



Artwork: Matt Armstrong



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The Future of Stand by Me





PROJECT OVERVIEW



The **Stand by Me** project aims to create a supportive and empowering environment for adults who identify as having an intellectual disability, along with their families, carers, and supporters. This initiative focuses on building a sense of belonging, self advocacy and enhancing both individual and community capacity through peer-facilitated groups and workshops.

Project Goals

- Sharing knowledge and information through informal links
- Peer groups will be created
- Workshops will be held and facilitated by peers
- Peer facilitators will learn new skills
- The project will highlight information gaps within the community
- Connections and awareness will increase within the regions
- Resources will be created for P2P and the wider community

Who are the Peers and Peer Facilitators?

A **Peer**, described throughout this project report could be one or many of the descriptions below:

- People who identify as having a disability
- Someone who has lived experience of disability
- A carer or parent of a person with disability

A **Peer Facilitator** is someone who could be any of the above, who has been trained to facilitate groups in the Stand by Me Project. They guide and support their group in discussions, to foster learning, growth and collaboration.



Map: David R Horton (creator),
© AIATSIS, 1996



Gladstone

Fraser Coast

Sunshine Coast

**Moreton Bay Region
and**

Brisbane

Bayali

**Gureng
Gureng**

Badtjala

Gubbi Gubbi

**Waka
Waka**

Yuggera

BRISBANE



PROJECT

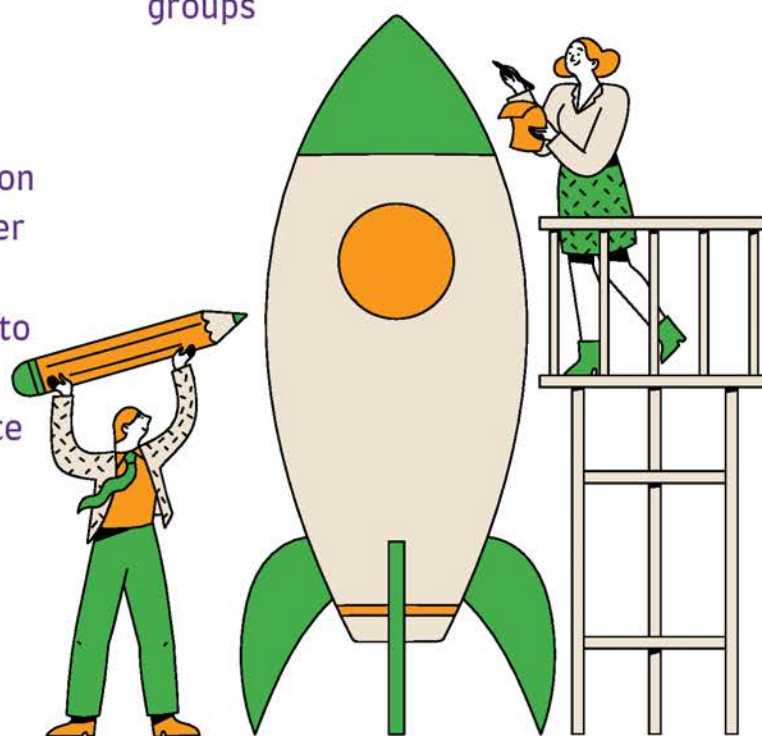
Inclusions

- Support peer groups to meet regularly
- Deliver workshops to people with disabilities and their families/carers
- Invite Guest Speakers to present at peer groups/workshops
- Develop documents for P2P to employ people with intellectual disability in the future
- Develop a training resource on facilitation
- Develop a resource on how to set up peer groups
- Provide training opportunities to peers to build their capacity
- Employ people with disability to facilitate group
- Collaborate with local stakeholders, organisations and local government bodies
- Support ongoing learning and self advocacy

SCOPE

Exclusions

- Provide counselling services to peer group members
- Provide venue and catering past the project end date to peer groups



Stakeholders

Gladstone - Gaye, Katrina, Anita (Coordinator, peer facilitators)

Fraser Coast - Jane, Carol, Karen (Coordinator, peer facilitators)

Sunshine Coast - Beth, Drew, Louise (Coordinator, peer facilitators)

Brisbane - Matt, Taum, Ethan, Tee (Coordinator, peer facilitator)

Project Officer - Emma, Payge

Project Manager - Erin

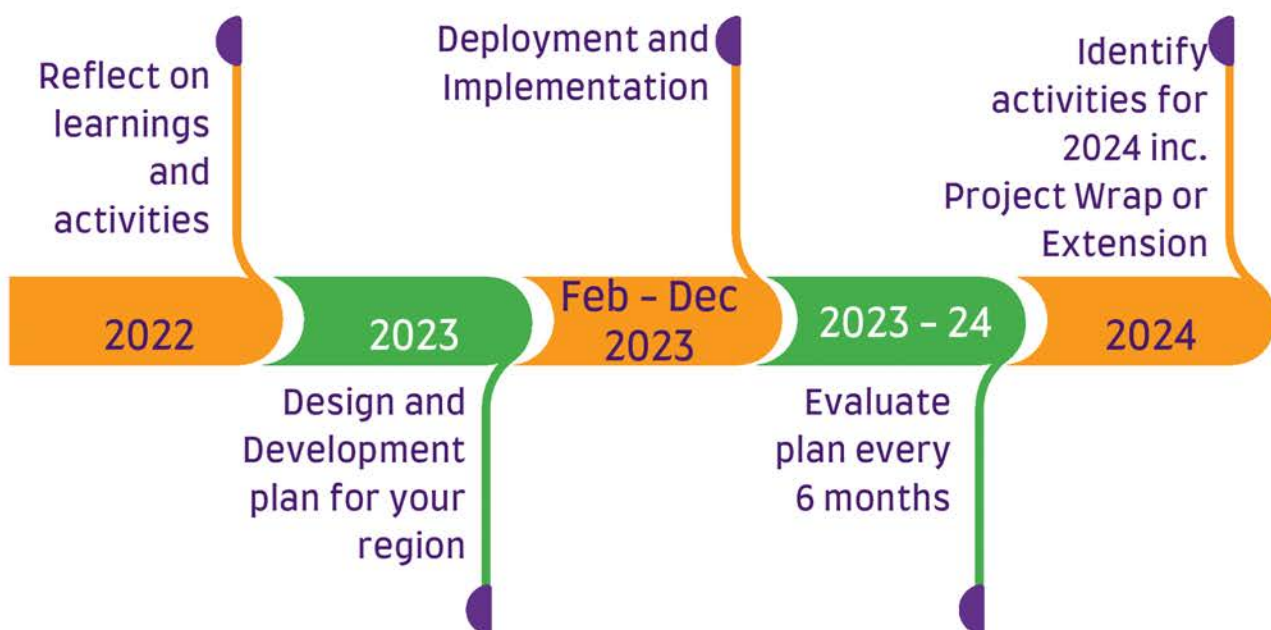
Project Sponsor - Jodi, CEO Parent to Parent

