

NEPEAN DISABILITY EXPO

SPECIAL ADVERTISING FEATURE

More than 100 exhibitors at Expo

The Nepean Disability Expo is a one-stop-shop for disability services, bringing more than 100 vital services and providers together under one roof to connect with clients and carers and helping them understand what is available to them.

It also allows people to determine and choose the services and products which best suit their needs.

The Nepean Disability Expo will be held on Friday, March 31 and Saturday, April 1 at the Penrith Valley Regional Sports Centre between 9am and 3pm.

Entry is Free!

For more information, visit www.nepeandisabilityexpo.com.au, and see more information in this special *Weekender* feature.

Expo ambassador

Opera singer Yasmin Arkinstall is calling for greater understanding of Obsessive Compulsive Disorder (OCD) after sharing her own battle.

Diagnosed at 21, Yasmin knows first-hand the impacts of OCD, describing it as debilitating with intrusive thoughts causing distress, shame and guilt. It led Yasmin to over practice and damage her vocal cords and forced her to defer a degree at the Conservatorium of Music.



"I've experienced repetitive, intruding thoughts and every time, you feel this intense urge to do a compulsion or a ritual. Every sufferer is different, making the rituals different depending on what

the person's fear is. They can be both physical and mental," Yasmin said.

Around three per cent of Australians will experience OCD in their lifetime, according to Beyond Blue

Australia. However, there are many harmful misconceptions and stereotypes around the condition.

"A lot of people tend to disregard the debilitating nature of it," Yasmin said.

"They associate OCD with cleaning and quirkiness, which is just not true.

"I'm sure that there are many other disabilities getting the same treatment, doing a disservice to the disability community."

Now 27, she has since graduated with a Bachelor of Music and performed as an opera singer alongside British comedian Bill Bailey as the support act for his 'En Route to Normal' tour at the State Theatre. She's also created her own one-woman opera show 'OC Diva'.

Now Yasmin is throwing her support behind the Nepean Disability Expo as ambassador and is hoping to raise more awareness of OCD.

"I don't want to have lived with a disability without having contributed to a cause. I think that is part of my mission in life. I want other people to know that they're not alone and that we all have our struggles," she said.

Yasmin will take part in an exclusive Q&A at the Expo on Friday, March 31 at 11am.

Learn more about the Nepean Disability Expo and the organisations taking part in this special *Western Weekender* feature.



McCall Gardens Community Services understands that it is critical that services and facilities provided across our communities afford all people the dignity, respect and inclusivity they deserve.

We provide inclusive and personalised support services to people with a disability. Our goal is to help empower the communities that we serve, whilst encouraging a more united global society through inclusivity and accessibility.

For more information, come see at Booth G4 at the Nepean Disability Expo!

(02) 9679 1031

admin@mccallgardens.org.au

www.mccallgardens.org.au



MAR 31ST & APR 1ST 2022

🕒 **FRI - SAT | 9AM - 3PM**

📍 **Penrith Valley Regional Sports Centre**

FEATURING

Yasmin Arkinstall
Friday 31st Mar- 11am

**FREE
ENTRY**

**OVER
120 EXHIBITORS**

**GUEST
SPEAKERS**

**ALL AGES
ENTERTAINMENT**

Register today at nepeandisabilityexpo.com.au

the western
weekender



YASMIN ARKINSTALL

Yasmin will appear at the Expo's opening ceremony on Friday, March 31st



This year, the Nepean Disability Expo is excited to partner with Yasmin Arkinstall as our Expo Ambassador. Yasmin is a talented opera singer and an advocate for Obsessive Compulsive Disorder (OCD), calling for greater understanding of OCD after sharing her own battle.

Diagnosed at 21, Yasmin knows first-hand the impacts of OCD, describing it as debilitating with intrusive thoughts causing distress, shame and guilt. It led Yasmin to over practice and damage her vocal cords and forced her to defer a degree at the Conservatorium of Music.

"I've experienced repetitive, intruding thoughts and every time, you feel this intense urge to do a compulsion or a ritual. Every sufferer is different, making the rituals different depending on what the person's fear is. They can be both physical and mental," Yasmin said.

Around 3% of Australians will experience OCD in their lifetime, according to Beyond Blue Australia. However, there are many harmful misconceptions and stereotypes around the condition.

"A lot of people tend to disregard the debilitating nature of it," Yasmin said. "They associate OCD with cleaning and quirkiness, which is just not true. I'm

sure that there are many other disabilities getting the same treatment, doing a disservice to the disability community."

Now 27, Ms Arkinstall, has since graduated with a Bachelor of Music and performed as an opera singer alongside British comedian Bill Bailey as the support act for his 'En Route to Normal' tour at the State Theatre.

