

[00:00:07.050] - Bernard Namok

Hi and welcome to Yarning Disability, the FPDN podcast. I'm your host, Bernard namok, Jr. I'm a proud St. Paul Badu and Erubian man from the Torres Strait. And I'm also the son of the designer of the Torres Strait Islander flag, Bernard Namok, senior and an advocate for the First People's Disability Network. Join me now on Yarning Disability as we showcase First Nations people living with the disability, as well as their families and carers and other industry professionals.

[00:00:44.750] - Carly Wallace

Aboriginal and Torres Strait Islander people are warned that the following podcast may contain the voices and names of people who are deceased. The First People's Disability Network and the producers of this podcast recognize the traditional custodians of the land on which this podcast is recorded. They pay respect to the Aboriginal and Torres Strait Islander elders past, present and the future. Leaders of tomorrow. FPDN would like to acknowledge our founding elders and their lasting legacy, uncle Lester Bostock and Auntie Gail Rankin and acknowledge all first peoples living with a disability.

[00:01:35.790] - Bernard Namok

For families living up in the Torres Strait Northern Peninsula area and surrounding places around Cairns that need advice with NDIS, or if you have questions about NDIS, how to go about getting on NDIS, there is a support service based in Cairns that can answer all your questions. UME Support offers not only your questions about NDIS, but it also offers cultural activities one on one with youth participants, community access to home care. UME support's motto is doesn't matter what background you are, we are one. Hello. My name is Bernard Namok Jr. I'm an advocate for First People's Disability Network. On today's episode of Yarning Disability, I sat down with Karim Yorkston at his home in Cairns and had a yarn about his support service. Karim is a Badu Island man living in Cairns and seen a need to start up a support service for his people to take the pressure of families traveling down from the islands to Cairns for medical needs. Karim has been through trials and tribulation and made a change. He thinks by doing this can help others with better choices. And just a heads up, the following conversation may contain some coarse language.

[00:02:54.530] - Karim Yorkston

You. Oh. My name is Karim Yorkston from Badu. Moved to Cairns 2010. A bit about me. Where can I start?

[00:03:18.350] - Bernard Namok

Tell me about your journey from what made you wanted to be, I guess where you are now, today.

[00:03:30.770] - Karim Yorkston

Okay. I went through a bad breakup back 2014, maybe 15. Can't remember when that made me rethink life. To choose whether to take those two parts, I had to make a choice. It was drugs and alcohol I was doing back then, or make a better choice and try and do better in life. So I picked the health and fitness side and which made me realize a lot about me than anything else. Doing that, I've lost friends and I've made new friends. It was a tough, tough twelve months of doing what I did back then, but it was the best decision I ever made. When I was on the islands, I was, what, 220, maybe 230 kilos. Moved away, tried to better myself, but I still had the same mindset, this drinking partying. But I finally made that choice and stepped into what I was doing to the health and fitness, and I stopped. I haven't drunk ever since. I haven't been to a nightclub ever since then. I've lost 110 kilos as a teenager on the island. It's always at the same excuse. It's too hard, I don't do it. Peer pressure from friends. But just thought I stopped all of that and tried it, and I did.

[00:05:11.120] - Karim Yorkston

I tried several times, failed probably three or four times. Tried it, went good for two weeks, stopped, did it again, stopped. Then I met one of my brothers, Ryan, who now lives up here running the boxing club. I just asked him what I can do to stay motivated and, yeah, so Ryan said, Maybe do a charity boxing event. I did that. That was actually Australia Day, mackay. I had a chat to him. We locked it in that same day. From Australia Day to April 1, I lost 45 kilos. And after that fight, I always said, I'm going to continue what I'm doing and have one amateur fight. So I continued to do what I did. I lost 101 kilos. I lost 101 to that date, and I did my first Cairns Post right up then, I continued, lost a total 110, and I decided to have my first fight. From that day, I had about 14 fights. I've done Golden Gloves. And from the start till that day, I've met a lot of good, positive people. And that's where I ended up in the industry, working with kids from grade four up to grade seven, from Cairns West Primary School to Bentley Park High School.

