



Meet Kathryn



about Kathryn



My Life My Rights

"Self Advocacy Group: New Wave Gippsland (Latrobe Valley)

This time last year when I'd just started coming to *New Wave*, I didn't hardly speak. If you would say boo to me I would probably run out the door and not participate, really.

By taking part in *New Wave* meetings every fortnight I got more confidence.

In July this year I became Deputy Leader of *New Wave*. From the start of this year I've been working one day a week in the office as a volunteer. On November 5th 2018 I signed a contract for *New Wave* to be a paid worker in the office until end of June 2019.

A big achievement for me this year was starting a road lobby with *New Wave* – we made a video about Commercial Road outside *New Wave*, Vista and Interchange disability services, because it was not safe to cross the road. The news and paper did stories about our video and interviewed me. Then VicRoads did something about it – they put in a pedestrian refuge.

We did the *Voice at the Table* training in August and it has given me more confidence to speak outside of *New Wave*. This training made me think what I want to do in the community. At the *Voice at the Table* training we learned how to be part of community meetings and that I can ask for a pre-meeting and easy read minutes and agenda. I have been to a few meetings as an advisor about disability after doing *Voice at the Table* training and I am now in the *Experts by Experience* panel for Women with Disabilities Victoria. I applied for a position on the Latrobe Health Assembly and I got in. *Voice at the Table* introduced me to Harriet Shing MP, and I arranged a private meeting with her and asked her come to speak to *New Wave* next year. Harriet helped us with our road lobby and spoke to Parliament for us.

I hope I can do bigger and better things next year and I hope I can continue my paid work with *New Wave* until the end of next year."