# Hau yu gin biyam gudwan lida

Ba mela tulkit

Eastside Kriol

Dijan Isiwan Ba Ridim





Hau bla yujim dijan tulkit

|  |  |
| --- | --- |
|  | Wumin garrim disibiliti Australia (WWDA) bin raidim dijan tulkit.  Wen yu luk jat wed “wi” or “melabat” o “mela” imin min WWDA. |
|  | Melabat wanbala oganaiseishan hu album wumin en gel garrim disibiliti oloba Australia. |
|  | Melabat album pipul gat disibiliti hu maiti kolim mijelp **jenda daibes** oloba Australia du.  Jenda daibes min maiti yu fil leig yu noma rigin mijelf menwan o wumunwan. |
|  | Melabat bin raidim dijan tulkit bla meigim isiwan ba ridim.  Melabat yusim pitja ba showum yu sambala aidiya. |
|  | Melabat bin pudum sambala potanwan wed la **bold**, kolim. Sabi dakwan.  Dijan min detlot potanwan wed im brabli dakwan en lilbit fetwan du lagijat. |
|  | Melabat dalim yu wanim dislot wed min.  Mela bin meigim lis en raidimdan dislot wed langa peij **46**. |
|  | Dijan isiwan, imin kaman burru najanwan tulkit, mela bin meigim lilbit shotwan stori.  Dijan min mela bin only burremin rili potanwan aidiya. | |
|  | Yu gin faindim jat najawan tulkit la melabat websait.  [www.wwda.org.au/lead-toolkit/](https://wwda.org.au/lead-toolkit/) |
|  | Langa dijan tulkit, mela toktok ba samting maiti meigim yu apset.  Yu gin askim samwan yu tras ba saport yu. |
|  | Yu gin askim ba saport ba riddim dis tulkit du.  Maiti wan fren, femili mob or saport persin gin album yu. |
|  | Yu noma gara riddim dis tulkit en duim ala aktibiti seim taim du.  Yu gin deigim yu taim bla duim. |

Wanim iya insaid na dis tulkit?

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## Bla mela tulkit

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|  | Mela noma abum mach lida gat disibiliti langa Australia. |
|  | Bat pipul garrim disibiliti gin be gudwas lida du. |
|  | Dey garim saim **raits** leigi pipul gara no disibiliti. |
|  | Raits, im rul ba hau pipul gara trit yu:   * raitwei * en saim laik ebdriwan els. |
|  | Mela bin meigim wan tulkit ba saport mowa wimun, gel, en genda diverse pipul garrim disibiliti so em gin bi stongwan lida du. |
|  | insaid mela tulkit, we della alabat: |
|  | * wanim lida |
|  | * skil yu gin meigim ba kaming gud lida |
|  | * **principle** yu gin folo ba being gud lida.   Principle im portenwan idiya alabat gin jingabat. |
|  | We dela yu weya yu gin gajim sapot du. |
|  | Mela bin wek garra wimun, gel en gender diverse pipul garrim disibiliti ba meigim dijan tulkit. |

## Wanim lida?

|  |  |
| --- | --- |
|  | A lida im samwan hu bin: |
|  | * jandap ba wanim im bilib |
|  | * album en sapot naja lot pipul. |
|  | Eniwan gin bi lida. |
|  | Sabi laik: |
|  | * femili or fren mob |
|  | * ba yu ticha or samwan else la yu komyuniti. |

## Sam skil yu gin bildimap blanga meigim yu gudwan lida

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|  | Deya difrin kain skil yu gin lenim en gaji ba kaming gudwan lida. |
|  | Im rait if yu noma garim ala dis diffrin skil yet. |
|  | Dijan lot skil gin min yu sabi: | |
|  | * ba meigim plen ba rijim yu gol | |
|  | * jingabat diffrin said ba wanim hepining or situation | |
|  | * album pipul bla sabi weya dey strongbala. | |
|  | Dislot skil also min yu sabi ba: | |
|  | * irrim na naja pipul idiya en wanim dey tok strong wei | |
|  | * bildemap tras gat najalot pipul | |
|  | * toktok gudwei so najalot pipul brabli sabi wanim yu tok. | |
|  | Yu gin toktokbat diffin wei du.  Sabi leig yusim sine languis. | |

|  |  |
| --- | --- |
|  | Dislot skil also min yu sabi ba: |
|  | * sabi wen yu wrong |
|  | * tok riliwan wei en tokap ba wanim yu belib in | |
|  | * sabi im rait ba jeinjim yu idiya |
|  | * en shoim ba yu truwan filing |
|  | * bi **konfident**.   wen yu konfident, yu:   * belib in misel * sabi wanim yu gin duim * trai nuwan ting. |
|  | Dislot skil also min yu sabi ba: |
|  | * bi strongbala wan wen im had taim |
|  | * keya ba najalot pipul |
|  | * album najalot pipul |
|  | * sapot pipul ba wek thru eni brablem dey garim. |