In 2020, Yasmin and acclaimed composer Dr Eve Klein were awarded an Arts 'Projects For Individuals and Groups' grant by the Australia Council For the Arts to create a new operatic, autobiographical work about Yasmin's life entitled "OCDiva". This work was also offered a grant in 2021 by Blacktown Arts, the Blacktown Council's contemporary arts organisation.

Now Yasmin is throwing her support behind the Nepean Disability Expo as ambassador, and she hopes to raise more awareness about OCD.

"I don't want to have lived with a disability without having contributed to a cause. I think that is part of my mission in life. I want other people to know that they're not alone and that we all have our struggles." *Yasmin Arkinstall*

FRIDAY

Time	What's On
10:00am	Introduction to the NDIS Quality & Safeguards Commission
10:30am	All Ability Hip Hop Dance - The Stage Door Performing Arts
11:00am	Opening Ceremony <ul style="list-style-type: none"> Welcome to Country Words of Welcome from Mark Jones Opening from Yasmin Arkinstall
11:30am	Ambassador Interview & Performance
12:00pm	Voice of the Participants & Their Rights
12:30pm	A Brand New Accessible Zoo
1:00pm	National Disability Insurance Scheme Update
1:30pm	Defined by Our Abilities: Meaningful Participation, Inclusive & Accessible Employment
2:00pm	Wheelchair Drummer

SATURDAY

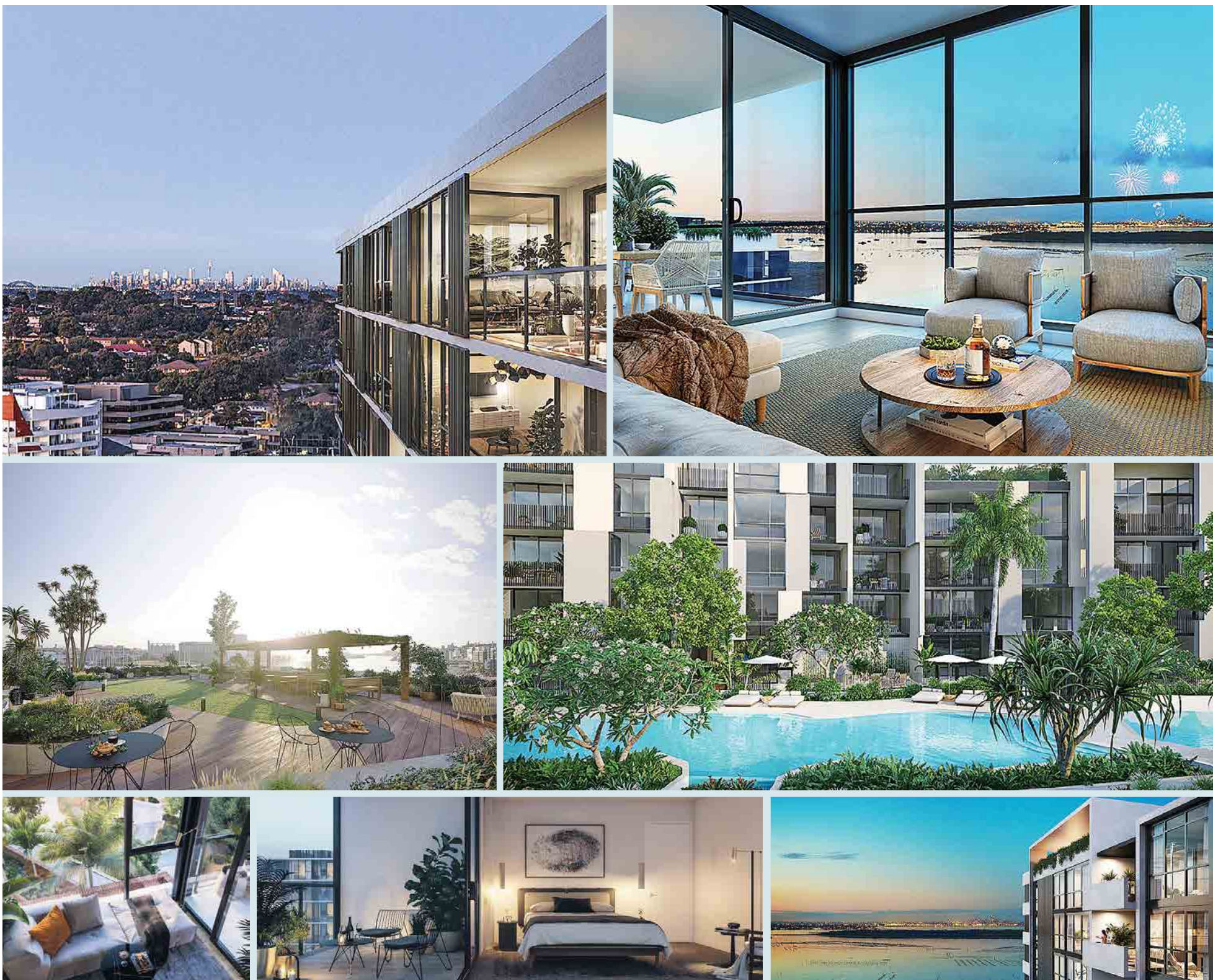
Time	What's On
10:00am	Unity Studios Showcase - Unity Studios
10:30am	Disabilities & First Responders: What You Need to Know
10:30am	Dealing with Shame Coming to Terms with My Chronic Illness/Disability
11:30am	The Story of Minds At Play
12:00pm	"Learn with Me" Different Style Dancing Session - Stars Within Inclusive Dance
12:30pm	Achieving Goals & Developing Life Skills with Animals
1:00pm	National Disability Insurance Scheme Update - NDIA
1:30pm	Embracing & Supporting Neurodiversity in the Workplace
2:00pm	Unity Studios Showcase - Unity Studios

