

# The Kamloops Self Advocate Newsletter

Building awareness for all



**THE KAMLOOPS SELF ADVOCATE  
NEWSLETTER**



Before I started the Kamloops Self Advocate, I practiced my reading and writing skills on Ability Online and They have members all across Canada but are based in Toronto Ontario

This is a social network that is safe and protected from bullies and predators and they welcome professionals and parents and people with diverse abilities even kids and adults. Michelle McClure,  
Executive Director, Ability Online  
[michelle@abilityonline.org](mailto:michelle@abilityonline.org)



# People who we interviewed and had articles from

- Singers/ Songwriters
- People with diverse abilities,
  - Mental health comedians
- Reality TV Stars with Down Syndrome
  - Kamloops  
Canada  
USA  
Australia  
UK

# Ability Friendly Accessible Business program

Businesses can apply for a certificate that will allow people in community to know that the establishment is accessible for all abilities. For example Fun Factor, All Around Gamerz, Kamloops Art Party and 5 Bean Brewbar and Café is to name a few businesses in Kamloops that have obtained a certificate. If you know of a business that would benefit from this awesome program please connect with me.





Over the years I have received many awards from provincial and local community organizations.

1. The WOW award you see here is celebrating how my newsletter made inclusion and diversity possible
2. a documentary that is being made about the newsletter from Shaw TV and it will be uploaded on YouTube.



## Stigma

We help to stomp out stigma and discrimination around people with diverse abilities and challenges in their life. We also help raise awareness around visible and invisible disabilities.



Please remember to treat people with diverse abilities with kindness and compassion the same way as you would like to be treated.

# Dreaming Big and Succeeding in life

My Newsletter contains stories of individuals you “normally” would not think could accomplish such success in their endeavours. Have you ever seen the show called Born this Way on the network A&E TV? I interviewed Sean, who was one of the stars of the show. He started a clothing business making hoodies that say Born to be Included on it. Anything is possible!!!!



# Leadership in training program at Easter Seals BC at Camp Squamish

LEADERSHIP



- I learned leadership skills for everyday life and for my newsletter from the Easter Seals Camp program.



I dreamed about working in the disability field to give back to society for all the support I was given during my child and adult years

- I could not attend TRU to get a degree in working with people with diverse abilities because I, myself, needed minimal support. However, I did go to TRU for a certificate in work experience and specialized in retail. I learned skills on how to sell myself and my newsletter, even though I do not work in retail but work in the media and disability field now. I feel happy to support everyone ranging from mental health issues and other types of diverse abilities.

The Kamloops Self Advocate Newsletter has an advisory group to get ideas for different topics and themes for the newsletter.



- We meet every 3<sup>rd</sup> month to talk as a team with professionals and people with diverse abilities to get ideas on how to make the newsletter better for everyone. I encourage you, if this is something you are interested in, to connect with me after this presentation for future advisory groups. We welcome all opinions and ideas.

Justine Richmond works for the Community Companion program. She is also my editor. She does this in her free time aside from work.

- She helps make sure the newsletter looks good and interesting to read. She also helps edit the final draft and then sends the newsletter back to me in PDF form. I am grateful for Justine's help with the newsletter and with the community companion program which supports adults with diverse abilities and is contracted by Community Living BC and she is very nice to work with.



If anyone has ideas on writing  
for the newsletter please  
connect with me by

[thekamloopselfadvocate@yahoo.com](mailto:thekamloopselfadvocate@yahoo.com)

Does anyone have questions  
or comments?



- Here is the time that I can answer them.