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Panoply panorama, panpipe pansy aha pansexual knowing no boundaries of sex or gender. Sound interesting? Then join Sally on Sundays at noon for out of the pan. All those gender questions making you think too hard? Whether it's transgender bisexual polyamorous or beyond will throw those questions into the pan and cook up the answers for you. So go on push that gender envelope. Only on 3 CR 855 am digital and 3cr Dot org dot au.

3cr 855 am 3cr Digital 3cr Dot org dot au and 3cr On Demand out of the pan with Sally first broadcasting known through one every Sunday afternoon. Thanks for your company noting today's Australian Eastern Standard time, and next week will be on daylight savings time. Remember to adjust your clocks and tuning around the world accordingly wherever you are around the world three, see our broadcast from the lands of the kulin nation, and we pay respects to Elders, past present and emerging hello to any Aboriginal and Torres Strait, Islander people tuning in and any First Nations people around the world and all the lands on this continent and surrounding Islands were stolen and never seated. I'm Sally. I use the pronoun. She her.

out of the pan is a show covering pansexual issues knowing no boundaries of sex or gender and genre and sexuality, and it's been an awesome week with the Stand Bi Us conference. Pretty much wrapping up today. The be is in the rainbow but also the tea and that's going to be my focus on the day so I don't reduce my gooiest in a minute. But if you want to get in touch with the show, there's lots of ways to do it out of the pan 855 at gmail.com., You can SMS 6, 1 4 5 6, 7 5 1215. You can tweet at Salgoldsaidso, and that's the bottom line. And look for the posts on facebook on Sally Goldner AMand out of the pan 3cr 855 am Melbourne and any opinions that I express on this show are my own and not those of any organization with which I have been Associated past or in the present. I don't predict the future because I haven't got a DeLorean or something like that. Don't I don't think there'd be any major content warnings on the show today. But if

you do need to talk to someone The Fabulous crew at Q life including switchboard in Victoria and Tasmania. They're on 1 800184527. And well, we opened up with the dingoes and one of their classic tracks that was from their first compilation in released about 1990 the best of the dingoes and Way Out West and by Godfrey. Anyone at think there was a theme to Playing that track because the western suburbs to some extent the North and the West as we are seeing at the moment, often face greater disadvantage than say, the South and Eastern suburbs of what is now called Melbourne and that can therefore filter down for various groups at the proverbial intersections, including trans and gender diverse, but the good news is there are efforts underway to increase the equity in relation to this and to talk about it with me. I'm joined on the, on the, on the lines. So to speak by Alison Parker from IPC, Health Ellison. Welcome to 3cr.

Thanks for having me. Yeah, it is very much something that is needed. And, you know, perhaps start by just sort of a couple of things. I might just check in, with which pronouns you use, if any, if that's okay. And then tell us a bit about IPC Health. First of all, yeah, great. Thanks, Sally. And my pronouns. Are she and her and

Kelly has single time I work for IPC health. So we're a Community Health Service out west of Melbourne. So we we see our clients and provide all these Services out west in bring Bank Hobson's Bay and the Wyndham areas. So we've written provide a range of Allied Health Services, whether it's the Physio and occupational, therapists died.

Petition but also counseling supports which are really important. We've got GP clinics in the nurses, a whole range of services to support our lovely folks from our community. Yep. So serving, you know, some broad geographical areas in terms of the local government areas, which you mentioned, but is now, I sort of part of that Community does. It has faced

Vantage and that's the trans and gender diverse community. And the thing, you know, the good news is that IPC health is being proactive about that. And I really, really want to talk about that because it's, of course, of huge interest to listeners of this program. Tell us about it. Yeah, and it's a great interest to me personally. So I suppose I might, as well say from the outset that I'm a proud mum of a trans daughter.

