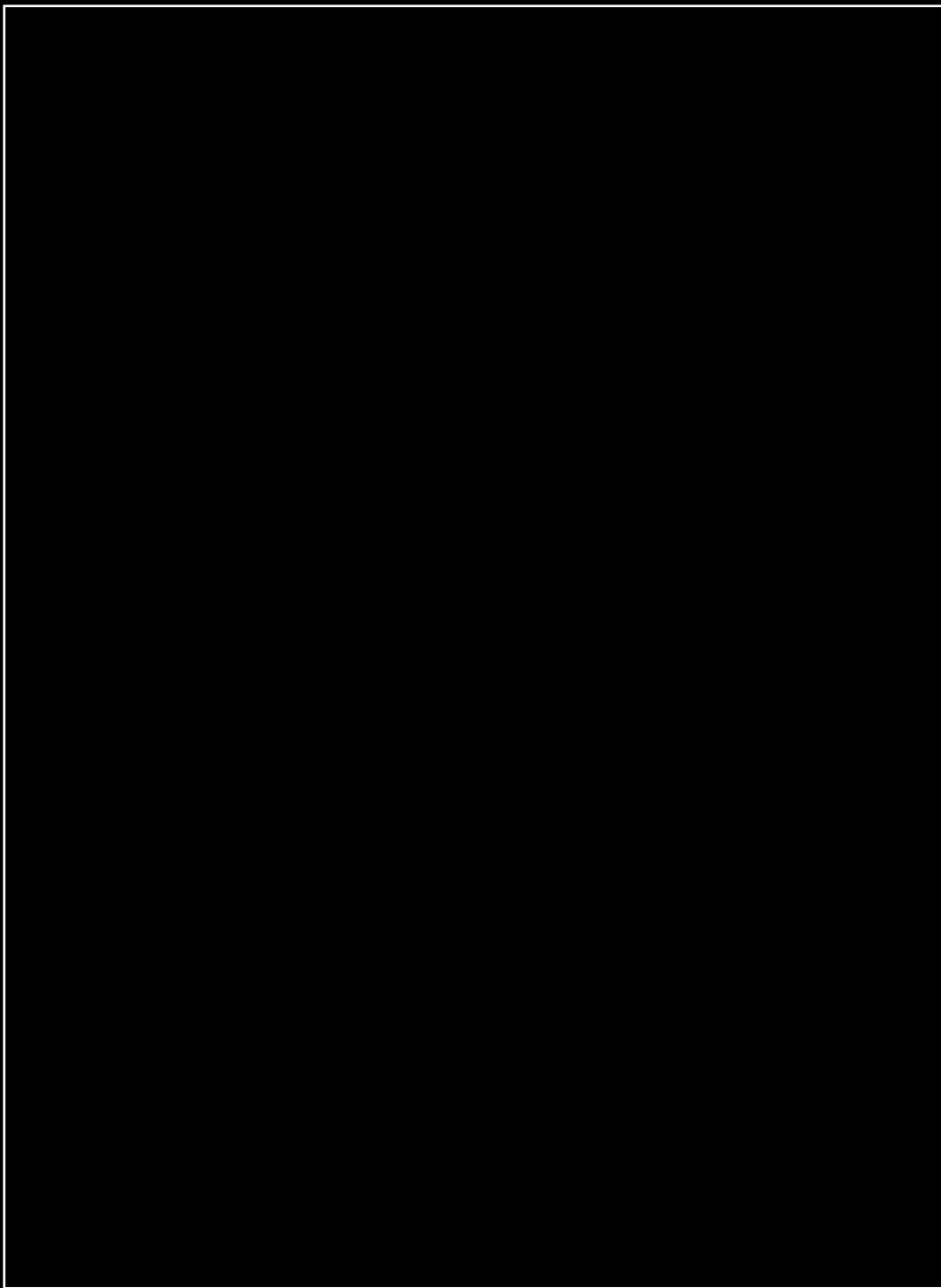
Shepparton Access is great. I like going into the forest behind Kidstown with Anita and look for birds. Anita and I have made a bird walk so we can watch out for different types of birds. We need to be careful of the broken branches so we do not trip over.

So far we have seen magpies, cormorants, blue wrens, ibis, swamp hens, galahs and ducks. We are making a book about each of the birds and how many we see each visit.

One day I would like to see a kookaburra in the forest.

I like doing other things at Shepparton Access too. I like making things in the craft room. I have made lots of presents for my mum. I have made a photo frame, a ceramic bowl and plate and a lavender bag.

I hope I can go to Shepparton Access when I leave school at the end of the year.





Welding is something I enjoy. Both my dad and brother are good welders.

I attend GO Tafe every Friday morning. I am completing part of Certificate III in Engineering-Fabrication. This course will help me become a better welder like my dad and brother.

I ride my bike to Shepparton Access and then John and I walk to GO Tafe.

I had to buy some gloves and a welding mask before I started my course. The gloves and mask are to protect my hands and face from the hot metal and the sparks.

One of the projects I had to do was to make an anvil. An anvil goes on your workbench and is used to help shape hot metal. I followed the steps in my workbook and am proud of my finished result.

Each week I use my workbook in class. The workbook has exercises to help me work through my projects. I like doing the exercises. If I get stuck with any parts of my projects, John is able to help me.

I have finished my hand and power tool assessment and I am now doing my drawing assessment. As part of drawing I use a compass and a square.

I chose to do welding because it is a bit of a family thing. I will soon be able to help out my dad and brother with some of their projects.

XHUMA

I love footy. I barrack for the Mighty Tigers.

I have been to the football at Etihad Stadium with Shepparton Access a couple of times.

The bus ride down is fun. We stop off to get some food on the way at Coles on Mahoney's Road. I buy donuts and a coke.

Scott parks the bus right out the front of the Stadium so we do not have to walk very far.

The Eddihad Stadium is better than the MCG, because it has ramps. The MCG has steps.

The last time I went with Shepparton Access I got to watch my favourite team, Richmond. When I am supporting my team, I wave my Richmond flag, cheer and clap and give the umpire some advice. The atmosphere of the big crowd and the club songs before and after the game is awesome. The songs are played louder after the game.

I make sure I pack a jumper and I take my mobile phone and plug in my head piece to hear the commentators on the radio during the game.

I would like to go to the footy as much as possible. You can't go to the footy without getting a hotdog at half time.



OUR THANKS

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

Our special thanks to:

- The people who have shared their stories.
- The many photographers who took the photographs.
- The local businesses and organisations who have led the way in breaking down the barriers.
- Carolynne and Scott for their support of individuals.
- The dedicated team at Shepparton Access.
- Studio B Photography & Design for the creative graphic design and layout.

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Creating
Pathways
into the
Community





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