Out of the Pan with Sally Goldner

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**Sally:** 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. We'll throw those questions into the pan and cook up the answers for you. So go on, push that gender envelope, only on 3CR 855 AM digital and 3CR.org.au.

*(“Hand in my Pocket" by Alanis Morrisette plays)*

**Sally:** 3CR 855 AM, 3CR Digital. 3CR.org.au, 3CR On Demand. Out of the Pan with Sally. First broadcasting noon through 1:00PM every Sunday afternoon. Thanks for your company. Sunday afternoon, noon Australian EDST and summertime. We're there theoretically, but it's Melbourne and we're not there practically.

I'm Sally Goldner. I use the pronouns she and her, and welcome to Out of the Pan. Out of the Pan is part of all 3CR broadcasting, it broadcasts from the lands of the Kulin Nations at the intersection of Wurundjeri and Bunurong lands. We pay respects to Elders past, present and emerging. Hello to any Aboriginal and/or Torres Strait Islander people tuning in and all the lands were stolen and never ceded, always was, always will be aboriginal land.

I use the pronouns she and her. Welcome to listeners of all genders including but not limited to ladies and gentlemen. And welcome on this special International Disability Day of People with Disability broadcast on health sovereignty. Welcome to people of all abilities. Mental, cognitive, physical, etc.

I want to talk about that throughout the show, and first off my apologies unfortunately, I got a message yesterday that my planned guest Catherine Marshall from Inclusive Rainbow Voices was not available due to some personal issues and I hope they sort themselves out really soon. However, here it is, it's six minutes and 14 seconds in. Card subject to change, as they say in the world of wrestling.

**Sally:** So the show will go on. We'll just rearrange the matches a bit. I've got to thank especially Iris and Queer Trans Health talking about issues in the previous half hour,Out Of The Blue. Staying on the surface today, so to speak, not diving deep for marine news on this special day of special programming, and a range of issues.

And if you want to get in touch with the show, and I'm going to ask you to do that, outofthepan855@gmail.com. SMS +61 456 751 215. You can tweet @salgoldsaidso and that's the bottom line. You can look for that on twitter, mastodon and blue sky.

All the platforms and instagram and look for me on facebook. Sally Goldner, In and Out of the Pan, 3CR 855 AM Melbourne. Remember any opinions I express on the program on my own, not those of any organisation with which I am associated, currently or have been in the past, although they may not necessarily be the same.

**Sally:** Remember you can snail mail P.O BOX 1277 COLLINGWOOD 3066. Lots of ways to get in touch with the show. There will be a segment that I've pulled out later in the show which will definitely need content warnings for various topics, and therefore you can contact Q-Life, which includes switchboard in Victoria and Tasmania on 1800 184 527 and Rainbow Door 1800 329 367. You can SMS Rainbow Door 0480 017 246.

So there will be content warnings at that point for discussion of violence amongst other things, and there will be a pre-recorded list of content notes there. That'll be an interview that was played some months ago with Natalie Feliks.

I'll talk more about that soon. But I'd like your input today on this International Day of Disability, particularly from people with disabilities and double particularly queer, whether you're that person yourself, whether you're a carer, or you could work with a health service provider that specialises in intersectional health, queer and disabilities.

So yeah, I very much want to put the lived expertise at the forefront. What do you think the issues are? We just heard some great discussion there from Farida and Stephanie about their experiences as per the 3CR website, navigating their health in this messed up system, touching on long COVID, hospitals, autism.

**Sally:** And imagining beyond where people's needs are met. That's a dang good idea. Why don't we do that? Meet people's needs. Yeah, it's that old saying of, we all want the same outcome, which is the best possible health care But everyone's road to it and that they will travel is different. The metaphorical equivalent of car, bicycle or pedestrian. We've all got different needs and so that's really important.

Part of mentioning autism, I opened up specifically with Alanis Morissette and Hand in My Pocket, which the song itself is not about disability. Alanis Morissette identifies with the neurodivergent trait, the highly sensitive person, as do I. ‘HSP’ for short, no, I do not eat myself. Halal snack packs or hellenic ones, meat or vegetarian or otherwise, I'm not a cannibal. But I thought that was a good place to start this show, and perhaps get some discussion rolling.