Guest Speakers, peer group members, training consultants, local organisations, council and health departments



PROJECT PLANNING

Project Schedule and Timeline



Risk Assessment

- Regular meetings at an accessible venue
- Non-judgemental atmosphere for free expression
- Time given to think and ask questions
- Avoidance of jargon and acronyms
- Respectful communication without interruptions
- Activities tailored to members' needs through surveys and attendance sheets



BEHIND THE SCENES

Recognising the Unsung Heros



Jodi: Project Sponsor
CEO P2P



Erin: Project Manager



Leanne: Facilitator



Anne: Finance Manager



Payge: Project Officer



**Emma: Facilitator
Trainer**



OVERALL IMPACT

The Importance and Relevance of the Stand by Me Project

Stand By Me Regions Impact Collectively

Empowerment through Stories:

In our peer groups, people have been sharing their experiences informally, which creates a powerful sense of connection and empowerment. Peer-to-peer sharing has significantly boosted confidence and self-esteem, and we've seen this firsthand. For instance, a member shared their success in finding employment, inspiring others to pursue their own career goals.

Easy Access to Info:

Informal sharing within our groups makes information more relatable and easier to understand. This has helped everyone learn and grow together, with members regularly exchanging tips on navigating many daily challenges, from managing personal finances, employment opportunities to accessing healthcare services.





Creation of Peer Groups

Community Spirit:

Participants of the Stand By Me project gained valuable life lessons, resilience, and the ability to handle the unexpected. They developed self-confidence, facilitation skills, and a deeper understanding of their abilities. The project fostered personal growth and independence in decision-making and provided knowledge on various topics.

These groups helped build a strong community spirit, making everyone feel included and valued. We've seen members step up to lead activities, showcasing their talents and fostering a sense of pride and ownership within the group. The bonds forged within these peer groups have created lasting friendships and a supportive network, strengthening the entire community.

Many of the groups members including the peer facilitators themselves have become confident in self advocacy.



Building Friendships:

Our peer groups are like extended families where everyone supports each other.

Studies have shown that such support networks can greatly reduce feelings of isolation and improve mental health. For example: Many of the groups organised large scale community events that brought together members, and local residents and organisations, strengthening bonds and promoting inclusion and understanding of people with disability.



Workshops Facilitated by Peers

Learning Together:

Our peer-led workshops have been incredibly effective because everyone can relate to each other's experiences. This approach is backed by evidence showing that peer-led learning enhances engagement and retention. One workshop on digital literacy led to several members becoming more comfortable using technology to stay connected and access online resources.

Skill Sharing:

These workshops provide fantastic opportunities for sharing practical skills and knowledge. Members have been tackling everyday challenges with more confidence, whether it's cooking healthy meals or practising mindfulness techniques learned from peers.

Facilitators with Lived Experience:

Importantly, our workshops include facilitators with intellectual disabilities and/or lived experience of disability. This ensures that the workshops are relatable and that the facilitators can genuinely connect with group attendants, providing insights from their own lives.





Skill Development for Peer Facilitators

Growing Leaders:

Being a peer facilitator has helped individuals develop leadership, communication, and organisational skills. This personal growth is supported by research indicating that leadership roles can boost self-esteem and professional prospects. One facilitator recently used their new skills to advocate for disability rights at a local council meeting. Our peer facilitators have become well-known identities in their community, and some have found employment or are developing further skills for independence.

Sustainable Support:

Our trained facilitators ensure that the support system is sustainable and can continue to grow, benefiting the community long-term. Their dedication has led to the formation of new groups in neighbouring areas, strong connections with other organisations which has expanding our reach and impact.





Increasing Connections and Awareness within the Regions



Networking Fun:

The project helps people connect across different regions, fostering a broader sense of community and collaboration. Networking is known to enhance both personal and collective resilience. Many regional meet-up events organised saw members from various groups sharing their stories and forming lasting friendships.

Raising Awareness:

Increased awareness of people with disability has helped educate the wider community about the needs and strengths of individuals with intellectual disabilities, promoting inclusivity and understanding. Our public awareness campaigns have reached thousands, changing perceptions and encouraging more inclusive practices.

Decreasing Social Isolation:

By facilitating connections and fostering a supportive community, the project has significantly decreased social isolation among its members. Many members have reported feeling more connected and supported than ever before.

Enhanced Collaboration:

With **Stand by Me** groups situated in regional areas, there has been a notable increase in connectedness and the ability to collaborate. Members from different regions have been able to share resources, ideas, and experiences, fostering a sense of unity and collective purpose. This enhanced collaboration has led to the development of joint initiatives and shared projects, amplifying the impact of our efforts across diverse communities.



Creation of Resources for P2P and the Wider Community

Practical Resources:

Developing user-friendly resources has ensured that everyone, from peers to the wider community, has access to the support they need. These resources have been shared widely, creating a ripple effect of knowledge and empowerment. Our guides on self-advocacy have been particularly impactful, helping many members speak up confidently for their rights.

Our peers were trained in Easy Read so we could make documents and information accessible.



Resource Sharing:

These partnerships also involve sharing resources and expertise, ensuring that our members receive well-rounded support. Community organisations have contributed valuable insights and assistance, further strengthening our peer groups.

The availability of these resources supports a culture of continuous learning and mutual support, which is essential for a thriving community. Our resource library has become a valued tool for many, aiding in everything from personal development to navigating social services.



Building Strong Connections with Community Organisations

Collaborative Efforts:

Over time, we have developed strong connections with various community organisations, including other focus groups. These partnerships have enhanced the support we provide, allowing us to offer more comprehensive services and reach a wider audience.