## Principle yu gin bulrum ba being gudwan lida

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|  | Dey garrim fibala principle yu should bulrum ba being gudwan lida. |
|  | 1. Jeinjim idiya ba wanim lida duimbat. |
|  | 1. Lenim bram, en leigim diffrin idiya en experience. |
|  | 1. Najing bla blekbela garra no blekbela deya. |
|  | 1. Album en sapot pipul. |
|  | 1. Keya ba mijelp en yu komyuniti du. |
|  | Mela tok ba mela principle la dislot peij andanith. |
|  | Mela bin burem aktibiti ba album yu traiembat ala principle du. |
|  | Yu gara gaji pepa en pen or maiti pencil ba duim dislot aktibiti. |
|  | Yu gin duim dislot aktibiti: |
|  | * misel |
|  | * or gara najalot pipul. |

## Principle 1 – Jeinj idiya abat wanim lida duimbat

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| --- | --- |
|  | Mela wandim jeinim hau alabat rigin lida:   * dellim alabat wat dey gara duimbat * control ebdrijing. |
|  | Gudwan lida, sabi hau ich person diffrin. | |
|  | Maiti dey diffrin leigi:   * bekgraun * wanim dei bin guthru * wanim dey jingabat, filimbat en belib. | |
|  | Gudwan lida sabi hau wekwek gara najalot diffrinkain pipul gin meigim tim strongbalawan du. | |

Actibiti 1: Raitdimdaun abat wen yu misel bin lida.

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Dijan actibiti gara album yu jingabat wen yu bin lida. | |
|  | | Raidimdaun yu ansa na alla dijan sentens la naja wan papa. | |
|  | | Sabi laik, yu maiti raidim:  ‘Ai ema lida wen ai ticham pipul hau du bi strongbalawan.’ | |
|  | | Ai em a lida wen ai ticham pipul ba… | |
|  | | Ai em a lida wen ai pujem pipul bla jingabat naja wei ba im idiya… | |
|  | | Ai em a lida wen ai sapot najalot hau bla… | |
|  | | Ai em a lida wen ai hapi ba wanim najalot bin duim ba… | |
|  | | Ai ema a lida wen ai sheya… | |

|  |  |  |  |
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|  | | Ai em a lida wen ai tok tokbat ba najalot pipul abat… | |
|  | | Ai em a lida wen ai dellibatm pipul ba… | |
|  | | Ai em a lida dumaji ai em rili gud ba… | |
|  | | Ai em a lida dumaji main strongwan skil im…. | |

Actibiti 2: Lenim ba yu skil

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|  | Dijan actibiti gara album yu lenim ba yu ronwan lida skil.  Yu gin faindem lis ba skil yu gin bildemap ba bi gudwan lida la peij**9**. |
|  | Faindim skil yu bin duim bifo en raidimdaun wen yu bin yujim. |
|  | Im rait if yu noma gara stori ba eolot skil. |
|  | En im album yu sabi wijan skil yu nid ba abum. |

## Principle 2 – Rispek diffrin kain en wanim dey bin guthru

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|  | Wen yu **value** samjing, yu rigin im brabli portenwan. |
|  | Gud wan lida im value (rispek) en laigim ala kain wei ebdribodi diffrin. |
|  | Dijan min ala diffrin stori ba ebdribadi laif du. |