Huh, he only came out to me, two years ago and I think to herself to be quite Frank wall. So, I think she was discovering herself and trying to understand her identity and place in this world. And yeah, so for me, this is very close to my heart about, you know, making sure their services there to support her on her journey, but also,

All our transgender gender dollars and non-binary folks. You're right in out west. You know, we do have a large low socio-economic Community. We have a lot of refugee. Asylum, Seekers, It's just a very diverse range of community members, but often many don't have

Freedom of money, or Private health, insurance, or anything like that, to Access healthcare as readily as other people. So we're trying to we're trying to bridge that Gap, really? It is a gap. And I mean I do I'm at risk of being intergenerational. I do remember many years ago when I first got involved in the community and I was on the committee of seahorse Club of Victorian in those days before.

Internet and PDFs, we'd have a paper magazine / newsletter that we send out and we have to sort it into postal districts and it was inevitable that there were more people in the Southern and Eastern suburbs than the north and west. Or when you say inevitable that was always the numbers and it shouldn't be. It shouldn't be inevitable. That's not the best word. But that was always the case and it seemed that disadvantaged had been there and I suppose also the history of this city post.

ization that you know, we didn't have the West Gate Bridge until the 1970s. So people tended to stay south and east, it was harder to get to the north and west. So there's been this inequity that's sort of grown up. Now. I'm sort of both sides of the era and maribyrnong. And so there has been that entrenched disadvantaged and of course, we I think listeners of this show a pretty in tune with the challenges faced by trans people as much as trans, people have plenty of Awesomeness to offer through no fault.

It's all of our own we Face negativity. And so when you put the two together that imbalance or inequity, and then the trans stuff. This is really huge sort of what any? So there's the general issues. What are the specific issues? Then? Let's drill down for Trans people in will say the west and to some extent the north as well. Yeah, so what we found so I might kind of preface by saying that

There was an opportunity at IPC Health to for staff to bring new ideas to the organization. And I suppose because I was trying to find services for my my daughter. That's when I realized there was that Gap. So even though I've worked in health for decades and I've known, I've cared for people that are transgender or gender diverse. I really didn't understand or appreciate.

The in accessibility to health care until I was face, trying to find services for my daughter. Mmm-hmm. So going back to your question. The specific issues mainly out west, is that we lack any Public Health Service. This in, for their specific needs to address, you know, issues of not what? They're not issues there, you know factors.

Of their health like transitioning but they need to find services for we don't have anything out waste. That is publicly funded but also ain't finding health care that is really safe and affirming. I think that's the other thing. And I remember talking to you a couple of months ago, Sally. You attended one of our workshops. When you said the most important thing is that people have a choice, but they may not want to go mainstream and that's fine.

Finding a dedicated for gender clinic but also having the choice of accessing mainstream services, but they need to be safe and affirming or so. That's where we've kind of come to this stage. Well, absolutely. I think that this has been, it's been a bit of an ongoing debate for some time for Trans and perhaps previously, for Igbti that we we need services that are inclusive everywhere on all sorts. And you mentioned a range of

Of Health's sort of well fields that at IPC and we need all of that. We need a GP and we need a counselor, and we might need a name, you know, sort of all these the other things as well. And so there's very much that need and we don't want to have to have our trans needs met by one GP on one side and the rest of the you know, the will say the covid vaccination and the footage have on the other go to another GP. We want to have it all together. So we

Get that holistic picture and get it as you say respectfully. So it is really, really important. And the other thing is, of course, but I'll start with say the app. Whilst I want to come back to talking about the what you've so beautifully disclosed about your trans daughter. Now the adults Clinic the Monash Clinic over in Clayton, is a long way away for those

say, if you're in, I don't know where it be your little river or something. And even the children's which

Is a bit closer and you don't quite have to Crosstown, I suppose, you know, we still need that as well. Then that to have that everywhere and of the children's to my understanding will gladly work with any GP to educate them on how to administer puberty blockers and all that sort of thing, which I think will ease that decentralize that load. So definitely in need and it is about that that choice and yeah, we do want to conclude I should disclose actually. Yes. I did. Do some paid Consulting work with you in mind.

