

2020

VIRTUAL CONVENTION

FRIDAY 25TH - TUESDAY 29TH, SEPTEMBER



Welcome to the Short Statured People of Australia, we are pleased to announce the details of our inaugural Virtual Convention. The SSPA endeavour to deliver a successful program with convention favourites still at the core of our programming. We understand the significant impact conventions have on our members, from social interactions to educational opportunities. Therefore our convention committee has gone above and beyond in planning a fantastic free event, which we hope you can support through attendance and participation.

The Virtual Convention will be run through Zoom; however, this isn't any regular Zoom 'meeting'. We have practised, employed and developed creative ideas to ensure these sessions are interactive, social, supportive and a worthwhile experience. The SSPA is here to help all members, and therefore committed to ensuring members can access, use and or participate without barriers. Are you unsure about how to use Zoom? Does internet access restrict you? Does technology limit you? Would you feel comfortable doing a practice run? Do you have additional needs or requirements to participate? If you said yes to any of these, please don't hesitate to contact us – we are here to help you.

WHO CAN ATTEND:

Open to all members, short-statured people, and or relatives and friends of short-statured people.

REGISTRATION:

Initial registration is required by completing an initial form here: <https://formsgle/TAdgxUYYoETi9yER7>
This will follow with individual invitations to register on zoom for sessions you have expressed interest in. Registration is a compulsory element for all participants. No registration = No Attendance

PRIVACY AND ONLINE SAFETY:

Privacy and safety are at the forefront of our production throughout the entire five days. The SSPA will not tolerate privacy breaches, online bullying, session recordings or content sharing by members and or the wider community. Steps we will take include, SSPA registration form and a follow-up Zoom Registration Form to cross-check participants. Each participant will receive a unique link to access zoom; links shared to outsiders will be blocked. Those caught sharing links will be banned for the remaining sessions. All sessions will have SSPA appointed moderators and supervisors to act or assist if necessary. Finally, all sessions involving kids will have a strict admittance standard, with additional protocols in place to protect our young people. Ultimately we wish everyone an enjoyable, worry-free convention experience.



SCHEDULE



FRIDAY 25TH SEPTEMBER

7PM – WINE AND CHEESE NIGHT

The traditional convention opener transformed with BYO Wine and Cheese, social chats, and an evening of spectacular artistic display. Attendees will get the chance to catch up with old friends, meet new ones, and go on a breakout room adventure. Come and view works by emerging and established artists, speaking about and sharing their creative practice. Work will be shown through graphics and video and may include artwork such as paintings, music, dance, poetry or written word. Come and immerse yourself in our virtual gallery, all while enjoying a drop of your favourite tippie in the comfort of your own home!

SATURDAY 26TH SEPTEMBER

10:00 AM – PEP TALK BY MARATHON RUNNER JOHN YOUNG

The high school math teacher from Canada is a talented and spirited athlete breaking barriers. Young is a member of an elite club: Only 4 athletes with dwarfism are known to have completed marathons, and he's finished the most — 10 — including four Boston Marathons and three New York City Marathons. Hear his incredible story.



1:00 PM - SPORTS CHAT SESSION 1

- Room 1: School Sport & Classification for Para Sports (recommended for Parents)
- Room 2: I don't do physical activity, where do I start?
- Room 3: Gym Users - Mods, Practice, Ideas and Tips (Short Statured People)

2:00 PM - SPORTS CHAT SESSION 2

- Room 1: World Dwarf Games Update, & Questions
- Room 2: Junior Club Sports and Activities (Outside of SSPA/Para Programs)
- Room 3: How do you keep fit - Short Stature.

3:00 PM - MADE TO MEASURE

Webinar to share tips and information on home modifications and assistive technology/aids that others can benefit from. Members are invited to send in pics or videos of modifications/aids that have worked well for you or your child and to share any useful tips you may have. Please send to sspa.pab.liaison@gmail.com



7:30 PM – CABARET

'What good is sitting alone in your room? Hear the music play. Life is a Cabaret, old chum, Come to the Cabaret!' Come and join the fun. Dress up and get down as we play the music of your favourite songs by surprise guest co-host. Want to sing? Want to perform? Let us know, and we'll add you to the bill! 'Taste the wine, hear the band. Blow a horn. Start celebrating. Right this way, your table's waiting!'





SUNDAY 27TH SEPTEMBER

9:00 AM – SIP & ZEN: YOGA & MEDITATION SESSION

A perfect way to start your Sunday Morning; bring a cup of tea or coffee as you complete a Short Statured (18+ Age) Yoga/meditation session. A great way to relax the mind, recharge the body and socialise prior to the 2020 AGM! Special Guest Hosts include our very own (SSS - Rose, Vicki and Glenys). Requirements: BYO Tea, Coffee or Water, Space to sit on the floor (yoga mat or carpet), clothes you can stretch in, and a sense of fun!