Embracing Perspectives:

Community organisations have embraced the perspectives of our peer members, valuing their lived experiences and insights. This inclusive approach has led to more effective and empathetic support services. For example, local health services have adapted their programs based on feedback from our members, ensuring they are more accessible and relevant.

Joint Initiatives:

Collaborating with local organisations has led to joint initiatives that benefit our members and the broader community. For example, we've worked with health services to run wellness workshops and with local businesses to create inclusive employment opportunities.





Highlighting Information Gaps Within the Community

Identifying Needs

By pinpointing where information is lacking, our project helps identify the community's specific needs. This is crucial for developing targeted support and resources. For example, our members identified a lack of accessible public transport information, which led to a successful campaign for clearer, more inclusive transit maps.

The community needs assessments were a crucial component in understanding and addressing the specific needs and priorities of the groups. Group coordinators and peer facilitators play a pivotal role in this process by actively engaging with community members to gather insights and feedback. These assessments helped shape the direction of projects, ensuring that workshops and agendas are relevant and impactful. The process of co-design and consultation within the community fostered a sense of ownership and collaboration, leading to more effective and sustainable outcomes. By prioritising the voices and needs of the community and group members, these assessments drove meaningful change.



Driving Change

Recognising these gaps has driven advocacy efforts, leading to improvements in services and support systems. Community-driven initiatives often lead to better outcomes, and our project has been a testament to this, with several members becoming active advocates for policy changes.



Testimonials

I have two daughters with a disability , and 30 years of supporting, advocating and loving the beautiful young women they have become. This progress can only be achieved through getting vital support and connections. I connected with P2P 15 years ago, and the support they have provided me has been life-saving. Knowledge, caring, listening, sharing and finding... this support is vital and needs to continue! Ursula

This group is fantastic, very informative, welcoming, understanding and great listeners. I have got so much information to guide me in other areas of disability and NDIS, Please keep funding them - Lorna

Now I'm 16- Coming into the workshop, I knew nothing and was nervous about my son turning 16. After the workshop I feel great knowing that there is so much on offer for him post school. - Emma

I have a 22 year old son with autism. The support in this group is fantastic. I find the special speakers full of wonderful information and expertise. Im disappointed that the Stand by Me is ending. We need to keep funding this as it helps stressed mums like me - Jen

I found the groups really inclusive. I am non verbal and a multimodal communicator. I was always welcomed and that means a lot to me. I found friendship and understanding in the group and learnt a lot ! Although I don't speak, I felt like I had a 'voice' when I attended the peer workshops and groups -

Ky



GLADSTONE



Gladstone, Queensland is a coastal city located in the central region of Queensland, Australia. It has a population of approximately 33,418 people. Of this population, around 9.7% have a disability, with 2.5% specifically having an intellectual disability.

Gladstone is best known for its natural beauty and outdoor recreational activities, such as fishing, boating, and camping. The city is also a major industrial hub, with a significant presence in the mining, engineering, and manufacturing industries.



Peer Facilitators

Gaye



Gaye is a force to be reckoned with in the Gladstone region, known for her exceptional ability to bring people together. Living on a rural property without electricity, Gaye's resilience & dedication shines through as she navigates challenges. As the matriarch of her extended family, Gaye's wisdom is highly respected throughout the Gladstone region, where her insights and guidance are valued by many. Her exceptional ability to forge community connections makes her truly amazing.

Anita, the 2IC in Gladstone 'dream team' is a power house with her ability to intuitively know what to do next and just make things happen. Anita runs a dairy farm in the Gladstone region which showcases her patience and work ethic. Anita naturally assists others in establishing genuine relationships and connections that fosters a sense of belonging in the community. Anita's positivity helps foster trust amongst members of the community.

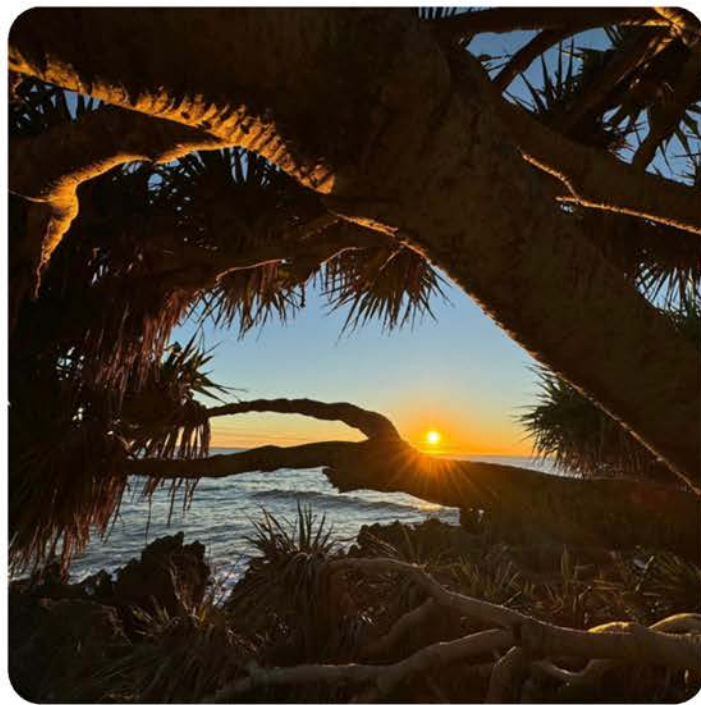
Anita





Peer Facilitator with Disability

Katrina



Photography by Katrina

My talent and love for photography and passion for capturing the beauty of sunsets and sunrises from my island home is part of my soul.

This project has taught me invaluable life lessons, including how to handle the unexpected and go with the flow.

Learning facilitation skills has empowered me to lead conversations. I've learned to be myself and gained the independence to make my own decisions. The project has opened doors to employment and other opportunities, giving me a source of income and the chance to work on various projects.

The respect I've gained from people in the community sector is awesome. I've been featured by local media for my photography skills and actively contributed to projects like Humans of Gladstone and Gladstone Region Engaging in Action Together (G.R.T).

This project has not only enhanced my skills and confidence but also connected me deeply with my community, making a lasting positive impact on my life and those around me.



Co-creating, collaboration & community conversations

The "Stand by Me" project has made a significant positive impact on people with disabilities in the Gladstone region by empowering families and individuals with the knowledge and confidence to advocate for themselves, and their families.