There's just a whole range of topics we can talk about. I was reminded as I came up to this week, I had a great session. It seems so long ago, February this year, what a year it's been on so many levels. When I was at the Better Together conference in Adelaide. It's a bit bobbed down there, Adelaide.

**Sally:** Seriously a great session there on hidden disabilities of various sorts and I noticed right off the bat that I personally, I get where the law is at on this, that it puts neurodivergence under disability I don't see my neurodivergence, HSP, introvert, as disabilities in that sense.

I will greatly acknowledge the copyright of Greta Thunberg and say that they are superpowers in my humble opinion. And watch me leap over a tall building or something, I don't know. Seriously really important that that distinction gets up. So I thought that was a good reason to play a great song and the HSP, neurodivergence, still unknown.

I unfortunately no longer work in an organisation where they claimed they didn't know how to talk to me because of my HSP so they wouldn't talk to me. Just don't come up with sudden outbursts and temper tantrums which are toxic masculinity and would damage lots of people, thank you, person in management who said that. Not really that hard. And all the rest of it.

And even though I went to VIROC, they didn't do any reasonable adjustment, if anything got worse and kept shouting at me outright even after that. So these are things that I think of great relevance to our communities.

**Sally:** Because one project I remember a few years ago where everyone was trans, to start with, and then looked at all the intersections, found that 50 percent of trans people thought neurodivergence was important to them, and I think that's about right.

Now it didn't break it down into forms of neurodivergence, autism, sensory disorder, HSP many more, but I think that's a good start. So when we have a health system that is not great and it's very neurotypical.

And there are other things as well, when we have a justice system that's neurotypical, when it's people who are sexually harassed or need fair work or go to other things, have to sign silence agreements.

And I strongly remember when I saw Grace Tame at the Arts Centre last year in conversation with Magda Zabanski. She said neurodivergent people find it hard to tell a lie.

I'm very much with that, but it's also what we don't say, in a sense that can be as much a lie. Now, there's all sorts of philosophical arguments about that one, but I certainly find that. And I think having to bottle things up is incredibly difficult.

**Sally:** Now, wouldn't it be nice if people stopped discriminating, and we didn't throw people out of work unfairly? And then we wouldn't have a problem. But no, even the perfectionist streak in me says that's not really that likely. Yeah, I really welcome people's thoughts on this.

Are our health systems working for all forms of neurodivergence? And, what can we do? But welcome, as I say, any feedback on disabilities, particularly those at the intersection of queer and disabled, people who are carers. You could be a queer carer for a heterosexual, cisgender, endosex type of person. That's fine too. I really would welcome people's input.

I got one comment on this on twitter from someone who said, and I'm just going to bring this one up, that someone, Anton said, it's the brother of a 57 year old with a severe acquired brain injury from birth.

"Proud that my folks are able to care for him with love and compassion. It's no fault what happened during delivery”. No fault of his, sorry, his being the brother who has the acquired brain injury. Now this is a really good point. And then it brings up probably many other issues.

**Sally:** I don't want to speak, of course, to this particular situation. That's someone else's story. But there's a challenge right off the bat. Someone has a brain injury from birth and it's a whole life. It's all very well to say things like, "Oh, well people can adjust and be flexible". Yeah, I wonder who the people are, who are saying those sorts of things.

I'm sure it is not easy. So certainly acknowledging that Anton. And yeah, I did see you haven't seen your brother for a long time. But yes, we used to go and watch, I'll keep all 18 out of 18 listeners on site, I won't mention which football team we used to go and watch football at Arctic Park in Waverley.

Those were the good old days. But the thing is, there wasn't a lot of information in those days, yes it was pre-internet. How do we support, how do we communicate with people with disabilities? At times I admit that I didn't know and got it wrong and did wrong things. And it's good that there is more information.

And information in itself is a start. But then it's about trying to get people, not to change people's attitudes necessarily, but to get people to change their own attitudes. And there's a subtle difference in that. Old joke, how many health professionals does it take to change a light bulb?

**Sally:** It doesn't matter how many, or how many psychologists does it take to change a light bulb? It doesn't matter how many. The light bulb has to want to change. And unfortunately, some people won't. Learning is a critical factor. What can we do to enhance learning about all these things?

But the hidden disabilities we'll call it workshop, breakout room if you like, at Better Together was very affirming, and so many people felt like they'd felt affirmed. Now, I have mentioned this before, mentioned it again, a range of hidden disabilities. I have one leg slightly shorter than the other, which developed about puberty from memory.