Actibiti 1: Sheya stori blanga yu laif

|  |  |  |  |
| --- | --- | --- | --- |
|  | | Dijan actibiti gara album yu len moa hau blanga: | |
|  | | * yu | |
|  | | * najalot pipul. | |
|  | | Yu gin dellim yu stori eni wie yu wandim.  Sabi yu maiti:   * raidimdaun stori * meigim pikcha by drawim or yujim foto * meigim shotwan bidiyo. | |
|  | | Mela bin raidimdaun sam kwestjin andanith ba album yu meigim yu stori. | |
|  | | Wanim ala gud ting bin hepin na yu laif? | |
|  | | Wanim ala nogud ting bin hepin na yu laif? | |
|  | | Hu ala portenwan pipul la yu laif?  Watfo datlot portenwan? | |
|  | | Wanim yu rili laigembat?  Hau dijan ting yu leigim bin jeinj yu laif? | |
|  | | Wanim ala gudwan ting yu bin duimbat?  Wanim rili meigim yu praud wan? | |
|  | | Hau yu laif diffrin na bram bifo? | |
|  | | Hau yor laif garra bi diffrin langa fucha?  Hau yu gara meigim dis hepin? | |

## Principle 3 – Najing abat blekbela if no blekbela jandap jeya du

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|  | Gudwan lida sapot en ledim ebdribadi abum say ba disishin ba der ronwan laif. |
|  | Dijan min pipul hu yujim sapot ba meigim disishin. |

Actibiti 1 – Raidim leda langa misel

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|  | Dijan actibit gara album yu jingabat hau yu gin abum say ba eni disishin gara du gat yu. |
|  | Yu gin raidim leta langa misel abat hau yu gin abum yu say na yu ronwan komyuniti. |
|  | Yu gin: |
|  | * ridum dijan leta neks yiya |
|  | * jingabat hau yu bin tok la disishin gara du gat yu. |

Actibiti 2 – Hau yu gin buremin en sapot inclusion

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|  | | **Inclusion** min alabat – ebdribadi:   * ba alabat, nobadi git lef aut * gin taik pat na melabat komuniti. | |
|  | | Ebdribadi garim rait ba bi included na jeya komyuniti. | |
|  | | Jingabat wei ba hau yu bin sapot pipul na yu komyuniti ba meigi dem fil included.  Dis min wei ba hau yu bin sapot inclusion ba miselp du. | |
|  | | Raidimdaun detlot stori. | |
|  | | Mela abum sam idiya ba album yu stat. | |
|  | | Ai bin faindim wei ba sapotim misel en najalot pipul. | |
|  | | Ai bin dalim pipul brabli gudwei hau ai nidim jeya sapot. | |
|  | | Ai bin joinim gara naja pipul ba lenim abat jeya idiya en wanim jey rigin. | |
|  | | Ai bin gu na wan komyuniti grup ba:   * sheyim main idiya * lijin na samwan els idiya en irrim. | |
|  | | Ai bin dalim orginisashin hau dey gin moa beda gibit strongwan sapot ba inclusion. | |
|  | | Ai bin gu in sam ting en ai bin dalim pipul ba jingabat inclusion ba pipul garrim disibiliti. | |
|  | | Ai bin sheya meain ronwan stori gat disibiliti ba album pipul sabi hau jey gin sapot inclusion. | |
|  | | Ai bin gud wan persin ba joim naja pipul how to bi en duimbat lagajat. | |

## Principle 4 – Bekap en sapot pipul

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|  | Gudwan lida gin luginat en sabi ala strength sambala garim na. |
|  | Dey gin luginat strength pipul gin bildimap gara rait wan trening en sapot. |
|  | Gudwan lida album pipul lenim hau bla: |
|  | * luginat najalot pipul strength |
|  | * wek wek mijamet du ba yujim diffrin strength. |

Actibiti 1 – Lenim abat naja pipul strength

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|  | Dijan actibiti gara joim yu hau bla: |
|  | * luginat yu ronwan strength |
|  | * luginat najalot pipul strength. |
|  | Jingabat sambala hu strongbalawan. |
|  | Na raidimdan why yu rigin jat persin strongbalawan. |
|  | Yu gin jingabat if yundubala garim saimwan strength du. |
|  | If yu duimbat dijan actibiti gara tim, yu gin askim ich persin ba sheam stori ba wen dey bin filim strongbalawan. |
|  | Wen sambodi binij della yu der stori, alabat gin raidimdan wanim strength jat persin bin delim yu ba dem. |
|  | Den yu gin foldem yu papa en burremin na jat person jar.  Wen dijan actibiti binij, alabat wil abum papa from ebdribodi insaid na dey ronwan jar. |

