

From the Committee

Inclusion matters. This is a message shouted loud and clear for many decades from people with many different backgrounds – CRU even held a conference on this topic in 2012. Fast forward to 2017 and this edition aims to continue this call and demonstrate the change we need to embody.

In the words of Greg Mackay (CRUcial Times 47), *"in the absence of a decent conceptual framework, people rely on habit and history"*. The problem here is we have many habits and history that need to change and this is just one. Society has a history of excluding many; not just people with a disability! Slowly, we are changing the habit but we all know it takes time to change and we don't always succeed. We have to keep trying and with each attempt we gather that little bit more wisdom along the way in the hope that next time we succeed. This is important work for as Buddhist teacher Pema Chodron said "The slightest willingness to interrupt our old habits predisposes us to greater bravery, greater strength, and greater empathy for others."

I reflect on my own sister's experience. She is now thirty something and living in a home of her own. She has support to assist her to find her passion, to create relationships and to have a meaningful connection with her community. It takes time and it is often challenging; not because she has to change her habits, but because she has to change everyone else's and that is hard work! Slowly she is creating her own history of inclusion and as she brings along other people on her journey she is changing their habits as well.

We hope that at CRU we can facilitate the creating and sharing of those habit and history changes! During our next strategic plan we will seek to stay true to our core values and vision, focused on the challenge of genuine inclusion for people living with disability. CRU will enact this strategy through various workshops, information sessions, publishing CRUcial times and sharing the wisdom of others in 'Bringing the Good Life to Life'.

We hope you can join us as we work for a more inclusive world.

Sherryn West