So that wasn't good for running or playing football, running between the wickets at cricket, chasing after the ball. Never really liked walking and running, and the only options you get to play sport are cricket, football and athletics. Yeah, not great, and it took me a while when I started being more physical this year to remember that I had that. And get back to it.

**Sally:** As I used to joke about swimming, which was a great start to get some fitness. Doesn't matter if you've got one leg shorter than the other because you are horizontal. Those sorts of things. The other hidden disability I have is my eyes are not of equal strength. For those of my era and for those who wish to learn about old terms, ‘a turn in one eye’ is what it was called.

So there's all of those sorts of things. And yes, I have those two forms of neurodivergence, you could say that to some extent I am a survivor of trauma through bullying and discrimination at various levels, I would like to think I'm doing my best to manage all those things right now, but I'm doing better over time and trying to learn and learn.

To borrow from Dirty Harry, I'll be Dirty Harriet for a second. ‘A good tran always knows her limitations’. But also you don't want to hold yourself back. So there are things that people who don't experience that have to consider. I'm also recognized, is my word, as experiencing what's called cyclothymia.

**Sally:** Which is a smaller version of Bipolar 1 and 2. Less cyclic and usually set off by circumstances rather than chemical type of stuff inside the brain. And I take a small amount of antidepressant medication every day. These are lots of hidden disabilities and it felt very affirming to talk about them.

And I think this is something we don't talk about. So it's certainly something I want to cover today. And in the meantime, after Alanis Morissette, I've pulled out what music I can, which talks about how people don't get, we'll say the same opportunities. And whilst it's not about a disability, this song was written about cystic fibrosis, which is more a health condition, but it's also a hidden health condition in a way, or health situation.

I thought this one by the Wolverines would bring up some relevant issues and it's a damn fine song because it's Australian indie country. 3CR 855 AM 3CR digital. 3CR.org.au 3CR on demand, out of the pan with Sally.

*(Sixty five roses by The Wolverines plays)*

**Speaker 2:** I really don't like this concept of teaching people to see the person and not the disability. Then why can't people see a person with a disability and not freak out or not feel uncomfortable? It's like that weird backhanded compliment that we get when people say, "oh, I don't think of you as disabled because you're my friend, or you're really cool, or because you're just like me.". Can we not be all of those things? Can we not be cool and likeable and people's friends, but not also be proud of our disabilities? I hope that we can.

**Speaker 3:** Disability Day on 3CR. 12 hours of community radio, by, for and about people with disabilities.

**Speaker 4:** You being disabled doesn't make you a burden or a stressor on a relationship. That's just what capitalism is teaching us. It's teaching us that if we're not well, we're not successful. No it's totally not the case.

**Speaker 5:** You're listening to 3CR's International Day of People with Disability broadcast.

**Sally:** That is indeed us, 3CR 855 AM, 3CR Digital. 3CR.org.au, 3CR On Demand, Out of the Pan, with Sally. And on this special day of programming. A few things not quite relevant, but a story's come up which is of interest, given that this involves a queer person, not specifically about disabilities, but Casey Jenkins the artist who proposed an artwork that documented their efforts to conceive through donor conception, has settled their case against the Australia Council, now known as Creative Australia.

They took the council to the federal court for discrimination, as well as defamation and breach of contract and Sky News commented on it. And Jenkins was informed the grant was withdrawn and the Australia Council claimed that the project called Immaculate, exposed the council to a conceptible, potentially long term and incalculable risk.

Oh, talking about conception does that right. The council said it could not be part of an act that results in bringing new life into this world as part of an art project. How would you like it brought in? I remember a case from the Catholic Church years ago. Huge content note coming up for child abuse and underage sex.

Where a man got an 11 year old cisgender girl pregnant, and the Catholic Church expelled the girl and her mother for having the girl have an abortion. And the mother for helping her, but didn't do anything to criticise the father. Yeah, that's the sort of life you want to bring into the world. I don't think so.

The case was settled outside of court on Thursday, it will soon be formally dismissed by the federal court. Arnold, Locke and Liebler acted for Jenkins and as part of the settlement, Creative Australia has agreed its board and management will undergo gender equity training.