[00:06:43.170] - Karim Yorkston

One of my mates did our outreach program. My mate is Jesse Martin, actually, through street movements. His slogan was what really got to me. Fight today for better tomorrow. And I volunteered to help him with his outreach program with the kids. Twice a week, come down to the gym and, yeah, the kids were bad. They were bad kids. And they were first as witness to domestic violence, drug and alcohol abuse, their own, and they took that day to school. He was kids from all walks of life. There was boys, girls, there was everyone. They came down with the case worker, some of which came down with police. Yeah. I didn't know what I was doing, but I stayed with Jesse. I've learned from Jesse, and it was good. I think it was the best thing I've ever done for a work wise. It was the best thing I've ever done. Something that I talk about every day, especially since I started with NDIS and what I've done back then, I still use today with my work. You can see, this is my office.

[00:08:02.170] - Bernard Namok

Boxing and training, yeah, this is fitness.

[00:08:04.900] - Karim Yorkston

I bring kids here, clients here, I do everything. So that's why this is sort of my space here.

[00:08:13.760] - Bernard Namok

So it's mainly kids.

[00:08:16.030] - Karim Yorkston

Kids. I love kids. I started with kids and the kids I've done with Jesse. I knew the parents, they were nothing like that in high school because I went to high school with them and they weren't drinking in high school. They were respectful, they were lovely, they were good friends back then. And seeing the kids today, when I find out, when I found out who the parent was, I was like, Shit. Sort of make you want to cry because it's knowing the parents from back then, the way we grew up, and yeah, I can still picture today, it was good. First thing we've done is we all sat in a circle. White kids, black kids, doesn't matter who you sat in the circle with. Me and Jesse and we based in the south where they're from and who there mob is. That's how we started. Didn't go to plan at start, but in time they're good. They didn't know how to say please. Thank you. They were swearing teachers, please. They didn't care.

[00:09:17.170] - Bernard Namok

And then over time, over time, you kind of seen changes with them.

[00:09:22.420] - Karim Yorkston

So we did actually boxing training. This is probably going to be with child safety, you can do this. But we basically said, you guys take a step back. This is what we do, this is why we do this. They did actually full of boxing training with us and they did everything. Punch in the back to sparring, sparring, me and Jesse, to everything. Some were crying due to the sparring, some everything. People just it was good. In time, they slowly started arguing each other, shaking down, saying thank you, saying please. They started smiling. Their behavior changed and within for six weeks, everything went really well.

[00:10:04.260] - Bernard Namok

And then when you see changes or little bit of stuff like that with them kids, they interact with each other. How do you feel?

[00:10:13.190] - Karim Yorkston

It's rewarding. Come home, you smile, knowing that you help someone, you smile, you go to bed happy, you wake up good and you want to go back. And I enjoyed it so much where I actually took unpaid leave from a full time job. Listen to them and that sacrifice, actually, it's paying off today for me. My approach to

this industry NDIS with kids and adults, physical and mental, is exactly the same the way I've approached my weight loss to boxing to those kids. Today I have a passion to work in kids. I can't see myself doing anything else.

[00:10:55.360] - Bernard Namok

And that, I guess the support service that you got today, was it because of your journey and your experience with five other organizations?

[00:11:07.330] - Karim Yorkston

That policies which I respect, all of that I respect, but people come to us for us to care for them. We are not their bosses. We are not their law enforcement officers. We are his carers. We are support workers at the end of the day, and that's why they come to us sometimes as an organization. If you true to what you do, and if you about true quality of care, then money shouldn't be a factor. You need to be able to be in a loss at times, and that's what I believe in. That's my belief. Their money shouldn't matter when you come to caring for people. If you have to pay an extra \$10 to do something, I do it. I pay my own money just to do stuff because it's somewhere for the clients. That's why I do it here. Just too cold. That's my thing. Doesn't matter what you do. Female, male, kids, there's ways around everything. And yeah, it's the best thing I've done. I don't know where I'll end up in the next six months after this, but I've started this for I've already started working with engagement clients probably three weeks now.

[00:12:24.210] - Karim Yorkston

But I left my last organization December 12. I left, did a few phone calls, came home, and sat down in here, and I just started drifting. What can I do? Because I honestly, deep down inside, I know things can be better for clients. There's a lot of things can be better. Respect towards staff can be better. If there's poor management towards staff. Staff will treat clients poorly due to poor management. How I know that? Because I used to manage about 106 staff, smaller organization. I was the program coordinator, team leader, the rostering, all the meetings I was doing. You name it, I've pretty much done it. That's why I'm here today. And I got to go back to be sorry. When I first did that thing with Jesse, it was Christmas, and I went to the shop. As I was walking, something grabbed me from behind. And when I looked down at this, one of the kids, his island kid, the mom. Well, and the dad, he looked at me with the biggest smile, and he said, I love him. That's when I'm like, Fuck, I better leave aviation. That was a Friday. Monday, I was working with a company in NDIS.