Through practical, face-to-face training, community members and sector representatives have improved their communication skills with people with disabilities, fostering a greater understanding and acceptance of diversity. This training has also enhanced participants' confidence in emergency situations, leading to discussions about establishing a vulnerable person register for emergency services.

Issues raised in focus groups have been successfully elevated to state-level advocacy, showcasing the project's role in driving systemic change



Matt Burnett – Gladstone Mayor, Gaye – Gladstone P2P coordinator, Jodi CEO Parent to Parent and Cr Leanne Patrick – Gladstone Councillor

Focus groups and participation in the Inclusion Australia NDIS review provided crucial insights and built self-confidence among attendees. The project successfully identified and included suitable guest speakers, enhancing community knowledge and support. Feedback indicated that the community felt empowered with better access to services and a stronger voice on important topics.

Peer facilitators gained recognition and personal growth, becoming more involved in community events. Community connections were strengthened through active peer support groups, dissemination of information, and collaboration with regional projects, which amplified the project's reach and impact.



Highlight

Gladstone Employment 4 U Disability Forum

The Gladstone Stand By Me project culminated in the successful execution of the inaugural Gladstone Employment 4 U Disability Forum on April 27, 2024.

The event was a response to community needs assessments, which highlighted employment as the top priority, with 66.7% of respondents identifying it as a crucial issue.

The forum, organised by a passionate group of community members, led by Gaye and the **Gladstone Stand by Me Peer Group** bringing together 10 individuals who dedicated their time to planning and executing the event.

The event saw support from 27 community organisations, including Gladstone Council through monetary sponsorships and in-kind contributions, with 22 organisations providing materials for attendee welcome bags.

A total of 90 individuals participated in the day-long conference, with over 60 attendees enjoying the evening concert and dance party organised by Marcia from Success Solutions Australia.





Gladstone Employment 4 U Disability Forum continued...

Key highlights of the forum included engaging panel discussions featuring local individuals who shared their success stories and representatives from organisations offering employment support.

Presentations on personalised projects and systemic advocacy aimed to empower individuals with disabilities. The event also showcased the talents of the community, with performances reflecting diverse cultures and abilities.

The forum's success was underscored by tangible outcomes, as one performer secured a job opportunity, and another participant was offered a permanent part-time position.

The positive feedback received will guide future events, promoting acceptance and inclusion within the Gladstone community.

The collaborative efforts and community support were instrumental in the forum's success, fostering a sense of empowerment and encouragement among participants.

The positive energy, authentic connections and collaboration showcased the spirit of the Gladstone community and left everyone with an inspirational buzz, and the future of the Forum was set!

SCAN ME

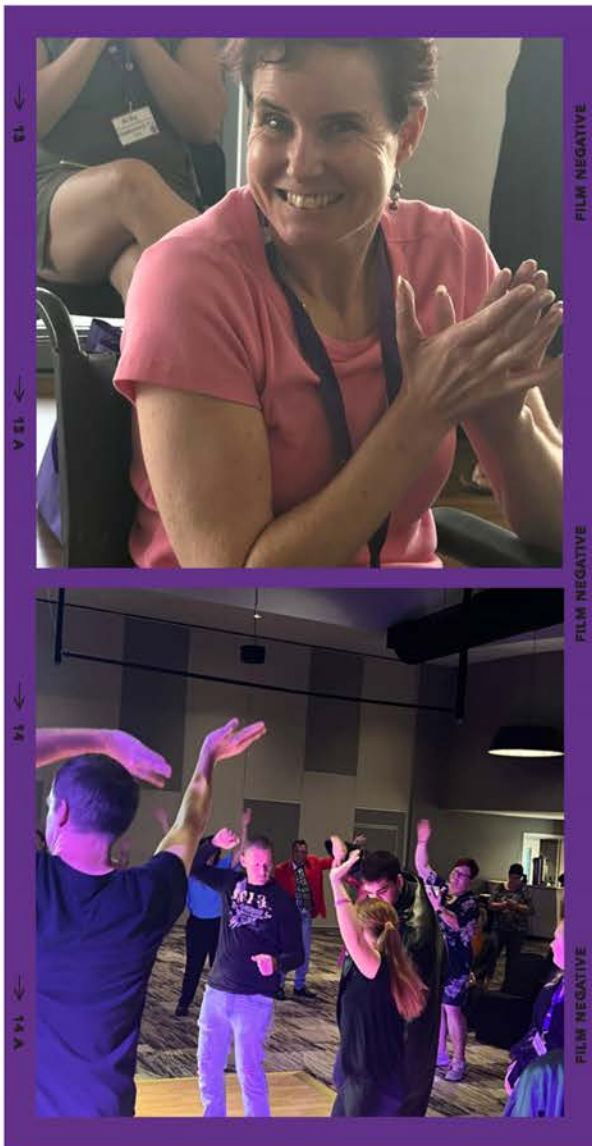


Gladstone Stand by me Facebook





Gladstone Employment 4 U



EMPLOYMENT 4 U

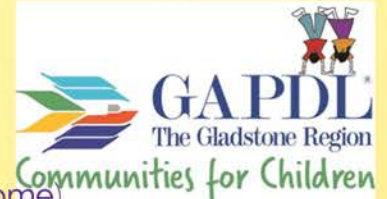


9:00 am Welcome to Country
 9:15 am Official Opening
 9:30 am Housekeeping & Background to the Forum
 9:40 am Sponsorship Recognition
 9:50 am Personalised Projects 4U
 Parent to Parent
 10:30 am Morning tea

Special Olympics



10:45am P.A.T.H. Presentation
 11:30am Panel 1: Working panel



Kate Dufty - Act for Access (working from home)
 DB Customs - Luke Wagner (building your own business)



Nathan Tessman - MC Wheels
 Darren Jeacocke - Queensland Aerial - Drone Photography



Ruby Lawler - Art Teacher and Special O advocate



Luis Arroyo - Start Up Gladstone



12:30pm Lunch
 1:30pm **Panel 2: Finding Your Job**

DES - MyleStones Employment
 Carers QLD - Addie Kiley

Volunteering - NFP House
 Melissa Hamilton - MoonBar Moments
 Endeavour ADE



Fly2Health

2:30pm "Being A Part of Creating Change"



3:00pm Event has finished.

