

## Creating inclusive communities



## Peer Action Groups

### Leading change in our lives and communities

Peer Action Groups provide peer support and encouragement for people with disability, their families and supporters to:

- Network with other people experiencing the same situations, needs and issues
- Learn to make NDIS supports work to achieve personal goals and become more able to make decisions and choices
- Create relationships and friendships that empower and create confidence
- Increase opportunities for recreation, work and community participation
- Develop self-advocacy skills and learn to access independent advocacy support when needed
- Learn to make good decisions and lead their own life
- Do projects together to improve and promote more inclusive communities for everyone

Peer Action Groups gain access to VALID's self advocacy support, individual and systemic advocacy work, empowerment training and information resources.

## Who should join a VALID Peer Action Group?

VALID supports Peer Action Groups for people with disabilities, their family members and supporters across Victoria. They welcome anyone who is keen to become more confident in leading their own lives and who is keen to work together with others to make local communities more welcoming and inclusive.

Each group is supported by volunteer leaders and VALID's Community Development team. Peer Action Groups meet monthly in a community centre where they have a community presence.

# VALID

130 Cremorne Street  
Richmond, VIC 3121

**Phone** 03 9416 4003  
**Free Call** 1800 655 570 (Rural)  
**Fax** 03 9416 0850  
**Email** office@valid.org.au

## Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I would like to join a group for:

- People with Disability
- Parent / Family Member / Carer
- Special Interest

**Peer Action Groups operate in Melbourne metropolitan areas and across regional Victoria**

There are also **shared interest Peer Action Groups** supporting people with a common interest or concern.

### **No local groups in your area?**

We are happy to meet with interested groups to create a new group if there aren't any in your local area.

Send your expression of interest to VALID or email david@valid.org.au