[00:13:44.870] - Karim Yorkston

So quick, and I'm looking back, and best thing I've done, that one moment.

[00:13:48.380] - Bernard Namok

Seeing the kids smile, we kind of, like, change your whole perspective.

[00:13:54.170] - Karim Yorkston

I knew that I could do good with NDIS, and I knew nothing. I knew nothing about the industry. All I knew was kids. I knew nothing. But no autism, down syndrome. I knew nothing about that. I didn't know what I was walking into. And, yeah, my first client called the police on me because I was black. Yeah, I stayed with him. Ended up doing three back to back sleepovers with him. And even today, we still talk. We messaged me, say hello in that video. He has his own support, but we catch up. Say hello. Even still today.

[00:14:33.990] - Bernard Namok

It's like important where you have to gain the trust no matter what.

[00:14:37.690] - Karim Yorkston

I don't care who you are, I don't care how good you are with your people skills. And the clients are stupid. Doesn't matter what the disability is going to put it out there. They know what they want. If you don't gain the trust and respect, then you shouldn't be working with that client. You are next year's experience you have. You shouldn't be working with clients if they can gain the trust and respect.

[00:15:06.690] - Bernard Namok

You want to talk to me about the support service that you be startup? It's fairly new.

[00:15:13.290] - Karim Yorkston

It's new, it's only a couple of weeks old. I'll start with the name. The name is from the torres straits. It's called UME Support services. I know there's different ways of spelling it. I spoke to the council on Badu and spoke to a few of the elders about the same thing. How can I spell it? But I needed something that can catch the wider audience in Cairns, like Surround Queensland and wherever it goes, so people can understand it and knows what it means. So I just went with Yumi U and it pretty much means UME. And the way you pronounce that's what it means. And everything I post, everything I do on the service agreements I put on there, on the business card I put on the back, UME like our. And this pretty much says, doesn't matter what background you are, we are one. So that's what it sort of means. And yes, that's why I went with that name.

[00:16:19.290] - Bernard Namok

And some families, there up on the islands can interpret can kind of interpret that like the one on one support.

[00:16:24.780] - Karim Yorkston

One on one support, yeah. So the families up there, we had a lot of phone calls actually from families from every phone about NDIS and knowing what they can use it for, knowing what's NDIS. So that's why take phone calls every day with stuff like that and it's good.

[00:16:41.880] - Bernard Namok

And I think that's what families, there untap need to know more about what NDIS and other, I guess other things were involved with NDIS.

[00:16:58.390] - Karim Yorkston

I don't think family knows what's it for. All the phone calls I had, they don't know what NDS is for. They don't know what it is. They just told they send the NDIS, that's all they can told. They don't know what they can use it for. They don't know anything. Yeah, so that's something. They don't know anything about it.

[00:17:16.730] - Bernard Namok

Do you think that there should be more awareness, especially within our people there untap where Island about services and one of thempla e do?

[00:17:27.090] - Karim Yorkston

There should be a lot more. There should be a lot more done for indigenous people in communities, up on the islands to make them understand NDIS and all of that. Example, I got a referral to see this guy out of prison, living on the street now, sleeps on his aunties sister varanda and he knew nothing about NDAs at all. My first approach when I went to see him, he told me to leave, but I stayed there, said hello and I asked him where he's from. He said he was from EI. Sat beside him, he got up, said hello, shook my hands, then I let him be. And they went back every second. And now today he understands what it for. He understands why and with engaging, how do you support and everything and what he can use his plan for. And due to that he might be not going back to prison. He does have a lot of charges against him today and he has a court day today but he's been engaging, he's been good, he has no ID, no bank card, he has nothing at all and he has my gov, he's on his DSP, we do 8 hours a week.

[00:18:52.700] - Karim Yorkston

He's good, he's been really good, he engages, he waits for me, goes to his mental health meetings and stuff. Things been good.

[00:19:01.950] - Bernard Namok

There's not much support services, especially for families, island support services, there's none.

[00:19:10.340] - Karim Yorkston

So I'm a big believer in to make a change to someone, you got to talk with the family as well, especially with kids or if an adult living with the family, if you can't engage with the family there's no point engaging with the participant because you won't get anywhere. I've actually engaged with the family as well as a participant with everyone I do, I make time for the family. It doesn't matter if it's an half amount of time, I make time and things are good with that because you engage with the family, of the family of the clients and things get done.