After Party with MC wheels
 Gladstone Mantra
 6:30pm - 8:30pm





FRASER COAST



As of June 2020, the Australian Bureau of Statistics (ABS) estimated the resident population of the Hervey Bay Region to be 55,765. In 2018, the ABS reported that 18.6% of the population in the Hervey Bay Region had a disability, with 3.5% of these individuals reporting an intellectual disability.

Hervey Bay is renowned for its beautiful beaches, including the popular Esplanade. The region is a favourite destination for whale watching, with humpback whales passing through during their annual migration. Additionally, Hervey Bay serves as a gateway to Fraser Island, the largest sand island in the world.

The area boasts a robust tourism industry, offering a variety of accommodation options, restaurants, and attractions. Hervey Bay is also famous for its fishing and boating opportunities, providing access to the Great Sandy Strait and the Coral Sea.



Peer Facilitators



Jane

Jane Hudson is a dedicated mother of two grown children, including her 31-year-old daughter, Sarah, who introduced her to the disability community. With over 20 years of experience working in this sector, Jane has connected with numerous families and individuals with disabilities, enriching her life with their stories. Her passion lies in creating an inclusive world for her children. In her free time, Jane enjoys cooking for loved ones, hosting gatherings, and cherishing moments filled with laughter, dancing, and good company.

Karen raised three beautiful children and married her childhood crush. With the kids now grown, she and her husband look forward to more camping adventures. Karen loves creative pursuits such as live music, photography, design, and art, as well as appreciating nature. Having been a Carer for 20 years, she is passionate about supporting Carers and advocating for the disability community. Karen has found great fulfillment in her role with the P2P Stand By Me project.



Karen



Peer Facilitator with Disability

Carol

I'm Carol, PWID Peer Facilitator.

Being apart of this Amazing Project for the past two years, I have become more confident within myself with communication skills and public speaking.

I've learnt to be more connected to people from all walks of life, and learnt to expand my listening skills.

Feeling accepted and non judgmental work environment, and very well supported.

Travel opportunities that have exceeded my expectations, it has honestly given me a new insight of my life where anything is possible.

It has given me a huge self esteem boost that I can work, and being well paid for my work effectively.



Co-creating, collaboration & community conversations

The Fraser Coast has made significant strides in empowering people with disabilities and fostering community inclusivity. Through consistent meetings every two weeks at the same venue while creating a welcoming atmosphere and developing strong relationships with service providers, the region has ensured that individuals feel a sense of belonging.

Peer facilitators, who are long-standing local members of the disability community, have played a crucial role by reaching out to their networks and providing relevant information that the peer group seeks. This approach has cultivated a non-judgmental, relatable environment where individuals can freely express themselves, ask questions, and feel accepted for who they are.



Fraser Coast Stand by Me Peer Group

Key initiatives

Creating Facebook and Messenger groups for daily updates, working with support coordinators and local service providers to build connections, and promoting the peer group through local networks.

Collaborating with local organisations has led to joint initiatives that benefit our members and the broader community.

Fraser Coast worked with health services to run knowledge workshops while showcasing easy read resources, which was embraced greatly! They also met with local businesses and provided workshops to create inclusive employment.

Peer training with Neil Barringham influenced perspectives on what a sense of belonging means within community and family, and building community around an individual.



The peer group's impact is evident as mainstream services, such as Wide Bay Health Services, have sought their input for disability plans, and guest speakers have appreciated the opportunity to engage directly with the community.

The peer facilitators have gained confidence, new skills, and personal growth through this project, contributing to the broader community by breaking down barriers and promoting understanding. Their efforts have led to increased visibility and respect within the community, fostering a supportive environment where everyone's story is valued and shared.

Specialist Speakers and activities



Fraser Coast Stand by Me Facebook Group

Scan the code and watch the Fraser Coast Stand by Me visual journey through videos photos and stories

SCAN ME





Highlight

Creating PATHS in preparation for FestABLE event!!



WATCH VIDEO



Fraser Coast Stand by Me
Video Story

Don't miss this heartwarming video!

Join Jane, Karen, and Carol as they share their inspiring two and a half year journey with Stand by Me Fraser Coast.

This raw and real video captures the highlights and magical moments of their connections and community.

Watch now to witness the power of peer support!



SCAN ME



Further Insights

Peer facilitators have gained self-knowledge, learning public speaking, listening, and data management. They manage disruptive participants, prepare meetings, delegate tasks, and develop patience and tolerance. Anxiety levels decreased over time, and they became adept at various communication methods. They embraced challenges, maintained professionalism, and enhanced their IT skills.

Resilience was built by accepting differing opinions and adapting to changing needs. They learned to manage expectations and support the community with relevant information, opening minds to new opportunities like CPR training and starting businesses.

Guest speakers, including local and subject-specific experts, provided valuable insights. Engagements ranged from health promotion to emergency services. Peer facilitators attended diverse events, such as Mental Health First Aid training and LGBTQIA+ initiatives, gaining valuable community insights.

The community provided feedback on venue accessibility, with the Precinct being the most suitable. Transport was generally not a concern for attendees, though public services were limited. Despite outreach efforts, reaching all individuals with disabilities remained challenging.

PEER GROUP

Meeting

FESTABLE SHOWCASE



Let's do this!!!

Let's have FUN putting together a PATH Collage to showcase Stand by Me Peer group!
What have we done? Who have we met?
What was a highlight for you?
Bring photos, magazines, whatever you'd like to include in OUR PATH Showcase for Stand by Me Peer group



Where ?

The Treehouse - Urangan Community Wellness Centre, Corner of Elizabeth and Miller Street, Urangan.

Tuesday 19th September ~ 9:30am - 12.00pm For those interested we will be walking up to Kondari Hotel for lunch. 😊😊



What ?

While we are doing our PATH Collage to showcase at the Festable. we can talk about who and what you liked the most and what do we want to do for the next couple of months till Christmas.

RSVP- JANE



Fraser Coast Stand By Me



0491 215 980



jane.hudson@2pqlld.org.au





SUNSHINE COAST



According to the Australian Bureau of Statistics (ABS), the estimated resident population of the Sunshine Coast region was 344,881 as of June 2020. In terms of disability, the ABS reported that 18.5% of the population in the Sunshine Coast region had a disability in 2018, with 3.5% of these individuals reporting an intellectual disability.

