

# Hau yu gin biyam gudwan lida

## Ba mela tulkit

Eastside Kriol

Dijan Isiwani Ba Ridim



Women  
With  
Disabilities  
Australia  
(WWDA)



# 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 isiwana ba ridim.

Melabat yusim pitja ba showum yu sambala aidiya.

# **Bold**

## Not bold

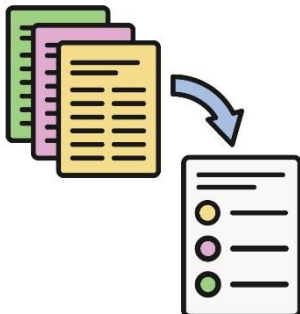
Melabat bin pudum sambala potanwan wed  
la **bold**, kolim. Sabi dakwan.

Dijan min detlot potanwan wed im brabli  
dakwan en lilbit fetwan du lagijat.



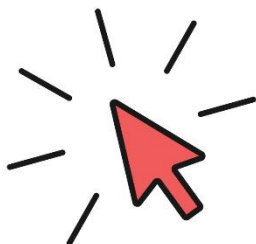
Melabat dalim yu wanim dislot wed min.

Mela bin meigim lis en raidimdan dislot wed  
langa peij **46**.



Dijan isiwani, imin kaman burru najawan 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/](http://www.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.

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# Bla mela tulkit



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 ebdrwan els.



Mela bin meigim wan tulkit ba saport mowa wimun, gel, en genda diverse pipul garrim disibiliti so em gin bi stongwan lida du.

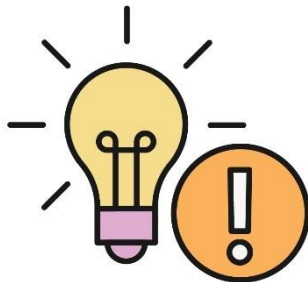
insaid mela tulkit, we della alabat:



- wanim lida

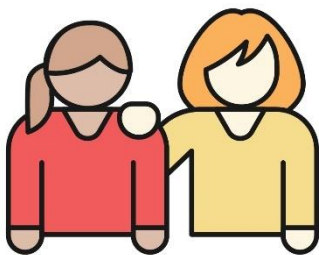


- skil yu gin meigim ba kaming gud lida



- **principle** yu gin folo ba being gud lida.

Principle im portenwan idiya alabat gin jingabat.



We dela yu weya yu gin gajim sapat 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



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

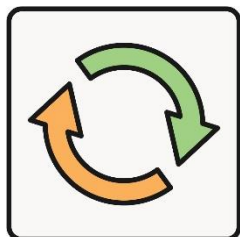


- sapot pipul ba wek thru eni brablem dey garim.

# Principle yu gin bulrum ba being gudwan lida



Dey garrim fibala principle yu should bulrum ba being gudwan lida.



**1.** Jeinjim idiya ba wanim lida duimbat.



**2.** Lenim bram, en leigim diffrin idiya en experience.



**3.** Najing bla blekbela garra no blekbela deya.



**4.** Album en sapot pipul.



**5.** 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:

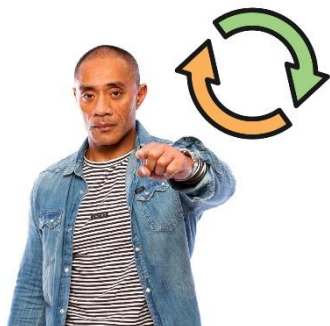
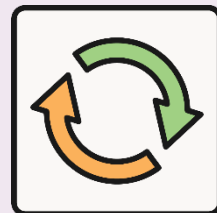


- misel



- or gara najalot pipul.

# Principle 1 – Jeinj idiya abat wanim lida duimbat



Mela wandim jeinim hau alabat rigin lida:

- dellim alabat wat dey gara duimbat
- control ebdrijiing.



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...



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



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



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?