Dye job if I can call it that. And your, but you thing is you consulted with a wide range of trans and gender diverse people, experts and locals. Tell us that perhaps a bit about that because that's really important that you had that like proverbial local knowledge as well. Yeah, look, it was vital. Actually. It's so what we did when I pee see how we're not, kind of pitched, the idea Troy, they generously funded us.

To do an innovation challenge. That's what we call it. And which is a code design collaboration to work out. Actually like we came from the premise of that. We don't, we don't know enough. We need to understand the community and what the needs are and how do we work with Community to actually get things in place for them? So for us?

We weren't going to be able to do that just with our staff like in-house. It was vital for us to have community members with lived, experience, working with us. So we're not working for him. Then working with us to create this and look the wealth of information from their lived experience. Really put us miles of ahead of where we would have ever been able to achieve in that short space of time. We really valued the

Insult by gave us. There's a lot of things that came became evident that. All right. I think we would have eaten. The reality is I don't think we would have realized the effect or the extent of issues without them. So we're still working with our community members and will continue to and local organizations because that's the only way to achieve this to do it, right?

Right the first time around and we're very mindful that the community desperately want to service out west. You know, how would you were talking about going to like the Monash or out north? Even though some restrictive not just from distance, but the accessibility if you're a young person and has to travel on what two or three trains hmm. Guess they just the safety issues, you know appointment might be at 3.

Clock. By the time I get home, it's not especially in winter. It's getting dusk or bit dark, then they're traveling on their own and then they have reality is, unfortunately there are safety issues. So all of those are considerations for us when we're planning to open and transgender gender. Diverse Clinic to meet the needs out west and also for our folks heading Delong way to, so we're not even restricting.

Just our cohort. We're just wanting to serve out west and then go kind of regional would say if there's anyone that needs our help. Well, go way out west as per the opening song, The dingoes which is, which is needed. And of course, you know, the you've got a wonderful supporter in the Upper House of the Victorian parliament in the, for the Whitney, the Western Regional District, the awesome, Andy medic proud parent of

Trans children. So I think you'll have every support in sort of promoting the services there. I think. And that's going to be an awesome bonus as well on. And he's just such, I just, personally, I think he's just one of the great humans, for sure. So that will help sire. What? It's just really drill into that and you've touched on the Travel issues, the the length of the late at night, but were there any other aha moments in both will say the nature of the issues any others but

Also, you touched on the extent and I just like to really see if there's anything more there that really you know, as I say was a lightbulb sort of moment. I ha moments when you were doing the consultations. Yeah for me. So my background is what says an emergency nurse and a paramedic before I took those hats off and came to IP, see how so I work in intake, where I assess with a team up there, six of us, the set, all the referrals that come in.

And prioritize those referrals neat for me with my background in nursing. We had quite a few people telling us that they didn't even feel safe seeing their regular GP or even for

themselves or for their children just because of past experiences where, you know, they're not using their name. So they're dead, naming them. Just not.

Ali understanding transgender or even making it an issue when they might be, just coming for the common cold, but that is the medical person is focusing on their their gender identity. Whereas if I went in for the same issue wouldn't even come up as a question or an issue. So, there was some people telling us that they would avoid seeking medical treatment or support until things.

Got so dry. They would end up in an emergency department and then rationale was that they would rather do that because it's Anonymous, that although only stay there for a few hours. They'll be gone by. Don't need to see those either. Mercy Medical, you know or doctors again. And for me that was just the just the greatest tragedy because as much as like I completely understood where they're coming from. Oh,

For me, it was just this is not good health outcomes, you know, if you're going in with a full-blown, so for example, urine infection, you know on the surface, it's usually quite treatable is she most people get it from, you know, once in their life. Usually go to your GP, get, you know, assessed and treated. But if you leave it to the stage where it becomes so unwell, you end up in an emergency department.