The Sunshine Coast is renowned for its stunning beaches, including Noosa Main Beach, Mooloolaba Beach, and Coolum Beach, which draw visitors for their beauty and recreational opportunities. The region is also home of the Glass House Mountains National Park, which offers hiking, rock climbing, and breathtaking views.

Outdoor activities abound on the Sunshine Coast, with surfing, kayaking, and paddleboarding being particularly popular.



Peer Facilitators

Beth



Beth has been the Community Engagement facilitator with P2P for over 10 years. A flight attendant in her past life for 30 years!! Beth lived in America until 2011 then moved to the Sunshine Coast with her family. Beth loves boating, skiing (both water and snow), hiking, cooking, and gardening. Beth especially LOVES chili and anything spicy. The Sunshine Coast is growing but still has a small-town feel and it seems there is always a connection to someone or something familiar and warm, Beth says.

Louise has a love of mountain bike riding and took it up only five years ago and recently completed a 100 km race at Winton as part of the Outback festival.

Louise loves living on the Sunshine Coast because it is a beautiful community where you feel supported and embraced and there are so many places to go. Louise says it's the most beautiful part of the world.

Louise enjoys delivering the Now I'm 16/18 workshops, and includes her lived experience in it's wisdom.



Louise

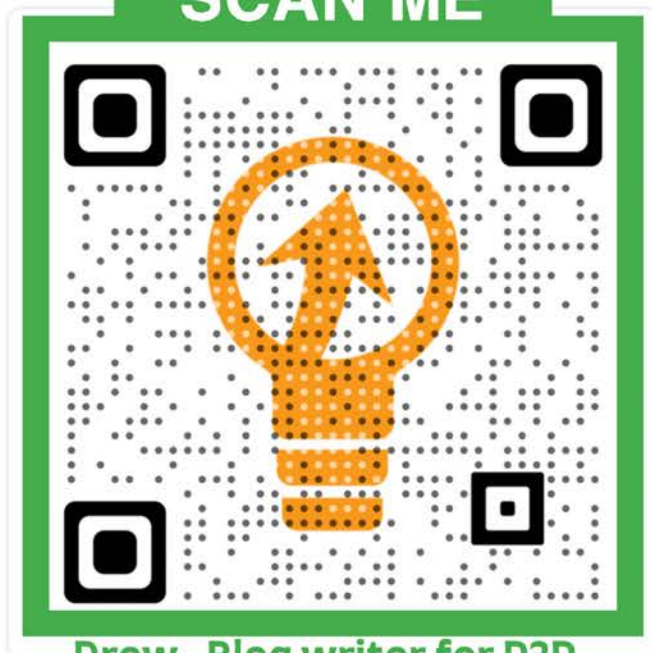


Peer Facilitator with Disability

Drew



SCAN ME



Drew, Blog writer for P2P

My name is Drew Russell, and for the last two and a half years, I've been a Peer Work Facilitator for Stand By Me. I'd like to thank my fellow facilitators, Beth Hawes and Louise Martin, for their constant support and involvement.

Throughout this project, I learned to adapt to changes and overcome numerous hurdles, such as limited interest from the community and challenges in engaging families. Despite these difficulties, we persisted in creating a peer group, holding meetings at cafés to discuss participants' future aspirations and the benefits of community involvement. We shared valuable information, connections, and resources to help participants find jobs and friendships.

We also launched projects to support families with after-school activities, which proved effective in conveying beneficial information and lived experiences. This approach helped families explore various options for their loved ones.

The Stand By Me Project was a crucial support for me during a challenging time. It provided employment and introduced me to wonderful colleagues, Beth and Louise, who have been great listeners and friends.

One of the highlights was meeting in various cafés and connecting with other Stand By Me workers across the state. This project has been a blessing, and I am grateful for the opportunity to be part of this journey.



Co-creating, collaboration & community conversations

Creating a peer group amidst a pandemic posed significant challenges for the Sunshine Coast Stand By Me team. The restrictions and policies led to a lack of support workers, making community engagement difficult for people with disabilities, who are often more vulnerable. Despite these challenges, several achievements stand out.

Drew Russell created accessible HR documents and videos for the "Now I'm 16" workshops and contributed to the newsletter. Louise Martin conducted thorough research and updated workshop links to ensure current and relevant content. Surveys were conducted to understand preferences for face-to-face versus Zoom meetings, and one-on-one workshops were offered based on this feedback.



Sunshine Coast Stand by Me Training

The team, including Beth Hawes as Project Coordinator, met at Kawana Library to discuss plans and training modules. They aimed to foster community engagement and reduce isolation among young people with disabilities. Initial efforts to attract participants faced hurdles due to COVID-19 fears and mistrust of NDIS projects. Despite this, a small, regular peer group formed, meeting at local cafés to discuss community involvement and personal development.

Collaborations with other Stand By Me divisions from Brisbane, Hervey Bay, Redcliffe, and Gladstone included seminars and team-building activities. Notably, a seminar by Neil Barringham on belonging at the University of Sunshine Coast, and facilitation training by Emma Bennett in Hervey Bay, were pivotal. These efforts helped the team build resilience and adapt to ongoing challenges.



Highlight

The "Now I'm 16" and "Now I'm 18" workshops, part of the Sunshine Coast Stand By Me project, have been successful in educating and supporting families of young people with disabilities as they transition out of school. The casual and interactive format allows for open discussions, making it easier for families to address personal concerns and share stories.

Key topics covered include government services, Disability Support Pension, NDIS, carer services, job applications, and legal matters like wills and trusts. This comprehensive approach helps families understand and manage the complexities of supporting their children through significant life changes. The workshops' popularity within the school setting and the additional offering of one-on-one and Zoom sessions ensure accessibility for all families.

Community collaborations have been integral to the workshops' success, having facilitated the outreach and engagement necessary to support a wide audience. The team have developed impactful, easy-to-read documents and actively participated in community events, further enhancing the project's reach and effectiveness. These efforts have not only educated families but also strengthened community ties and provided invaluable support to young people with disabilities on the Sunshine Coast.