10:00 AM - SSPA ANNUAL GENERAL MEETING

Members! Make history! Attend our very first online Annual General Meeting while participating in the running of your association and the election of a new National Council. Non-members are welcome to attend but remember you must be a member of the SSPA to vote at the AGM and be eligible to stand for a position on National Council or nominate someone else. Members of short stature may vote at an AGM if they are over the age of 16 and members of average stature must be over the age of 18 to vote at an AGM. Instructions on how to participate will be provided on the registration form.

3:00 PM – YOU CAN ASK THAT!

You can ask that: Opportunity for teenage members to join a chat session with our panel of adult mentors who will talk about challenges, share their experiences and provide opportunity for our young members to ask questions. Questions can be sent in prior or can be asked through the chat during the session.

4:00 PM – KICKING YOUR EMPLOYMENT GOALS

Leaving school and venturing out into the world of employment? Join our panel who work in a range of professions and are willing to share experiences and answer questions as to what they have accomplished and achieved in order to be where they are today. Questions can be sent in prior or can be asked through the chat during the session.

6:30 PM - KIDS DISCO

'Because I'm happy! Clap along if you feel like happiness is the truth because I'm happy! Clap along if you know what happiness is to you because I'm happy! Clap along if you feel like that's what you wanna do.' Hey, kiddos! Join in the dance party with us. Our special guest DJ will be turning up the hits! Dress up any way you want - especially if it helps you celebrate YOU! Sparkles, hats, sunglasses, whatever you fancy. It's boogie time!





MONDAY 28TH SEPTEMBER

10:00 AM – MEDICAL DAY: QUESTION & ANSWER

This year, our PAB Presentations/ Medical Day will be PRE RECORDED and available to view online one week prior to the Convention. On Monday 28 September at 10am we will be hosting a live Q&A via Zoom, where members can send in their questions. Questions are due by Sunday 27th of September - prior to the Q&A. Email Questions to sspa.pab.liaison@gmail.com Viewers will also be able to ask questions during the live session through the “chat” section on Zoom or contact us privately.

The SSPA Professional Advisory Board (PAB) is composed of health professionals from five states of Australia. Members of the PAB are always in attendance at the Medical Day, which is a highlight of our annual SSPA Convention and this year is no exception.

The following PAB members are taking part this year:

- Professor Ravi Savarirayan, Group Leader at Murdoch Children’s Research Institute and Head Consultant Clinical Geneticist at Victorian Clinical Genetic Services.

Presentation: “New treatment options for skeletal dysplasia. Changing the game.”



- Dr Penny Ireland, Senior Physiotherapist at Queensland Paediatric Rehabilitation Service (QPRS) and Queensland Children’s Hospital (QCH), Brisbane. Presentation: “Development of the Screening Tool for Everyday Mobility and Symptoms for Skeletal Dysplasia.”



- Alison Wesley, Senior Occupational Therapist & Tracey Tate, Senior Physiotherapist from The Children’s Hospital at Westmead.

Presentation: “Participating in school life from Preschool to High School - What are the challenges from Physiotherapy and Occupational Therapy Perspectives.”



1:00 PM - NDIS LIVE Q & A

As a result of the number of both children and adults of short stature who have been denied access to the NDIS, SSPA has asked for a presentation that will act as a guide as to what information is important to include within the Access Request Form (ARF), plus they will be available for the live Q&A session to answer other questions members may have about the NDIS.

2:00 PM - SUCCESSFUL TRANSITION INTO SCHOOL

Join Krysten (mum to Maggie) when she chairs a chat session with Alison Wesley OT and Tracey Tate Physio. Together they will identify and discuss what needs to be addressed for a positive transition into school.



3:00 PM - KIDS MYSTERY GAME

Grab your pens, pencils, notebooks and spy glasses kids! Come and join our very own Holmes and Watson as they attempt to ‘crack the case!’ You’ll get to work with others - helping to create your persona while saving the world, one clue, and with one creative idea at a time!



TUESDAY 29TH SEPTEMBER

9:30 AM - LIVING ROOM WORKOUT: JUNIORS ONLY

Junior Sport is a jammed packed 30 minute workout for Short Statured Children aged 4 - 9 yrs, lead by our very own PE Teacher, Kobie Donovan. We will ask parents to ensure their child is set up in a safe space, away from furniture but can still see and hear the Zoom meeting (can be outside with a portable device). After our workout, we will stretch, Sip of water, warm down and have a great chat.

Requirements: Active Wear, and One Small Ball (any kind - tennis ball, soft ball, stress ball or even an Aluminium Foil Ball).

2:00 PM - KIDS BINGO

A great way to wrap up the Convention for the Kids. A chance to play against peers whilst socialising with friends. A game not to be missed - more information to come!

5:30 PM - ALL OF US HAVE MANY STORIES

All of us have many stories: How to self-advocate and tell your story to get the message across on issues that are important to us. In this workshop we will explore how to tell/write a story that ends with a recommendation for the desired outcome. Session will be hosted by Fiona Strahan who is the Project Coordinator for Disability Voices Tasmania and has a long history in disability rights and policy, in Australia and overseas. Fiona is a person of short stature and would probably like to devote more time to writing and storytelling.



ANY QUESTIONS, CONTACT US ON FACEBOOK OR AT SSPAENQUIRY@GMAIL.COM

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