Actibiti 2 – Meigim gudbinji stori

|  |  |
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|  | Dijan actibiti gara tichem yuh hau bla jingabat miselp gudwei. |
|  | Yu gin stat by toktokbat na yu tim abat dey:   * gudwan thaut * nogudwan thaut. |
|  | Den ich persin la yu tim gin raidimdaun samting gud ba der thaut. |
|  | Sabi laik:  ‘Ai gin duimgat dis idiya dumaji ai bin duim sam naja wan gudwei, leig ai bin binij skul rait thru en gibit sapot langa ala main fren.’ |
|  | Wen dijan actibiti binijap, ebdribadi gara gudwan ting dey bin raidimdaun ba alabat. |

## Principle 5 – Keya ba misel en blanga yu komyuniti

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|  | A gudwan lida lukafta misel halth en seifdi.  Yu nomo gin album najalot pipul if yu not halthi en seif misel. |
|  | Wen yu lukafta misel, yu joim alabat dey gin lukafta misel lagajat du. |
|  | A gud lida meigim alabat seifwan du. |
|  | Dijan min kipum seif anlain du. |

Actibiti 1 – Set boundaries

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|  | Dijan actibiti will album yu meigim **boundaries**.  Boundaries im rul we meigim ba:   * misel * hau wi wandim pipul to tritim melabat. |
|  | Boundaries album yu:   * jingabat wanim yu nid fes * joim naja pipul hau dey gara rispek yu nids du. |
|  | Sabi leig, yu bin dela yu femili yu nid res taim wen yu bin kam bek bram wek bifo yu go duim ala housewek. |

|  |  |
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|  | Raidimdaun: |
|  | * wanim yu nid |
|  | * wanim yu boundary is ba meigim shuwa yu sapot dijan nid |
|  | * hau yu gara delim alabat ba yu boundary. |

Actibiti 2 – Keya ba misel

|  |  |
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|  | Dijan actibiti gara album yu jingabat wanim yu gin du ba lukafta misel. |
|  | Sabi laik: |
|  | * toktokbat na fren la fone |
|  | * duimbat atwek |
|  | * duimbat exasise |
|  | * guwei na holidei. |
|  | Raidimdan hau yu gin keya blanga: |
|  | * yu main en yu badi |
|  | * jat pipul yu bin keya bla leigi yu femili en fren |
|  | * yu komyuniti. |
|  | Meigim plen ba wanim yu gara du ba keya ba misel ich wik. |
|  | Leigi, wan actibiti yu gin duimbat:   * ebdri moningtaim * ebdri aftanuntaim * ebdri naitaim. |

## Sapot ba yu

### Mentors

|  |  |
| --- | --- |
|  | A **mentor** im sambadi hu album yu en tichim pipul ba duimbat gudwan wei ba duim eni job. |
|  | Wen yu lida yu gin: |
|  | * gajim sapot bram mentor |
|  | * sapot najalot by being mentor misel. |
|  | Wen yu mentor sambadi, rimimba ba luginat en wek gat deya strength.  Noma luginat wanim dey noma sabi duimbat. |
|  | Yu gin meig showa yu sapot samwan hau dey maiti nidim du. |
|  | Leigi, gibit im moa taim ba binijim job if dey nidim. |
|  | Yu gin fain sapot ba hau yu gin mentor pipul garrim disibiliti langa People with Disability Australia website. [www.pwd.org.au/projects/advancing- women-project/](http://www.pwd.org.au/projects/advancing-women-project/) |

### Sapot grup

|  |  |
| --- | --- |
|  | Yu gin faindim sapot bram: |
|  | * grups hu bin tokap ba pipul gat disibiliti |
|  | * **peer support grup.**   Peer sapot im wen pipul hubin abum seim kain experience ba:   * fil kinektid * album ich atha. |
|  | Wen yu gu na dis grup yu gin midim nuwan pipul. |
|  | Mela gin run peer sapot grups.  Yu gin faindat moa infomashin langa mela Facebook paij.  [www.facebook.com/groups/WWDACommunity/](http://www.facebook.com/groups/WWDACommunity/) |
|  | Yu gin also lenabat hau yu gin meigim peer sapot grup langa Limbs 4 Life website.  [www.limbs4life.org.au/peer-support](http://www.limbs4life.org.au/peer-support) |
|  | Yu gin fain wan lis ba ala grup hu tokap ba pipul garrim disibiliti langa Voices Together website.  [www.voicestogether.com.au/](https://www.voicestogether.com.au/) |