You found the risk of really hurting yourself, creating more medical problems. And then you might get the same result as in getting medication for it. But who's doing your follow-up? Care? Sally? Like can you use? Making sure that that infections been resolved? Who's making sure that, you know, there's an education opportunity, if you're having repeated infection site in. So having some education's on how to minimize that risk or have further.

Investigations to save, you know, what the cause is that's not going to get done in the emergency department. That's your GP. And if you don't have a good working relationship with the GP because you feel unsafe accident. That's a magic trick. Like major tragedy for me. Why can I just really feel for that? You know, for those people that feel that they can't access? What most people think from day today is a non-issue to see that?

Okay, but for them, it creates a great level of anxiety and stress. I look absolutely. No one wants to be a, I call it an unwanted learning curve which you've sort of touched on you. If you go to the GP for the sprained ankle, you want to talk about? Sprained, ankles and go. Do I put heat on or ice onto? I put my leg up and what do I do? How do I start exercising again? You don't want to say. So first, remember when I was transferring is in it. Because that's not what you. Therefore. It's also just in a way. It's a matter of good old-fashioned. Good.

Omer service, could be another angle to it. And as you say, the just a little bit of investment in the right approach, where you've got records, that record, a person's name in news and pronouns, and that sort of thing. Pretty basic stuff. It means they get in the door and for a start. And then the GP nose to focus on, you know, what the client needs. So very, very much needed and it sounds too. And as you said earlier, we'll really wanted to talk about

Is you know you had these issues when your child disclosed their authentic gender identity to you as well, if you're up for it, you know, totally okay if you're not but I do want to check on that all the same. But if you want to talk a little about that experience from your own point of view, please do thank you. Yeah, because for me so the background for

More there's been using mental health issues. But I remember, you know, taking her regularly to her mental health clinicians and even speaking to them and go, you know, they were even say to me, there is something that we're not getting to the heart of what there is, something stopping all of the therapy like that. We're not really getting to it. And I remember I think I was just a bit naive, Sally. Apparently she dropped a couple of hints.

To me, but I was so oblivious. I think she was just testing the waters with, you know, hey, what are you a friend of mine was such and such or, or doing this, and I'm like, oh, yeah. Yeah. Yeah, my, that's fine. Yes. So, after a while she came out to me. I think I picked her up after school. We're in the car and she just blurted it out. And, and then we got home.



And for me, honest and like, just honestly, it was just a relief for me Sally, because I'm always and forever. And I remember saying to her is this is this, the biggest angst that you've been having and she's like here to not went on. I felt terrible that she

She felt she didn't know how to call him navigate that situated discussion with me while I was worried about that. The reality is cheating me. She wasn't even aware. She just knew that something was different and she didn't know what she was trying to get her head around everything. So for me, it was a massive relief and it's certainly a non-issue for me. It just makes a lot of sense and I was like, why?

Well, let's get it. Let's try and work out what it means to use personally and what helped you want far from me with it. Remember I mentioned it to a few people. She came out to her sisters. So they're all close to my age. So so my 20 year old things trains and then we've got an 18 and 17 year old, and I remember

You're sitting at the kitchen table van. Just having it was Christmas day. So just sitting around having some things to eat and she just kind of looked at me and she goes right on doing it. And I'm like, okay go for it. And the other two alone. Okay. Yeah, what's going on? You may like 17 18 year old, she told them and they're like, oh, yeah, we kind of figured as much suffer like that and she was like really and then all of a sudden, the floodgates open,

Ali. Yeah, and it was like then we were talking about sexuality and where everyone is on me. Some now, I've discovered my whole family's of rainbow family and and they were asking me and I'm like, okay, what's a in the space of 30 seconds? I was like we went through gender sexual identity where everyone was with things and I'm like, okay and it was just look at it was so fun for us. It was a funny experience.