**Sally:** They'll make a 12 point public apology to be posted on its website within 28 days of the case being dismissed and pay Jenkins a six figure sum. All because they lost their guts over $25,000. They have declined to comment. And Jenkins claimed that the Australia Council tapped into, quote, what is quite a widespread assumption or fear that queer people will harm children.

Dearie me. "Their concession there was nothing illegal in the art or the action is a vindication for myself, but not only for myself” - this is Jenkins - "but all families formed with donor assistance who are routinely and unjustly maligned.". Well done Casey, you're very courageous for pushing through on this.

And so Jenkins, not a quote here but a quote from the article. "Jenkins hopes Creative Australia will fully engage with the training they have agreed to regarding gender equity, LGBTIQA people and women and their rights, unconscious bias, rainbow families and reproductive rights.

They hope to show Immaculate in Australia soon and are starting a PhD about institutional discrimination.”. I think, whilst that's not about disabilities yes, there's so many linkages to some of the issues faced by people with disabilities of all sorts.

That there is institutional discrimination and unconscious bias. So just well done, Casey. Amazing that you pushed and pushed through courageous stuff. Well done indeed. And sometimes we need to do that.

**Sally:** It was interesting listening to 3CR's Juliet Fox receiving a community broadcasting award for long contributions to community radio talking about how community radio can do systemic change and certainly 3CR is a proud part of that.

Tossing up what to do next here. There's so much we could talk about. Certainly the other topic that I wanted to talk about is the issue of not just health professionals being more trauma informed, but organisations and managers being trauma informed, and this is again something that obviously comes close to the bone, so to speak, for people in queer communities, but also, while not my lived expertise, of course, it's reasonable to say many others.

And when we have, as a predominant form of mental health care, the approach that is called cognitive behavioural therapy, which is nice and rational and challenges your feelings, that's not very trauma informed.

**Sally:** I did two sessions with Cognitive Behavioural Therapy - and I'm not using the abbreviation CBT, for sort of mental health professionals a few years ago, and it just was horrible.

I don't need to be challenged. People need affirmation. And it's just medical arrogance that brings in a form of therapy that is CBT, toxic masculinity, patriarchy. Gee, talk about questioning some systems. It's all the same thing. And I just think it's arrogant that someone says, I'm going to challenge you.

Your feelings and your thoughts at that time are there, you sort of say, "Okay, that's what's going on", and you then work through it. And maybe this practitioner was, just hadn't thought about their own middle class privilege as well. There's a privilege that often gets buried in unconscious bias.

We look at what's going on. There's also a story which I want to have a good look at in a minute while we play another track and that is a story about how we're going to crack down on the NDIS, particularly in relation to autism. Disability discrimination there.

How this whole thing that neurodivergence and mental health is harder to prove. As someone who's had to deal not so much with the federal government, but a state government system in the last year, and was told by a rehab person that they will get a GP in to talk about how I can get back to work, not how I can rehab. What's bringing my GP in going to do?

**Sally:** Are they suddenly going to get rid of the mental health stuff that I was experiencing faster? They probably wouldn't say that to someone who had a sprained ankle or a broken leg or something from work. "Oh yes, take the time you need to heal.". So there's certainly that when it comes to mental and cognitive disabilities, again, that hidden aspect as well.

All right, so I'm going to play the interview now that I had scheduled with Natalie Feliks, and there will be content notes at the start of this interview so to be aware of (that). There will be traumatising material. Natalie Feliks, writer, feminist, and activist on empowerment of queer and disabled people through advocacy and representation, trans fiction, coping with rejection and staying motivated.

**Sally:** So let's have a listen to this one and note that there may be some content notes in there. This was originally broadcast on International Women's Day, which, of course, when we're talking intersections, can be a factor as well in health sovereignty in various ways. You're on Out Of The Pan, 3CR, 855AM Digital, 3CR.org.Au, 3CR On Demand. Let's have a listen to this.

**Speaker 7:** The following interview addresses violence towards sex workers. LGBTQI+ people and the murder of a trans woman. This content is distressing, so please take a moment to decide whether you would like to continue listening. If you require support, please call lifeline on 13 11 14.

For LGBTQI+ Peer Support call Q Life on 1800 184 527. Aboriginal and Torres Strait Islander people can call 13YARN for mob only support on 13 92 76. I'd like to welcome Charlie Murphy, who is a trans sex worker. She is one of the organisers of the International Working Girls Day Rally, which will be held Wednesday 8th of March in Sydney.

