



# NATIONAL VIRTUAL CONVENTION

Welcome to the Short Statured People of Australia, we are pleased to announce the details of our 2021 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. Initial registration is required by completing an initial form here:

Registration: <https://forms.office.com/r/BUFj40cuPa>

A zoom link will only be sent to those who register, the link will be sent out closer to the convention. Please note a separate link will be provided for Youth only sessions.

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.



## FRIDAY 24<sup>TH</sup> SEPTEMBER

6:30pm

### **Acknowledgment to Country**

In recognition of the traditional owners of the land, SSPA members, Karen Kelly & young Chazaya will be performing the acknowledgement to country.

7:00pm

### **WINE & CHEESE OPENING 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. This evening will specifically feature static art - which may include artworks such as paintings, ceramics, graphics, etc. Please contact Short Arts Coordinator Graci Lynch via email: [graci.lynch@sspa.org.au](mailto:graci.lynch@sspa.org.au) to express your interest.

## SATURDAY 25<sup>TH</sup> SEPTEMBER

9.00am:

### **MINDFULNESS WORKSHOP**

Amelia Donnelly is passionate about helping others. Amelia's love of wellbeing, resilience, and mental health is born from personal experience. Amelia has completed training in Positive Education at Geelong Grammar, Mindfulness Teacher Training with Dr Craig Hassed at Monash University. The session is open to all ages - kids, young adults, and adults alike!



#### ***"New Addition to program"***

10.00am:

### **VIRTUAL EXPO**

"Virtual Expo" opportunity to go shopping! A number of businesses/vendors will present an overview of the products/services they provide, after the presentations, viewers have the opportunity to visit them in their Virtual Booth. Vendors currently include; **AUF AUGENHOEHE design – clothing, Book seller I'm Just Small that's all! The Little Shoe Store, Total Ability – love to drive ...** more vendors to be confirmed.

1.00pm:

### **SPORTS CHAT**



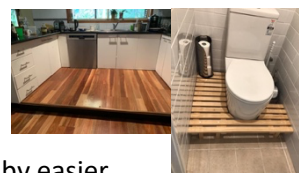
Room 1: Parents of Short Stature - School Sport (modification and tips), Junior Club Sports and Para Sport Programs/Classification.

Room 2: How do you keep fit and all things sport for Short Stature.

3.00pm:

### **MADE TO MEASURE**

Back by popular demand, a webinar to share products, ideas, and the latest assistive technology/aids. Additionally, we are also going to show products which short stature and average height parents have found to make looking after baby easier.



5.00-6.00pm:  
**KIDS DISCO**

Kids time to rock it out in the living room!  
Dance Cam is BACK! Bring your best moves...  
Theme: Bright Colour – Neon Outfits or Glow Sticks



7.00pm:  
**TALENT SHOW**

Our second annual Virtual Talent Night will feature performance artists using all types of performance mediums - could be sport, cooking, singing, dancing, comedy, etc. All artists must pre-record their piece and save it as an MP4 file. Pieces cannot be longer than 3.5 minutes in length, to allow for as many performance pieces as possible to display their works. Please contact Short Arts Coordinator Graci Lynch via email: [graci.lynch@sspa.org.au](mailto:graci.lynch@sspa.org.au) to express your interest and discuss your submission.



## SUNDAY 26<sup>th</sup> SEPTEMBER

### 9:00am **SIP N ZEN YOGA**



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. Relax the mind, recharge the body, and socialise prior to the 2021 AGM! 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!

### 10:00am **AGM**

SSPA AGM – More information available in the SSPA Journal and on the Website. 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.

### 1.00pm **LPNZ & SSPA**

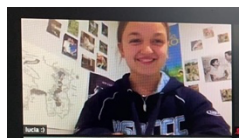
Little People of New Zealand and the SSPA are co-joining for a Trans-Tasman session. From getting to know our fellow neighbours to sharing each other's past stories and celebrations. A session not to be missed!



### 3:00pm **EMPLOYMENT TIPS/ADVICE**

SSPA Patron Tina Zeleznik CEO Disability Works Australia, will join the session along with Nathan Kirby, Disability Inclusion Lead, at Accenture Aust & NZ and Sam Drummond, Discrimination Lawyer and IncludeAbility Ambassador. During the session we will cover employment topics and answer questions such as; when to disclose your disability/dwarfism to an employer? What makes an inclusive employer? What supports are available to assist us with applying for work and support within the workplace?

### 4.30-6.30pm: **YOUTH SESSION**



Short Statured Young people aged 12-20 are encouraged to join SSPA hosts Lucia & Nethra online. A safe place for young people to socialise, reconnect to friends and meet new people.

### 6.30pm **GUEST SPEAKER**

Simon Minty (UK). Simon co-runs a disability training and consultancy business. He frequently talks to large companies about employment and customers who have a disability. Simon also produces comedy show called - Abnormally Funny People, and currently co-host two podcasts, one for the BBC called Ouch and one called 'The Way we Roll'.



### 7.30pm: **ADULT ONLY BINGO WITH ROSE HOBBS**

With the wonderful Rose Hobbs calling the numbers and commentating, this bingo session promises many laughs and a good chat as we play multiple games of bingo. Please register for this event as bingo cards are emailed to you in the days prior to the game. There will be a separate bingo event for the kids to participate in as we are keeping this one 18+.