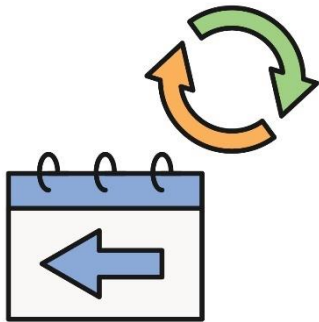
Wanim yu rili laigembat?

Hau dijan ting yu leigim bin jeinj yu laif?

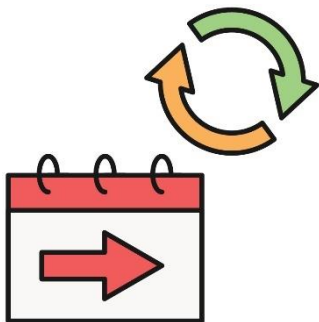


Wanim ala gudwan ting yu bin duimbat?

Wanim rili meigim yu praud wan?



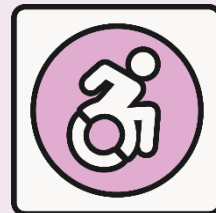
Hau yu laif diffrin na bram bifo?



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



Gudwan lida sapot en ledim ebdribaldi abum say ba  
disishin ba der ronwan laif.



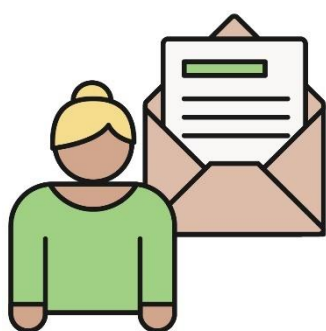
Dijan min pipul hu yujim sapot ba meigim disishin.



## Actibiti 1 – Raidim leda langa misel



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



**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.



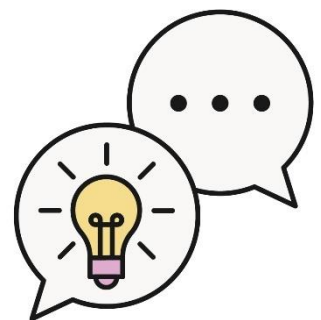
Mela abum sam idiya ba album yu stat.



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.

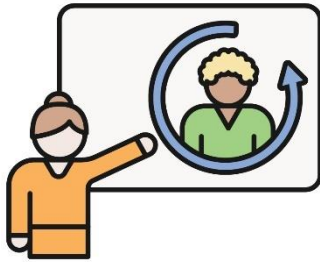
Ai bin gu na wan komyuniti grup ba:



- 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 sapat pipul



Gudwan lida gin luginat en sabi ala strength sambala garim na.



Dey gin luginat strength pipul gin bildimap gara rait wan trening en sapat.

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

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.



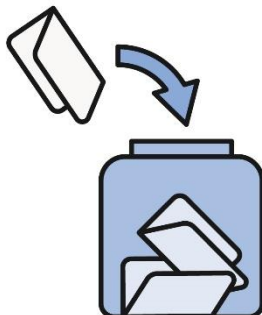
Yu gin jingabat if yundubala garim saimwan strength du.



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



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



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



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.

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



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:



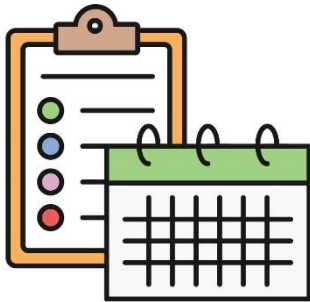
- yu main en yu badi



- jat pipul yu bin keya bla leigi yu femili en fren

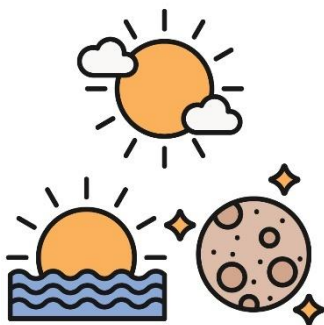


- yu komyuniti.



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.

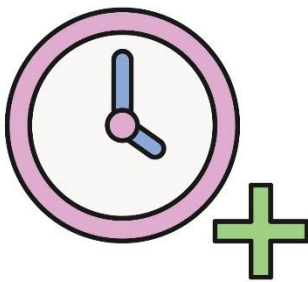


Wen yu mentor sambadi, rimimba ba luginat en wek gat deya strength.