the western weekender



The Western Weekender
is the proud media partner of the
Nepean Disability Expo

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Are you an NDIS Participant?
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Booth #1

31st March to 1st April

at Penrith Valley Regional Sports Centre



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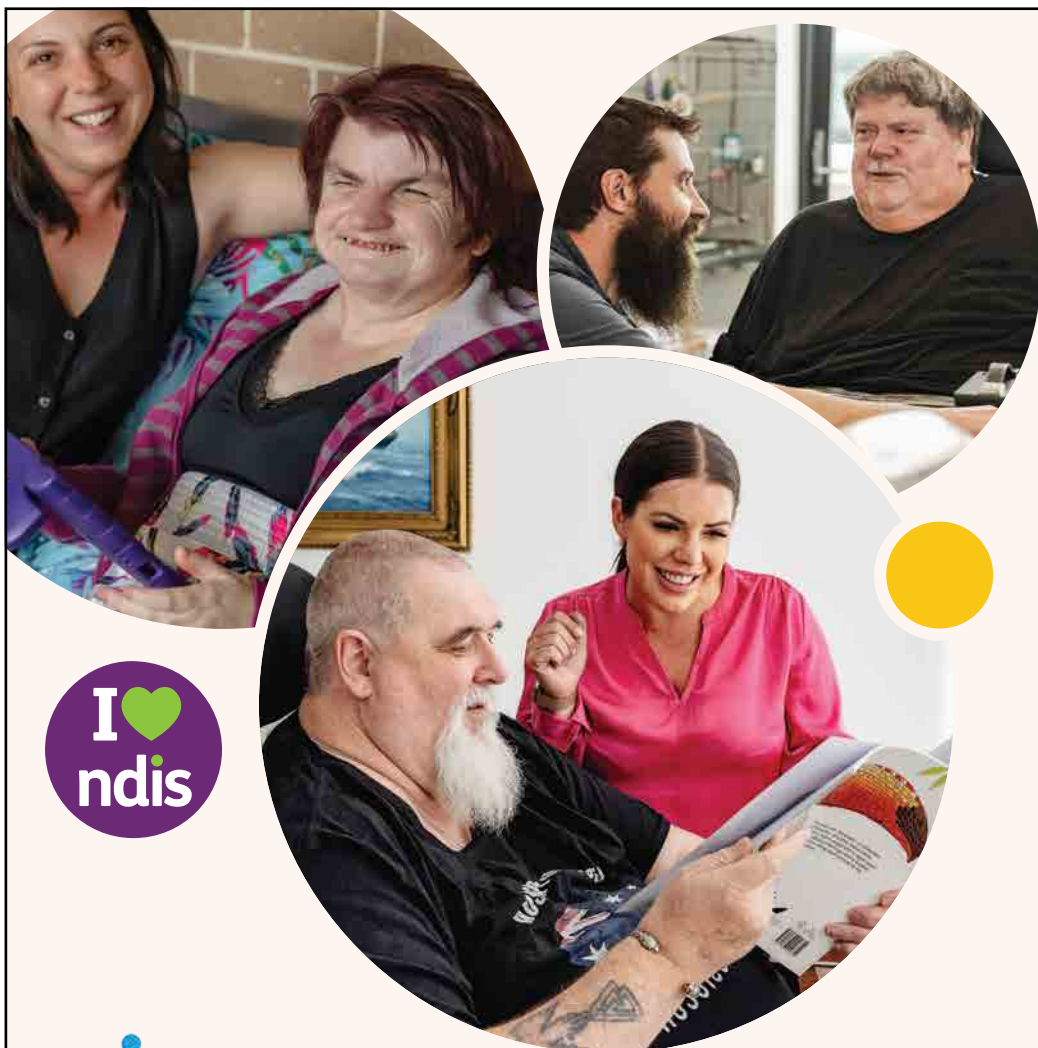
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Little Seekers Story Time

**Next session: Wednesday
29 March, 10am-11am
Penrith City Library**

Twice per term on Wednesdays.