That's because it was just like, you know, this kind of laid out on the table. Yep. Okay, everyone knows where everyone is. Yep. Good. Let's have, let's continue with our lunch and just having a chat casual a bit about it. But yeah, it was just I think everyone just took it in their stride and this house. And I think I don't know if it's because I

Always like sexuality and just who you are as always been an open, kind of gift for a discussion. I've always asked the weird and wonderful questions including things on sex

and that when they when they were growing up like prepubescent and all of that. So I've always tried to stay open and hopefully that's kind of posture that open relationship to be able to feel safe and say what they needed to saying.

Really non-issue. Now it's about who's getting this top. And if it doesn't fit that person, he's claiming it. And this handbag. And yeah, so it's quite, it's quite cute to see, you know, I'm saying, interact that way now. Look, that, that is just awesome. And I mean, you know, if it had if things like, gender sexual / romantic orientation need to be discussed, that's how we want to discuss them. Some people would say, should we have to, you know,

And of course heterosexual and cisgender people may not have to, but if they have to be discussed, then that's the way to do it. And I think there's a few points that went through my mind. As I as I took in what you said. I think that there's a few aspects. You said, you're a former emergency nurse and paramedic and that's compassion and empathy that's needed and caring in those professions. You are also a parent, you know, which comes into it as well. And I wanted to link that in one of our we only have awesome listeners on 3cr not,

Regular listeners Molina has messaged in saying that I know younger GPS are better educated and are exceptional with their services in 2021, which I would agree with and I have to say my work. I've been doing a fair bit of work with medical student organizations in the last few weeks. It seems to be that time, Mel goes on to say, let's celebrate our decent health professionals, who are the most empathic people in our society. There are nice driving Services Niche, driving services, like Sheba that are inclusive and queer friendly that met

That a trans friend of Milena's users. And that's a fair thought. I mean, you know, if we have to go over to this and subjects. Maybe there's a potential for a partnership there. Now, you've given us an idea there. Thanks for that. And I will, I just will have to comment on males other message, which is an apropos of nothing. But I will just say male has also come in and said, godey's, I'm a proud member of the club that has graced time as a fan and a female president at the promotes equality in sport. Enjoying the show. Hope the demons supporters. Haven't got too big a

Hangover this morning after the drought breaker, well done to them. But it is look, it is really awesome. And I think that things are shifting their and you know, the thing is, as you say now, it's about who someone buys a top. That's too small. Who can we who wants it instead and you give me one that's too big for you or something like that or a handbag, which is just how you'd hope people would be regardless of how they were assigned at Birth, and what their gender identity and is up now.

That includes this males who want to, who want tops and Handbags. We don't care on this show. So I just think that's really, really awesome. And, you know, it does seem like after that initial obvious, anxiety for your trans daughter things. How are sort of moving along in the right direction, which is really cool. Yeah. And look at and I know I wonder if part of

Of by saying it to someone, then it kind of solidifies that, doesn't it? Because then your it's not thought only to yourself. You're saying it to someone else, so it becomes really quite real. But look, the proof is in the pudding. So to speak. Sally. It's she has been in the best mental health. She's been in for years. So excellent, you know, and that's all as a mom. I could ever ask for that's all we ever want for our kids.

That we don't want them to struggle unnecessarily or go through hardship or mental eggs. If there is, we get the support they need, but if there are things that can completely put their mind at ease and I'm not dismissing mental health at all, as all my three kids have mental health issues. So we just get the support they need, for me. It's no different than if you had a physical illness.

If you know, if you had diabetes or asthma you'd go and get medical support, so why wouldn't you for mental health? So yeah, so look, it's been quite the journey and I think for me it was just seeing that there's an opportunity to help others. Now, I'm West, I grew up like I was, you know, born and raised and waste worked out west throughout all my career. So,

Very passionate about the community out west and I think there's just yeah great knee. So, you know now I've got I've got a bit of knowledge and assured. I profess that I'm an expert. But what I do have is Passion about improved Health outcomes, and I know how the health system works. So I kind of just went if there's anyone

In the position to be able to kind of raise this to an organization. I think that's mean there's a golden opportunity and hats to hats off to our organization. I have been incredibly supportive. Yeah, just not only listening to the vision but really putting in and I'm not even talking about monetary funding, but just fully backing. This, my mom, the exact senior Executives down. It's just been completely supportive.