### Najalot sapot

|  |  |
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|  | Mela gin dela yu sam portenwan sebis la dese neks paijs. |
| A mouse cursor pointing at something  Description automatically generated | Mela gara lis ba fonelain ba album yu la mela websait du.  [www.neve-plainenglish.wwda.org.au/level-4-page/helpline-directory](http://www.neve-plainenglish.wwda.org.au/level-4-page/helpline-directory) |

#### Lifeline

|  |  |
| --- | --- |
| A logo for a lifeline  Description automatically generated | Lifeline imin sebis ba pipul hu maiti wandim suicide.  Dijan min samwan maiti wandim or bin kilimijelp. |
|  | Yu gin kolim Lifeline eni taim.  **13 11 14** |

#### 1800RESPECT

|  |  |
| --- | --- |
| A black background with orange text  Description automatically generated | 1800RESPECT gin gibit sapot ba pipul hu bin guthru **domestic en femili biolins**. |
|  | Domestic en femili biolens im wen samwan gulijap na yu ardim yu laik:   * yu partna, laik boyfren or gelfren * samwan na yuron femili mob * samwan hu lukafta yu * samwan yu lib garra. |
| A person holding a cell phone  Description automatically generated | Yu gin kolum na:  **1800 737 732** |

#### QLife

|  |  |
| --- | --- |
| A colorful letter q with pink and blue text  Description automatically generated | QLife sapot ala **LGBTQIA+** pipul en im femilis. |
| A group of people standing in a line  Description automatically generated | Dem leta la jat LGBTQIA imin min lesbian, gay, transexual, questioning or queer, intersex and asexual.  Jat ‘+’ sain im ba pipul hu rigin dey pat of LGBTQIA+ komunidi but noma toktokbat na mijelp yujim dis lot wed. |
| A person with purple hair and a black coat holding a cell phone to her ear  Description automatically generated | Yu gin kolum dijan bram 3:00 pm – 10:30 pm.  **1800 184 527** | |

#### 13YARN

|  |  |
| --- | --- |
| A colorful logo with black background  Description automatically generated | 13YARN sapot Aboriginal en Torres Strait Islanda pipul. |
| A person talking on a cell phone  Description automatically generated | Yu gin kolum na:  **13 92 76** |

## Ola wedmob from bifo

**Dijan lis dalim yu wanim detlot bold o dakwan wed min.**

|  |  |
| --- | --- |
|  | Boundaries  Boundaries im rul we meigim ba:   * misel * hau wi wandim pipul to tritim melabat. |
|  | Konfident  wen yu konfident, yu:   * belib in misel * sabi wanim yu gin duim * trai nuwan ting. |
|  | Domestic en femili biolens  Domestic en femili biolens im wen samwan gulijap na yu ardim yu laik:   * yu partna, laik boyfren or gelfren * samwan na yuron femili mob * samwan hu lukafta yu * samwan yu lib garra. |
|  | Jenda daibes  Jenda daibes persin im samwan hu noma fil leig man or noma fil leig wimun. |
|  | Inclusion  Inclusion min alabat:   * im teik pat * en gin teik pat la mela komyuniti. |
|  | LGBTQIA+  Dem leta la jat LGBTQIA imin min lesbian, gay, transexual, questioning or queer, intersex and asexual.  Jat ‘+’ sain im ba pipul hu rigin dey pat of LGBTQIA+ komunidi but noma toktokbat na mijelp yujim dis lot wed. |
|  | Mentor  A mentor im sambadi hu album yu en tichim pipul ba duimbat gudwan wei ba duim eni job. |
|  | Peer sapot  Peer sapot im wen pipul yujim something dey bin guthru seim laik najalot pipul ba:   * fil kinektid * album ich atha. |
|  | Principle  Principle im portenwan idiya alabat shud jingabat ala taim. |
|  | Rait  Raits, im rul ba hau pipul gara trit yu:   * raitwei * en saim laik ebdriwan els. |
|  | Value  Wen yu value samjing, yu rigin im brabli portenwan. |

## Contact mela

|  |  |
| --- | --- |
|  | Yu gin ringimap mela.  **0438 535 123** |
|  | Yu gin imail mela.  officeadmin@wwda.org.au |

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| --- | --- |
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