

June Newsletter 2017



From the Office

Since our last newsletter, Capricorn Citizen Advocacy has been in audit mode. We have had four external audits in less than one year. In addition to the annual financial audit last year, we had a team of six Citizen Advocacy practitioners from other parts of Australia and New Zealand conduct a four day CAPE (Citizen Advocacy Program Evaluation) in November.

This was our first CAPE since 2010 and it forced a postponement of our 3 yearly Human Services Quality Framework recertification audit which was also due that month.

Instead we had a smaller HSQF audit of our policy documents in December 2016 and then the rescheduled full HSQF re-certification audit followed on 15-16 May 2017.

We are thankful we have not had any major problems to address, in fact it is reassuring that our program is doing okay in the view of each of the independent audit teams.

The purpose of audits is not only to

reveal issues of concern but also point out any other areas in which our program may be able to do a better job. Without doubt we are able to improve and we are keen to do so.

Many thanks again to all the advocates and protégés who, when we approached you, willingly helped out by being interviewed by the auditors.

Our latest pizza night (Advocate Get Together) on 20 April 2017 had a definite NDIS theme. The NDIS will continue to crop up in our Management Committee meetings, newsletters and in my phone calls and coffee catch ups with advocates.

Ewan is very happy to have a chat with advocates at any time about how they help their protégés with the NDIS roll out.

From us all here at Capricorn Citizen Advocacy; a very warm welcome to our five new advocates and thank you again for the commitment you have made to your protégés; Don (Raymond), Geoff (Mark), Louise (Samantha), Adrian (Jaccob) and Stephen (Gary).

During 2016-17 we have had five new matches to date and there are currently five people on Ewan's working list.

Website & Facebook

We are over the moon to announce that after many years of having an outdated and "work in progress" website, we have finally launched our new website. You can view it at www.capca.org.au. We will continue to develop our site in coming months.

For those on Facebook, if you have not yet checked out our page; search for us under Capricorn Citizen Advocacy.

Upcoming Events

Thursday 17 August, 2017;
Pizza Night
(Advocate Get Together)

Match Anniversary Dates- past quarter

Selwyn & Jenny
13 January

Kathleen & Dawn
4 February

Geoff & Warren
22 February

Renée & Jan
23 February

Troy & Robyn
28 February

Elizabeth & Sally-Ann
5 March

Brendan & Kevin
9 March

Believe you can
and you're halfway there.

-Theodore Roosevelt -





Gale with her Advocate Michelle

Message from a member of the Management Committee – Michelle Pownall

The recent events in Manchester have shocked the world, again.

In this day and age of "instant news", we are all bombarded with images of tragic events. The accompanying soundtracks of screaming, distraught fellow human beings are very confronting. And, unfortunately, both the images and soundtracks are constantly repeated over and over. This constant repetition reinforces the negativity.

Then, as a small sideline, we hear of positive happenings in the midst of all the chaos.

For example, the homeless man who stepped in to help the injured. Before the tragic event, this man was begging at the concert venue. Apparently, he is a regular there.

How many of the concertgoers walked passed this man? Did they look at him? Did they just pretend they couldn't see him?

Or perhaps they did see him and tossed a few coins to him. He and so many like him are ignored and walked by as it is 'too difficult' for us to acknowledge their existence. It 'offends' us. They are 'different'.

What we are forgetting is they, as well as us, are human. They are our 'fellow man'. Just because they are vulnerable through circumstances to which we are not privy, does not mean they are any less worthy than us.

We should be doing whatever we can, no matter how small, to help.

At Capricorn Citizen Advocacy, we do our best to assist the vulnerable in our little corner of the world. To bring some positive experiences into someone's life, to have them know that someone cares.

The vulnerable in our society are not asking for much. They want to be treated fairly and as human beings. They want to be considered valued.

Small acts of kindness and positive actions have an amazing effect. Like a tiny pebble thrown into a large pond, the ripples extend out and reach wherever.

You too, can make a difference.

Next time you are out and about, smile at a stranger.....that may be the only smile they receive for the day or week, who knows?

The next time you buy a coffee, pay for someone else

Believe me, I have done this and it is an awesome feeling being a 'secret Santa', knowing you have made a small positive difference in someone's day.

We cannot 'fix' the world. However, we can make a difference in our own corner.....and who knows how far the ripples from our pebbles will go.....

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. – Maya Angelou

Life is 10 percent what happens to me and 90 percent of how I react to it. – Charles Swindoll

Management Committee

Jennifer Smith – President

Sharon Lowe – Secretary

Graeme Brady – Treasurer

Nicholas Mundy – Committee Member

Don McCall – Committee Member

Michelle Pownall – Committee Member

Staff

Ewan Filmer – Coordinator

Amanda Rickertt - Administration Officer