We are pleased to be offering our Little Seekers Story Time sessions as a regular program in 2023!

Little Seekers Story Time is a sensitive story time designed for preschoolers aged 2-5 with disability or high support learning needs. Parents and children will enjoy songs, stories and play based activities.

Bookings are essential by phone or email.

☎ **02 4732 7891**

✉ **childrensteamlibrary@penrith.city**



Shared Reading

**Penrith City Library:
Wednesdays 1pm-2:30pm
St Clair Library:
Fridays 10am-11:30am**

Do you love listening to intriguing stories? Join us for our FREE weekly Shared Reading sessions! Listen to a story shared with you by the host, join the conversation if you wish, and meet new people.

For more information call **4732 7891**. Book your tickets using the QR code below.

To learn about Penrith City Libraries range of programs and book tickets, scan the QR code.



Join Penrith City Libraries today! Membership is FREE for all NSW residents and can be used at our Penrith, St Marys and St Clair Libraries. We also have an extensive eLibrary and selection of eResources that members can access 24/7 from the comfort of their own home. Visit library.penrith.city today to join.

 **PENRITH
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Come and visit us at the Nepean Disability Expo on 31 March & 1 April

To be held at Penrith Valley Regional Sports Centre, 30 Herbert St, Cambridge Park - 9am to 3pm

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Fragile X Association of Australia

Fragile X Association of Australia is a registered charity providing support and information to people around Australia who are affected by Fragile X Disorders, including Fragile X Syndrome.

Our vision is that people living with Fragile X are connected, included, understood & empowered to live their best possible lives.

CONNECT WITH US



HELPLINE 5 DAYS PER WEEK
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INFORMATION RESOURCES FOR ALLIED HEALTH PROFESSIONALS AND EDUCATORS

Why we are different?

EAI puts each individual at the centre of their service planning and in control of the supports they want. We pride ourselves on adapting and embracing all possibilities of flexible and innovative services. We are transparent and focus on quality services and honest communication.

How to join?

Anyone can self-refer to EAI for support services by contacting us directly. We can also accept referrals from friends, family, carers, schools, doctors etc. with consent.

If you would like to have a chat about further information or about what might be possible, please reach out.

Helping you help yourself.



EMPOWERability

What we do...

EAI is a registered NDIS provider and an Aged Care Provider. Read all about what services we provide; if you don't see what you need, contact us!

Assistance to:

Access the community (e.g. shopping, recreational activities etc.) Attend special events (e.g. concerts, weddings etc.) Attend therapeutic supports and continuing therapy in other environments.

Group, social & community based programs

- The Pack and CCSP
- School Holiday programs
- Short Term Accommodation
- Support Coordination
- In home personal care

Direct care

We provide a variety of different direct care supports that can be provided any time of the day, including evenings and overnight and any day of the week, weekends, or public holidays.



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Are you looking for support for yourself or a loved one?



If you are the kind of person who likes to have total control over all aspects of your life, we are the provider for you.

I believe in changing people's lives; therefore, I have started A&C Care Services to help those who need it the most. I believe in 'prevention is better than cure'. I certainly do not want to be just another voice. I am here for the right reasons.

- Meena Aksaryar,
Directing Manager

0402 400 003 | www.accareservices.com.au
info@accareservices.com.au

Office 136 L 49, 8 Parramatta Square 10 Darcy street, Parramatta NSW 2150



Flintwood provides opportunity.

At Flintwood, we are dedicated to empowering individuals with disabilities to live fulfilling lives by listening to their unique needs and supporting their choices. Our core values include inclusion, community access, and lifelong learning.

Our team is committed to helping individuals explore their local communities and acquire essential life skills. We understand that every individual has different requirements, and we strive to identify and provide the necessary support for each person.

Whether it's through community engagement or specialized learning opportunities, our team are here to help individuals achieve their goals and lead a happy, independent life.



Visit us at the Nepean Disability Expo!

Flintwood will be at the Nepean Disability Expo in booths 66 and 67. Come along and say hello!



NEPEAN
**DISABILITY
EXPO**