## MONDAY 27<sup>th</sup> SEPTEMBER

### 10:00am MEDICAL DAY & PROFESSIONALS Q&A

PAB Presentations/ Medical Day will be PRE RECORDED and available to view online one week prior to the Convention. On Monday 27th 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 26th of September - prior to the Q&A. Email Questions to [pab@sspa.org.au](mailto:pab@sspa.org.au) Viewers will also be able to ask questions through the "chat".

**Professor David Sillence** – Consultant Emeritus, Children's Hospital Westmead.

*Presentation: SSPA 50 Year partnership with Professionals; Medical Advisory to Professional Advisory – 21<sup>st</sup> Century Challenges.*

**Professor Ravi Savarirayan** – Group Leader at Murdoch Children's Research Institute and Head Consultant Clinical Geneticist at Victorian Clinical Genetic Services.

*Presentation: Times are changing; New Therapies for skeletal Dysplasia*

**Dr Penny Ireland** - Senior Physiotherapist within the Queensland Paediatric Rehabilitation Service (QPRS), at the Queensland Children's Hospital (QCH), Brisbane.

*Presentation: Achondroplasia – Creating Simple Solutions from Complicated Questions*

**Dr Louise Tofts** - Paediatric Rehabilitation Specialist, Sydney Children's Hospital Network.

*Presentation: Medical Complications in Children with Achondroplasia*

**Alison Wesley**: Senior Occupational Therapist and **Tracey Tate**: Senior Physiotherapist, Children's Hospital, Westmead.

*Presentation: Birth to 2-years*

**Dr Lesley McGregor**; Clinical Geneticist, Women's and Children's Hospital, Adelaide.

*Presentation: Our SSPA – Not Just Achondroplasia*

**Dr Verity Pacey**, Associate Professor and Head of the Department of Health Professions within the Faculty of Medicine and Health Sciences, Macquarie University.

*Presentation; From STEMS to the NDIS – Supporting Advocacy through Research*



### 1.00pm NDIS Q&A

Kim Henderson; NDIS Transition Coordinator who successfully presented her informative/user friendly presentation on the NDIS at the SSPA Albury Convention will be joining again, to provide helpful information to assist with accessing and utilising NDIS supports. Kim's presentation will be online and available for viewing a week prior to the Q&A. Questions can be sent in prior to [pab@sspa.org.au](mailto:pab@sspa.org.au) or through the live chat.



### 2.30pm: Transition to school/Q&A

Another popular session from last year which we are repeating, chaired by Krysten (mum to Maggie) and joined by Alison Wesley OT and Tracey Tate, Physio. Together they will identify and discuss what needs to be addressed for a positive transition to school. Recommended that members view Alison and Tracy's informative presentation from last year prior to attending the session. Questions for the Q&A can be sent in prior to [pab@sspa.org.au](mailto:pab@sspa.org.au) or through the live chat.





## TUESDAY 28<sup>th</sup> SEPTEMBER

### 9.30am – 10:00am: **LIVING ROOM WORKOUT – KIDS**

Aimed at Kids 4 - 12 years. A living room PE style fun workout for all. This session can be performed in your living room or any other safe space inside/outside (with aid of a portable device). Essentials: Water Bottle, and One ball for each participant (any shape or size – no ball, try a tin foil ball). Siblings are welcomed!

### 11:30am **KIDS BINGO**

After the success of the kid's bingo during the last convention this event will be happening again in 2021. This year there will be Winners Certificates to be won for each game. If you will have multiple players from the same family, please advise Katrina at [membership@sspa.org.au](mailto:membership@sspa.org.au) after registering to ensure that you receive the correct number of bingo cards.

### 2.00pm: **MINECRAFT**

A new event for this year the Minecraft Challenge is a children's event where the participants will be teamed up to complete a set of building challenges in the Minecraft creative mode while talking within zoom breakout rooms. We will then re-join as a large zoom session to show what has been created and if you wish to you can then blow up your creations. A great way to have the kids working together, this event is sure to be a hit. The Minecraft edition needs to be Java 1.17.1. More details will be emailed out after registering.



### 5.30pm:

### **DISABILITY ROYAL COMMISSION - SUBMISSION WORKSHOP**



#### **Royal Commission**

into Violence, Abuse, Neglect and Exploitation of People with Disability

SSPA is extremely fortunate to have Dr Rhonda Galbally AC to address, and be open to questions about all aspects of the Disability Royal Commission (DRC). The session will be chaired by Fiona Strahan who is a writer, advocate and leader in the disability community.

We are aiming for the session to cover. The purpose, processes and influence of the DRC; the different ways to tell your story; Know why it's important for the experiences of as many people with disability to be heard; Provide information about the support services available to assist individuals with telling their story in preparation to making a submission, and presenting at a hearing and/or having a private hearing. And what happens once the DRC finishes and makes its report and recommendations. We hope that the session will be engaging and SSPA members feel free to ask questions and leave with an understanding of opportunities to talk about experiences, their impact and provide solutions/recommendations. Please send your questions to [pab@sspa.org.au](mailto:pab@sspa.org.au) by 21 September to be forwarded on.

*If we want things to change, we need to contribute to this long fought for opportunity. Our stories matter and have the power for change.*

### 7.00pm: Farewell