And today, Charlie joins us to discuss the fatal attack of trans sex worker Kimberley McRae in January 2020. Whose killer Hector Valencia, has been found not guilty of her murder. We will also cover what trans justice could look like and the current state of queer politics and sex worker rights. Good morning, Charlie.

**Charlie:** Good morning.

**Sally:** My apologies, I've hit the wrong button there a couple of times. Let's go for a third time lucky.

**Speaker 6:** And now, the next interview will be with Natalie Felix, who is a writer, feminist and activist. Who has published both fiction and non fiction work. These days, Natalie has a focus on bringing empowerment to queer and disabled people throughout through advocacy and representation.

Today, Natalie joins us to talk all things Trans fiction, coping with rejection, staying motivated, and what inspires her writing practice.

**Layla:** Good morning, Natalie.

**Natalie:** Good morning, Layla. Thank you so much for having me.

**Layla:** Oh, we're so happy to have you this morning. I thought I would just start by talking a little bit about how I was introduced to your work. Priya very kindly introduced me to your work through the article that you wrote for Siren Sport last month on the impact of the trans women in sport debate. And while we won't be speaking to this directly today, I did want to preface our chat by reiterating some really important points that you brought to light.

What I understood from that article and what I've also been thinking about for a while is that the trans women in sport debate is, at its core, fundamentally dehumanising. It reduces the experiences of trans people, in particular trans women, down to a body, and a body that is up for public debate and scrutiny.

So in resistance to this reductive narrative that so often dominates trans representation in media, today, you and I will be focusing on the joys, the fears, and the complexities of flourishing trans voices. Yes, I'm very excited to have this chat with you.

**Natalie:** Me too.

**Layla:** I thought we could start by learning a little bit more about you, Natalie. Could you tell me how your journey as a writer began, and what you've been working on lately?

**Natalie:** So I've actually started where a lot of writers start, which is just writing dumb shit in high school when I was disassociating from my classes. And that just kept on going and going. I became that kid that every parent is afraid that their kid is going to turn into it.

Like, "I want to be a writer when I grow up". Instead of doing anything in STEM or whatever people are supposed to do these days. But yeah, I stuck with it. And I ended up doing a lot of writing for video games, and I joined a whole bunch of modding projects and stuff, which were a lot of fun.

Toxic in hindsight, but a lot of fun. I ended up managing to get one book published pre-transition for a really small furry press, which was just about a bunch of animals being depressed in the American wilderness.

And after I came out, I just basically did writing for my partners. I did it as a way of showing that I loved them. And I made visual novels just for fun. And because they made really nice creative little presents for birthdays and stuff. But when I actually met other trans writers, I realised how good the work is and how under appreciated it is.

**Natalie:** And I was like, "wow, I should really get back into this". You can really change people's lives by just putting fiction out there, putting voices out there, and there's so little of it that actually gets appreciated in the world, and that's such a tragedy because we have to work so hard just to get any kind of inlet into the debate, even our debate, the debate about our lives. Our voices are just really considered the second best somehow.

So yeah, I've managed to finish my first proper novel, which is a young adult literary fiction novel about a young 16 year old girl called Ingrid who basically comes to terms with all the trauma and mental health issues that she's dealing with at her high school.

And that is trying to shine a light, not just on, the experiences of trans women in general, but also the trauma that transphobia in high school and the type of gaslighting and just general dismissiveness can have on you at an incredibly young age.

It's really, incredibly fucked up that you have children who, on the internet, are being constantly told that they're, like, groomers and rapists and stuff. And I really don't think that we talk just enough about the trauma that those have on just young children.

**Layla:** It's true.

**Natalie:** I'm also working on another book, which is also designed to shine a light on the trans women in sports debate and it's trying to demonstrate what I said in my article, which is that the idea that trans women have an unfair advantage in sport is ridiculous because we're disadvantaged in literally every aspect of our lives.

You can see that play out. There hasn't been a single trans person who's actually won a freaking tournament, even though we've been eligible for decades.

**Layla:** Yeah, it really is, I think a debate about the humanity of trans people and not about the reality of the actual situation of trans people in sport. Thank you for sharing that background. I think one thing that stood out to me is that it's really important to validate your coping mechanisms and the things you draw on to get by when you're younger. And that can turn into something really special that other people can share as well.