Louise's Story

WATCH VIDEO





SCAN ME



Now I'm 16/18

Personalised
Projects

Scan QR code





BRISBANE & MORETON BAY REGION



As of June 2020, the combined estimated resident population of Brisbane and the Moreton Bay region is approximately 2.6 million. According to the Australian Bureau of Statistics (ABS), 18.5% of the population in these regions reported having a disability in 2018, equating to about 481,000 people. Of those, 3.5% reported having an intellectual disability, amounting to around 91,000 individuals.

Brisbane and the Moreton Bay region are known for their rich cultural and recreational offerings. Brisbane's cultural precinct at South Bank and the pristine waters of Moreton Bay make this area unique.

In addition to their natural and cultural attractions, both regions offer a diverse range of outdoor activities and recreational opportunities. Brisbane and the Moreton Bay region are renowned for their eclectic dining options and lively nightlife.



Peer Facilitators



Matt, a celebrated artist hailing from Dubbo, NSW, boasts a background in Community Development and Mental Health. Residing in Brisbane for 25 years, Matt treasures community bonds and the serenity of green spaces. From painting McDonald's parking lines at 18 to crafting landscapes on canvas, he has found his passion outdoors. Through the Stand By Me project, Matt champions families and individuals with disabilities, emphasising the significance of community in fostering connections and companionship.

Tee, a Redcliffe local, brings creativity, radio experience, and visionary thinking to her community. With deep ties, she advocates for the neurodiverse, striving for their recognition and inclusion. Studying at QUT, Tee aims to raise standards for those with complex communication needs, fostering entrepreneurial spaces. Fearless and determined, she blends creativity and curiosity to drive positive change. Tee finds joy in live music, nature, and family time, reflecting her diverse interests and commitment to community betterment.





Peer Facilitator with Disability



Taum

I enjoy my role as a 'peer group facilitator' with 'Stand by Me'. I help the group work together and connect and I am a great listener. I love to visit Torres Strait Islands to see my family. I like fishing with friends, and Matt and Tee and I like knowing that other people are enjoy fishing too. I love a friendly community of friends, church and neighbours where I live. I love being around people who are welcoming.



Ethan

I like writing stories because I am an imaginative person. I've won the Best Queensland Author for the National Dulcie Stone Writers Competition. I've been employed across three projects at P2P and most recently Stand by Me. I talk about the human rights of people with disabilities in our SBM workshops. I use my story to help others to know about their rights.



Co-creating, collaboration & community conversations

The Brisbane and Moreton Bay Stand by Me group has had a positive impact on people with intellectual disabilities and their families by providing a platform for them to connect, share experiences, and build confidence. Through various events such as community mapping, school expos and rich discussions, members have been able to engage with each other and with the wider community, fostering a sense of belonging and empowerment. The group has also forged strong relationships with schools, service providers, and local businesses, further enhancing support and opportunities for its members.

Notable highlights include the Wellness Brunch at Suttons Beach, the Zine Workshop with Jeremy Staples. Notable is Taum's own initiative, Taums Fishing Day ! These events have not only provided valuable resources and information but have also created a space for creativity, self-expression, and connection. Special guest speakers like Olivia Hargroder have inspired members to speak up and share their stories, while activities like art making and drum circles have brought people together in a fun and engaging way.



Stand by Me Wellness Day Suttons Beach

Overall, the Brisbane and Moreton Bay Stand by Me group has made a significant impact in promoting inclusivity, empowerment, and community engagement for individuals with intellectual disabilities, showcasing the importance of connection and support in fostering personal growth, confidence and well-being.



Highlight

Taum's Fishing Day



Taum's Fishing Day, a pioneering initiative that started in September 2023, has become a beacon of inclusivity for individuals with intellectual disabilities across the Moreton Bay Region. Founded and led by Taum, a proud Torres Strait Islander indigenous woman with a deep love for fishing, this event offers a supportive and educational environment beyond traditional peer group settings.

Employed as a peer facilitator by Parent to Parent, Taum's empathetic approach has empowered participants over her four-year tenure. What began as a modest gathering has flourished into a community celebration, providing a space for socialising, skill development, and shared experiences.

Expanding from its roots in Redcliffe, Taum's Fishing Day now encompasses the wider Moreton Bay area, engaging over fifty participants with the support of five service providers offering transportation and assistance. Addressing the challenges of isolation and visibility faced by individuals with disabilities, this initiative champions diversity and encourages participation at one's own pace. By hosting events in various locations across the region, Taum's Fishing Day fosters community engagement and dispels societal stigmas surrounding disability.

The impact of Taum's Fishing Day extends beyond its immediate participants, as interactions with the public promote understanding and challenge stereotypes. Through visibility and active engagement, this initiative not only fosters inclusivity but also provides a platform for mutual support, learning, and growth. With its momentum steadily increasing, Taum's Fishing Day is poised to continue making a profound difference in the lives of individuals with intellectual disabilities and the wider community.

MORETON BAY **STAND BY ME** PRESENTS

WELLNESS BEACH BRUNCH

Thursday
19th October
9am-12pm

Line Up

CRYSTAL BOWL GUIDED MEDITATION

SPECIAL GUEST SPEAKER:

Olivia Hargroder from ABC 'Better Date than Never'