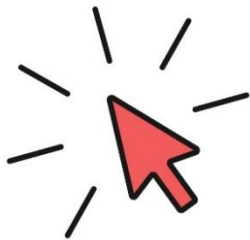
Noma luginat wanim dey noma sabi duimbat.



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.

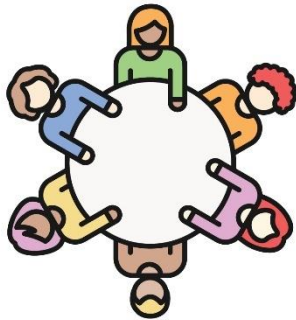
**[www.pwd.org.au/projects/advancing-women-project/](http://www.pwd.org.au/projects/advancing-women-project/)**

## Sapot grup

Yu gin faindim sapot bram:



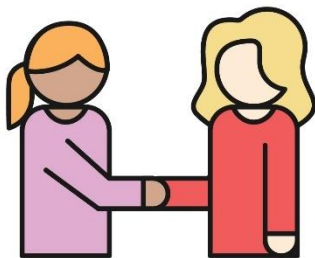
- grups hu bin tokap ba pipul gat disibiliti



- **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.

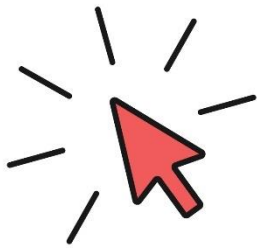




Mela gin run peer sapot grups.

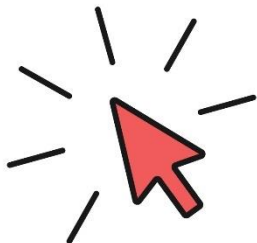
Yu gin faindat moa infomashin langa mela Facebook pajj.

**[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)**



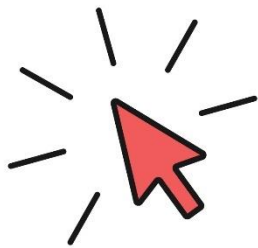
Yu gin fain wan lis ba ala grup hu tokap ba pipul garrim disibiliti langa Voices Together website.

**[www.voicestogether.com.au/](http://www.voicestogether.com.au/)**

## Najalot sapot



Mela gin dela yu sam portenwan sebis la dese neks paijs.



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



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



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.



Yu gin kolum na:

**1800 737 732**

## QLife



QLife sapot ala **LGBTQIA+** pipul en im familis.



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.



Yu gin kolum dijan bram 3:00 pm – 10:30 pm.

**1800 184 527**

## 13YARN



13YARN sapot Aboriginal en Torres Strait  
Islanda pipul.

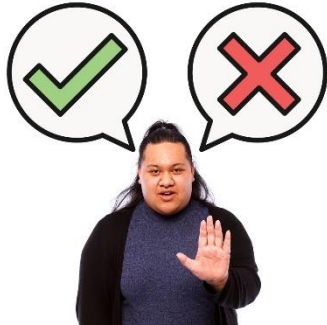


Yu gin kolum na:

**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+



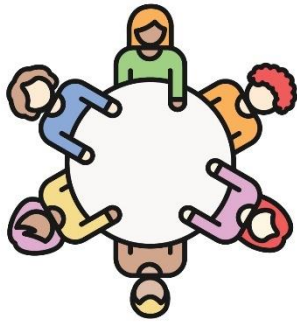
Dem leta la jat LGBTQIA imin min lesbian, gay, transexual, questioning or queer, intersex and asexual.

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 sapat

Peer sapat 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



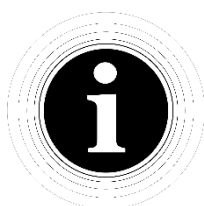
Yu gin ringimap mela.

**0438 535 123**



Yu gin imail mela.

**[officeadmin@wwda.org.au](mailto:officeadmin@wwda.org.au)**



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Della im job numba 5806.