**Natalie:** Yeah.

**Layla:** Speaking of sharing, when I was writing these questions, I was reflecting on my own experience, being a creative and sharing work and most forms of creative practice require us to really put ourselves out there. And this can be a pretty vulnerable experience, especially when the work you're sharing sits so close to home.

For many trans and queer creators this means our practice can be deeply linked to our sense of self. So I wanted to ask you, how do you stay motivated when you're dealing with rejections?

**Natalie:** Bold of you to say that I do. I do my best. There's only so much that someone can do. I think the best thing that I have learned is that it's just community.

The people around me are some of the most amazing people I think probably exist in the world. That's like a bold claim. But from my perspective, that's true. And they have demonstrated to me above and beyond how important the work that, not just that I do, but all of us do.

All of us who are trying hard to be the activists who are dealing with the constant bullshit and constantly swapping ourselves with the knowledge that it's such a depressing, awful time to be a trans person in the world at the moment. But, I feel like a lot of activists in general feel the same thing. It's not just us, and the same things always get said.

The rewards that you get, even if they're few and far between, constantly outweigh all the constant burdens that are placed on yourself and the pressure. And sometimes it really just helps to get creative as well, which is something that I learned not just going through the general mainstream process of trying to get my work out there, but trying to get my work out there and other mediums that I can go through.

I've also thought about writing plays because I know books aren't accessible to everyone. So basically for me, it's just firing as many shots at a target as possible. And eventually one of them lands. And I know that when one of them does land, it's all going to be worth it.

**Layla:** I think that's really good advice. And while acknowledging that we need to emphasise our experience as trans and queer people, I do have to do a little reminder and a heads up that, bit of a language warning, and we do have to keep it PG in case any of our baby trans and queer people are listening today.

**Natalie:** Yeah. Sorry.

**Layla:** No, that's okay.

**Sally:** Good point to have a breather. I've got a track that I'd like to play. Again, not necessarily a disabled artist, but someone who's been through mental health challenges, and that's one of my favourite artists, and that's Colin Hay. He went through a tough time after Men at Work broke up and battled some substance alcohol and other substance issues and pulled his way out.

And this one, when I was looking for a track from him to play, just seemed very relevant for all of us at The Intersections today from his album Man at Work in 2003, and it's called Don't Be Afraid. 3CR 855 AM, 3CR digital, 3CR.org.au, 3CR on demand, Out of the Pan, with Sally.

**Speaker 8:** Mental illness has a bit of a hard gig I think in all forms and I suppose it's about accepting difference and accepting different behaviour and accepting difference in other people. I suppose within the disability sector, is there a hierarchy of disability? I don't know. Are there judgemental attitudes in the disability sector itself?

I don't know. But, I just know that mental illness, because it's an invisible disability, because you can't see the broken brain that produces the behaviour that we show sometimes, because it's an invisible disability, illness , it's hard for people to accept that we have an illness and that we have a disability.

Even in our own sector, it's about people accepting us for who we are. And generally speaking, society doesn't deal with difference at all well. How do we break down those barriers and say to a wider society, it's about accepting difference in all its manifestations. And because I have a mental illness, I have a different difference.

*(Musical sound bite plays: “Turn up the radio, I've got something to say. Turn up the radio, turn up the radio. I want a revolution, and I want it today”)*

**Speaker 9:** You're listening to 3CR 855 AM on International Day of People with a Disability. Turn up the radio, turn up the radio.

**Sally:** Yep, turn it up, keep it on. 3CR 855 AM, 3CR digital, 3CR.org.au, 3CR on demand, Out of the Pan with Sally. First broadcasting, noon through 1:00PM, every Sunday afternoon, or actually most.

**Sally:** I'll come back to that in a second. Out of the Pan is the show covering issues knowing no boundaries of sex or gender, and, so far today, music of genre rock with Alanis Morissette, the Wolverines, country-ish, and Colin Hay. That's more his, bit of his reggae type of sound, I suppose you'd say.

There's lots more programming coming up on Disability Day. 1:00PM instead of Freedom of Species, Sick/Sovereign poetry and yarns with Darcy and Em. 2:00PM we’re not rotating. It's Health and Care in the Time of COVID Hegemony. Resisting the state's abandonment of impoverished immunocompromised families, and yes, immunocompromised people, and then a big one Queering the Air, Our Disability Doesn't Define Us, presented by Sasha.