ART & KITE MAKING WITH MATT

REDCLIFFE DRUM CIRCLE

FISHING WITH TAUM

DELICIOUS HEALTHY BRUNCH

Where

SUTTONS BEACH REDCLIFFE

Grassed area

RSVP

FREE

BYO Chair

tee.lovell@p2pqld.org.au

or text 0409 606 739

P2P

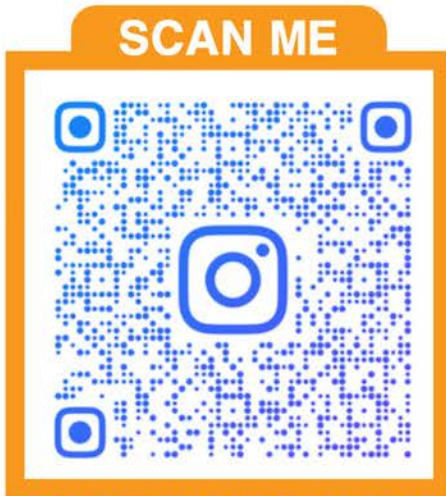
PARENT TO PARENT



Social Media

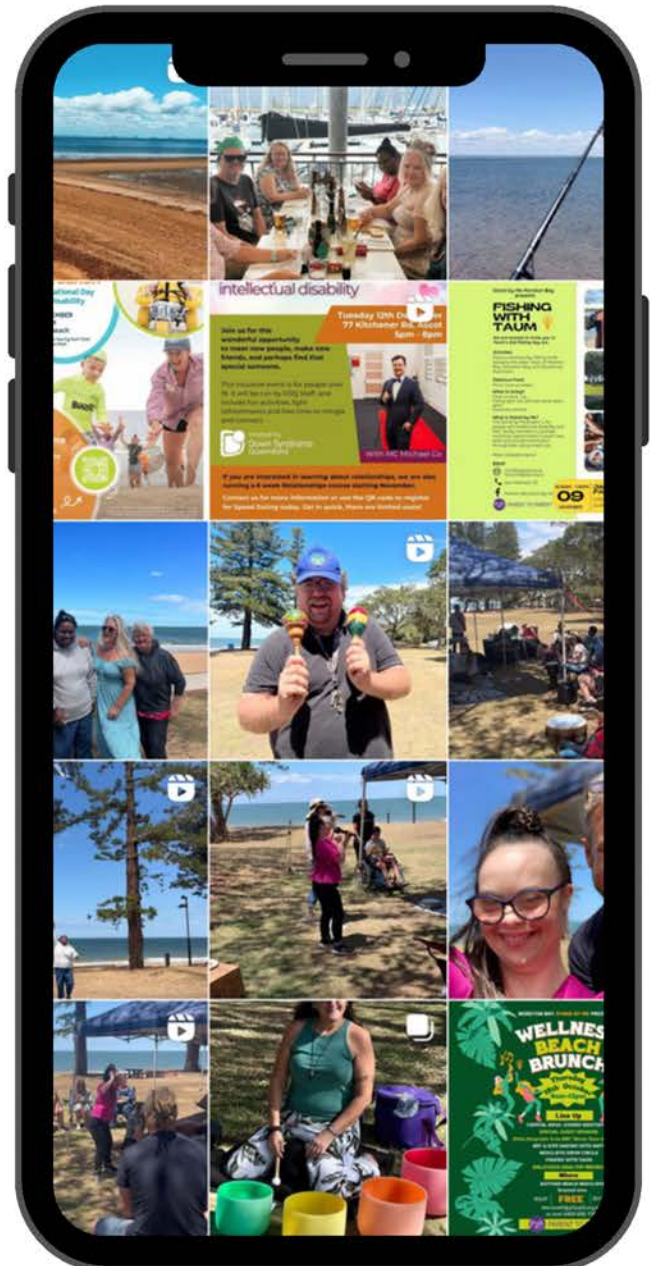
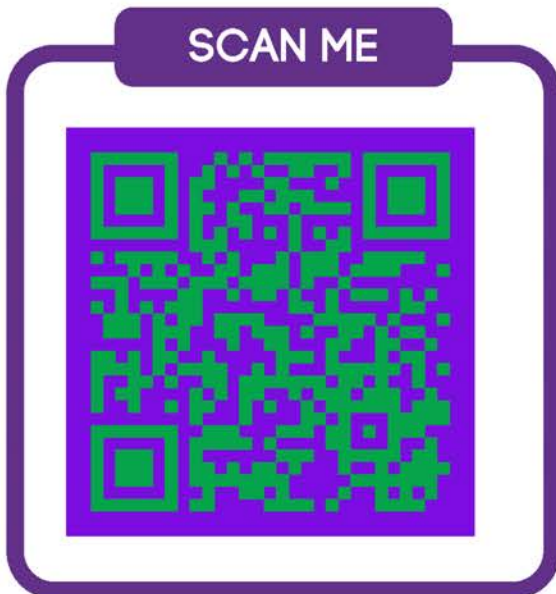
Dive into the vibrant world of the Stand by Me Peer Group by watching our captivating videos on Instagram and Facebook. Get ready for a visual adventure that showcases the beauty, connection, and community spirit of Brisbane and Moreton Bay. From stunning landscapes to heartwarming stories, highlights and magical moments that make our peer group special.

SCAN ME



@MORETONBAYSTANDBYME

SCAN ME





The Power of Connection

The power of connection is evident throughout the "Stand by Me" project, where collaborative efforts have fostered a supportive community and driven positive change. Through partnerships with community organisations and focus groups, the project has built social capital, enhancing support services and widening its reach. This inclusive approach has empowered individuals to advocate for themselves, driving systemic changes and improving accessibility.

Peer support groups and workshops have provided opportunities for individuals to share experiences, boosting confidence, and self-esteem. Collaborations with local organisations have led to joint initiatives benefiting both members and the wider community. By fostering authentic connections and empowering individuals, Stand by Me has created a network that reduces social isolation, enhances well-being, and promotes inclusivity.



Social Capital

Stand By Me's approach to building social capital has significantly benefited people with disabilities by enhancing support services, empowering advocacy efforts, improving accessibility, fostering community inclusion, and promoting personal growth and empowerment. Through collaborative initiatives and a commitment to embracing diverse perspectives, Stand By Me has created a supportive network that continues to drive positive change and improve usability for individuals with disabilities



THE FUTURE FOR STAND BY ME

Design Approaches Considered

Using a participatory design approach, people with intellectual disability lead their own focus and self-advocacy groups. Being involved in every decision, making sure their voices shape the group's structure and activities. This approach values perspectives, empowering people to create inclusive, relevant initiatives that truly reflect people with disabilities needs and aspirations.

Methodology and Process Flow

The Stand By Me project employs a participatory methodology, engaging people with intellectual disabilities in co-design. The process flow includes initial consultations, collaborative planning, regular feedback sessions, and continuous support. This ensures participant-led initiatives, fostering empowerment, inclusivity, and effective self-advocacy through iterative development and responsive adjustments.

Ideas for continuation

There are always exciting opportunities and the possibility of the continuation of the Stand by Me peer groups, despite the project not receiving funding in this round. As we know, many exceptional projects often miss out on funding opportunities, but that does not mean that the vision and impact of Stand by Me ends here, and rather it presents an opportunity for us to adapt, innovate, and collaborate in new and exciting ways.

One possible opportunity that we could explore how personalised projects could train people to keep running peer groups and continue the important work that Stand by Me has started. By partnering with like-minded individuals and organisations, we can create a similar platform or initiative that upholds the values of community connection and support that are at the heart of our mission.