Forties. So I'll look just in. It is incredibly. It is awesome to hear. We do need to get these things done, and get that equity in there, which is incredibly welcoming. Of course. So often you need, it is about that sort of top-down support of something and the values being enforced through behaviors is something that I think is so important and it just really obviously, is happening at IPC, which is

Just so great for all the trans and gender diverse people in the Northwest and sort of well further out west. But also, you know, it must be it must be. It must make you feel really good. Well, I'll say personally and professionally to go to work each day and do something like that is pretty cool. Is pretty good. Absolutely. And kind of you know, I'm quite lucky in the sense that I've still got a real passion and firing my

Ellie. Well, health and helping people. And like, I love it. I love knowing that there is an improved situation or health outcome and we don't mean Health, most practitioners would know it's just not physical health Mental Health, and Social connectiveness is so vital for your physical well-being to. So it does it. Warms my heart. I've had so many people since I've kind of

I felt like I had to come out selling at my organization, window pitched, the idea because it was a it was the method we did. It was a shark tank panel. Have you, if you'd seen Shark Tank where people pitch an idea to all of these leaders in other organizations. I haven't seen that know, so it was yeah, so there was kind of leaders from like the Murdock Institute my family, but the youth Council so we you know,

It's a quite a few of us that had ideas and you had to pitch your vision and your idea of an Innovation Challenge. So I did that. I was like, yeah, I can do that. And then I was like every all our employees for able to stream in to see it and watch it and I was like,

oh, wow, I've just realized that I'm almost out in myself as a parent of a teenage daughter and while I'm incredibly proud I was very

Be mindful of what I was doing to say and possible reactions overall. It's been incredibly positive and we've had a lot of had lots of people come up to me. Even, you know, three other than find a networking, you know, giving telling me their own personal experience. So I usually say to people. Now, if you think you haven't met a trans or gender diverse non-binary person, you actually had you just, it's just not been feasible.

To you and it doesn't need to be but that's how that's how much in the community our folks are. And it shouldn't even be a non-issue. So, but yeah, I'm incredibly heartened by what I'm doing. It's definitely a passion area forming. So, excellent, Allison, I think, I think that's probably a great night to finish on unless you had anything else.

You know, that there is all this happening, which is just so, so good to get it rolling for the waist and Beyond. And that it's great for you and your family. And to hear that things are moving in. The right direction is incredibly wonderful. So I'll check in our there. Just any last thoughts that you would like to add. And perhaps also asked, if people want to get in touch with you, particularly if they are in the west. What's the best ways to do that?

Yeah, I don't know the other take home for me during this experience over the last few months has been the incredible compassion and willingness for people like yourself, Sally and other leaders and community members, who have completely embraced me, you know, as a cisgendered person who is now probably questioning her own sexuality to fuck my daughter. So that's a work in progress at the moment.

But just incredibly generous with your time, your knowledge and willingness to support myself and the organization and the incredible team. We've got so. Thank you. There's many people that are championing us to do this. So I know I stand on the shoulders of giants, you know that you you and the others have paved, the way for this work to actually be done and that I feel safe, too.

Doing it too. So thank you. I suppose people can reach me on either LinkedIn. Send an invite. I'm not sure if if you want me to you can call IPC Health on the main number and

get the yeah, client service staff to shoot me an email and I'll touch base with you. But yeah, thank you so much for your time for having me Sally and sharing what we're doing.

Now, it's an absolute pleasure, wealth on all counts. Just a pleasure to be involved if it saves us. Reinventing a wheel. Of course, then that's and me, make a better wheel. That's a good thing. We've got all this knowledge and that's good to share it. And yeah, I'll make sure I pop a link to the IPC Health contact page in the link to the podcast which will help get people to you and just an absolute pleasure to have you on the show. It's good to have.