And in this special episode Sasha and Geri, proud trans women, courageously open up about their personal experiences living with disability. And for Sasha, this is their first time openly discussing it, so a significant milestone that has been long overdue. Attitudes, norms, and the areas she was raised has all contributed to a reluctance to acknowledge her disabilities.

**Sally:** Geri will provide an in depth account of her life with autism and lots of enlightening insights there. 4:00PM, Raising Our Voices, experiences in the healthcare system and talking about treatment from doctors and other healthcare workers, The Boldness with Raphael the NDIS gave us a new identity and 5:00PM, Palestine and free peace through justice, health through decolonisation and 6:00PM Ubuntu Voices: We are Here.

Ajak is joined by three music artists Damage, Sage and Mad Hatter. Now wanting to get back to this very quickly, this article on the front page of the Herald Sun, which means that unfortunately I won't get time to finish that discussion, but it is on 3CR's website on this year's International Women's Day Broadcast.

And apologies for hitting the wrong button there to start with, it's one of those days. And this I just found this. I'm going to say content note; neurotypicality, a Herald Sun headline. I probably don't need to say any more.

"Reform or die. Many NDIS clients will die if the states fail to support a crackdown on dodgy service providers. NDIS showing 16,000 and more than 100,000 providers are registered, meaning allowing 85,000 or not".

**Sally:** Yes, we should be cracking down on that. But what's been bothering me in the last few weeks is reports on how there's going to be funding cuts for autism under NDIS. Why is autism, as I say, any different?

To having a physical disability that's such as, say, a limb that may be different to what other people expected. There seems to be this attack on the NDIS which, of course, eight years of the National Federal Coalition government made such a big meal of.

And I think that unless there's consumer input into this It's going to be problematic. Also worth noting the lack of consumer input into trans reforms for trans healthcare, which whilst not a disability specific issue I noticed this a few weeks ago and it was all about how doctors were going to lead it.

Hey, it's our lives thanks. And it does come back of course, to that old disability saying 'nothing about us without us' and is really important. Yeah, very important that we sort all these things out and do it with a sense of ownership. There's so much need for individual centred care or person centred care. I cannot emphasise that enough.

**Sally:** Coming up this week, things in the queer community generally. Bent TV as part of Queer TV on Friday nights on Channel 31/44. Seahorse Club of Victoria should be scheduled to go on Saturday night the 9th. And that gets us through to next week.

Now I won't be in next week, said I had to mention that. I've got something on, I'm not sure what will be on at this stage whether, it will be a repeat of Out of the Pan or something different because It is International Human Rights Day, and that's all human rights, disabilities, queer, race, skin colour, refugees and everybody.

So it's really important that we acknowledge that, and there won't be special programming, but there will be something going on there. So keep your eyes on the 3CR socials across all the platforms and we'll let you know what that one's about. So yeah, wrapping up, I think again, it comes back to individual centred care.

I really can't emphasise the need for trauma informed care in our, for our communities, and again, obviously, for many others. I think that systems that are designed by people with privilege, including patriarchy, neurotypicality, are just going to create far more problems than they will solve.

**Sally:** And that's going to be hard for some people to accept. Tough biscuits, start accepting it because it really is quite, in my mind, disconcerting that we just can't seem to learn. Or we go through the same old underlying debates with one aspect of diversity and then we have the same things again and we don't say how much of this can apply to other areas.

Obviously there's going to be differences between just being non intersectional for a second, say disability and queer, but there might be some, overall underpinning learnings that we could share. And it just seems very strange to me that we don't do it.

So that's just about it for Out of the Pan on this International Day of People With a Disabilities broadcast. As I said, stay tuned to all the great shows on 3CR that cover this right through and till the last show begins at 6 and ends at 7 and then regular programming will resume tonight.

Taking out today with someone who just was unique. Geoff Healy was a guitarist who became fully blind at one year old and yet learned to play the guitar on his lap. A bit like you might call a lap steel, and created amazing sounds. And here's one of his tracks from the album Feel This, and what's always good to feel in an appropriate way, and Leave the Light On.

Thanks for tuning in to Out of the Pan, I'm Sally Goldner. Catch you next week. Or the week after.

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