Stories like these where people, you know, it is sort of going in the right direction. It can sometimes have its moments and be tough but, you know, for young people and families. Also, a couple of mentions that come out of that. There are lots of groups for families. In Victoria trans family, declaring my interest in that there are sort of transcend who do great work, parents of gender. Diverse children is a really

Doing great stuff on and for those who might be questioning whether they're only attracted to one gender. It's a nice time to mention that the by discussion group is on Tuesday night. We had a light question come in from Mel Allison. Who asks, what do you do for your own self care as a carer / mother which I think is a good question to answer? Good question. I just simple things like gardening spending time with my cat.

My cats. Yes, I love my two kids and just having good friends. But thank you for asking because you're right. There's a lot of people caring for others that kind of forget who's caring for the carer. But yeah, I I probably have a good sense of humor most days and my kids keep me inspired. So, I'm very lucky. They keep my brain ticking as I mentioned to you selling. They always ask me some doozy question.

Well, I don't know what when my brains turned off. So I love being a mum, even though it has challenges. I wouldn't give it up for the world. So yeah, well, lots of things do have challenges, but there's also lots of good bits to them as well, and we can only just keep on going and growing. I suppose Allison. Thanks so much for your time. Just hang on a second and we'll go to some music. And yeah, very awesome. Thanks.

To Alison Parker proud mom of three children, including one transfrom IPC Health 3cr 855 am 3cr Digital 3cr Dot org dot U, + 3 CR on demand, you're on out of the pan with Sally.

Western Stars, what up? The sky here, the Desert Wind roll.

Western Stars can break your heart. They keep shining.

Western stars that are in the sky tonight.

Break tonight.

Western stars of the sky. Here the desert.

Ding ding every Sunday here at 3cr from 6 to 7 p.m. Join me. Holly for your one hour of 1960s tracks and inspired sounds.

Awesome. Portraits is a non-profit bereavement Care Service supporting parents who have lost a baby to miscarriage stillbirth and neonatal death. We provide families with hand-drawn, commemorative, Keepsake portraits of their baby, free of charge in support of our mission. We are hosting a community fundraising raffle. The prize draw will be held on November 6th prizes include a \$300 Gorman online shop voucher campers term memberships for kids music and activities.

Buses and much more to buy your raffle tickets. Head to possum, portraits.com dot U /e events and win. Some great prizes. While supporting an important cause awesome portraits is a 3cr supporter.

But it's time to stand by us. Following the success of our free inaugural event last year Bike, plus Collective Australia proudly presents. The second standby house Forum to celebrate by plus visibility day. All events are free and all bar, one happen online, starting with the opening. First Nations keynote on the morning of Thursday, 23rd September celebrate, bisexuality day. There will be

On events like a by plus gains Meetup. Artsy by events, including the by chronic performances and panel discussions on themes such as queering relationships for those who are by and polyamorous to check out the program including the safe space guidelines. Visit our webpage stand by us.com., That's St. A ND B IU s.com., It's time to stand by us a 3cr supporter.

3c I'd 5 V M3. See our Digital 3cr Dot org dot a you and 3cr On Demand out of the pan with Sally first broadcasting noon through one at this show, Australian Eastern Standard Time and a reminder next week. We're on to Daylight Savings time. So adjust your schedule accordingly and your clocks pick. If you are listening from overseas, you'll have to remember that as well. You'll have to just sort of check.

If you have one of these wonderful, wonderful day, high-tech gadgets, that has a smartphone that has all the time zones on will just automatically do it. I don't know in the old days you had to wind up the clock. We've had some wonderful messages from our awesome listeners and the viewers come in on the SMS line, which is 6, 1, 4 5 6, 7 5 1215. Oh my goodness, Sally, what amazing knowledge and attention to detail. Your lovely guest has what a caring lady. Absolutely. It's

You know, just have that sort of compassion and we'd have it. So I always like to say is, have you we'd have it all fixed by five o'clock. Come next, Friday, and over on the email at out of the pan 855 at gmail.com., Mel has come in again, you know, sort of, wow. She's going on her own Journey as well. I agree with that. Mel. It does seem that sometimes when someone close to you can sort of be their authentic self in terms of gender and/or sexual / for a

The current tation, it does sort of tend to get people around them who are open-minded thinking. And I have seen that happen quite a lot. And yes, if you are sort of questioning that I thought I was heterosexual, and maybe I'm bi, or even if you thought you were gay lesbian or thought your buyer. Or if you just thinking I'm by there is that place on Tuesday night the standing forth juice over the month is the bi plus Melbourne by plus discussion group and it rounds out what has been a very awesome.

Um, few days. I'm having a bit of a slight time. Sunday, coming down, is that song goes after three days of standby us, which you just heard the message for what an absolute



absolute gem. I just I met said last year, that I felt the strongest I've ever felt in my for me, my bias, /pan identity. Now, it's sort of going to the biosphere of stratospheric Heights or something. Will some pun like that. It's just been absolutely.

Phenomenal and enjoyable. And just now I've just felt so good and so comfortable and so safe. And I just felt like I'm I finally yeah, really feel very strong in that part of me that is often not had the love and support that it deserves melts, come back in again. It's great to hear from others, like here as they have the lived experiences of raising three children. So I'm younger activists are great in the role.

But lack that multitasking, which he has, which is one of the greatest jobs in the world and engaged and passionate parent. Yep, multitasking and melt asked a very good question. Are all the by events with this forum available online for those who missed it yesterday. Well, not quite all and the sort of more discussion groups About Pets and books and things. We didn't record, but the events some of the panel events are on the stand by us YouTube channel, and I'm just seeing, if we have got any,

See you're up yet. This is a live radio, people of all genders. We certainly put up some from last year. Let's have a look. Yes. Well the promo videos from this year up and also an interview with, you know, a neuron Joy drive. So there's a few from last year, but keep your eye on the stand by us YouTube channel. Pop that into your, your

Search engine and it will come up and the wonderful James will be, is madly captioning and editing and we'll get things up in the next few days. Coming up is freedom of species and their gu s. Today will be YouTuber and podcaster Mixie about positive animal news. With a focus on celebrating Victory is already one for Animals as well as imagining what future victories can be achieved. So, yep. Thanks.

Nick and the crew for Freedom species and Nick has. When he messaged me about that. He's I don't know how Nick identifies in terms of sexuality and doesn't matter. But he said I felt there's a been a big increase in Awareness around discussion on boasted over the last few years, which is great to say. I'd agree with that neck after years of feeling and being raised or and or billing fear being and or feeling because there's no binaries or very few, you know, ll

I do agree with that at just some just finally seem like it's ticking along and the B is on the map and there was some very huge discussions on one of the social events last night about how we can go even further. So watch this space. So the space that I'd better make is for freedom of species coming up at 1 o'clock. Thanks. Once again to Alison Parker from IPC health for GUI. Testing next week on the show is an

Cultured covert who's a by person and we'll be talking about sort of some interviews, she wants to do. So, I'll be interviewing the interviewer or something like that. So we'll keep the bees buzzing in the pans are cooking because we do that on out of the pan. Thanks, as usual to Mel and Xavier for all your contributions to the show. It's great that you and everyone listening. And remember you, if anyone else out there. It's okay to be a first-time caller longtime.

Listener, yeah, sort of you've got to make contact as they say and yeah, sort of please, you know, sort of seriously with the show is here for you and there's quite a few great guests coming through in the next few weeks. It's a pact program. Anyway, better, get out of here. Make Way for freedom of species with keeping on the western themed, not country, and western songs with West in the title today didn't get to play the Village People, go west or Stars West is the way. I'm going to take it out with Dragon from their 80s period and their song Western girls. Thanks for tuning in to out of the pan. I'm Sally Goldner. Catch you next week.