[00:19:41.050] - Bernard Namok

So why do you think it's important to engage with the family?

[00:19:45.690] - Karim Yorkston

Family is everything. Family is everything. No matter who you are, no matter what they go through, family is everything. Even if the clients are in a good state of the family, they see engagement with the family, you will gain their respect and they will come around but nothing will ever happen in a day or a week. You just got to do properly, the right approach and family is everything.

[00:20:15.110] - Bernard Namok

So if families like listening to this young want to know more about what you do, how can they go about finding all that information?

[00:20:28.330] - Karim Yorkston

I'm creating a website, I only got Facebook at the moment. Want to go slow, really slow. I'm not in a rush to do anything, to grow. I'm all about quality over quantity, I'm big about true quality care, so that's me, I'm going to go slow, but what I can do, I'll do. I do have a team with me, male and female, all indigenous. Yeah, so yeah, my numbers is all over Facebook. I do a lot of promoting in cairns, driving around, giving stuff out, yeah, supports I do. Could be anything. If you come in from the communities, coming from the islands, it all depends, it's all up to you, whatever you guys want, we can do. So it's basically up to you to help the family, help the participant, it's all up to you. If you guys have to come down for doctors or family stuff and you got someone in the system, give me a call and you figure I'll do what I can, I'll communicate with you, the family and the coordinator in there.

[00:21:29.550] - Bernard Namok

Is there any message that you want to send for families?

[00:21:39.430] - Karim Yorkston

I think I'll be honest with indigenous family. I want to speak from my own experience again within the industry and my use your funding properly. Use it properly. Don't let people speak over you with your funding and don't let them take advantage of it. Use it properly and don't be afraid to speak up. You have a voice. And that's why I really did what I did. I've heard a lot of people talk but no one has been heard, especially clients, even a model. When I said in the last organization, when they ask me what's a good thing to come out for something, well, with me personally, I hear you and they see you. Because when staff call me and they struggle, I listen to them. And when I see them struggle, I approach them and I help them. And I got lost at but I think that's just the way us indigenous people, we like to help people, where you just have that respect for others. And I got laughed at. That's why I've spoken up. I walked out. I'll be honest again with money. A contract was good and I didn't care about money, money didn't care, money didn't pay me, I don't care.

[00:23:15.590] - Karim Yorkston

Just helping people and that's what I believe, that's me, that's my values, my values in the city. And I said to some of my mates, I was born with nothing, I'm going to die with, I'm going to go alone. And all I can do today is do my best with the clients I get and I have. That's all I can do. Yeah, that's all I can really do. I've been vocal about this for a long time. This industry is very big but very small. It is a massive but very small industry. Everyone knows each other, there's a lot that if people come together we can make a change for the better for people in the industry, staff and participants. I know I can make a change alone. I know that it's going to be impossible for me to make a change but all I can do is when I get a referral, when I get a client, when I get a phone call, all I can do is help that person the best mobility with whatever they want to do, achieve their goals, working towards anything. I've done a lot, even being a role model to kids that didn't grow up with father, I've done that as well.

[00:24:34.830] - Karim Yorkston

One of my first clients, again, he's my client today. I met him back in high school. I took him out of high school, did his resume, took him to his Formal, did his formal shopping. Dad wasn't there. And now today, he has a brand new car. He had his dream job working in a pub. So we've done all of that together. And I'm close with the family, the whole family. I met the whole family, he met my whole family. And that's what I believe in. And that's why I named what I named my little business what I named it because it's all of us. Not just the two of us. It's all of us. We are one now, even today with kids. Another thing, the family tried everything. They did counseling, you name it. All they were told is just give them up. All they need is time. But they damage the room. Mom goes through a lot, like she send a message today of what happened. But they will pick up them today. And they stopped all the counseling and everything. And all we do is what we do. We do all council activities.

[00:25:39.170] - Karim Yorkston

That's why all of that. They sell the coconut on the side. We take them out, get coconuts. And this area is my little spot workspace. It's like safe haven for me. And me. This is where I come in, and I spend most of my time in here. My dog is always in here, support dog. He comes with clients, with me everywhere. And I want to be different. I know I can be different with my experience and what I've been through, what I've learned. I have a lot more to learn within the industry, and I know I can be different. If someone ever stayed in this industry, they've learned everything then just walk away from them. One thing I've learned with Escalation, this whole industry, it is different. And that's why I said I approach it like a boxing. Like boxing. Each fight you approach it different. Each punch you approach it different. And same thing, each Escalation, different. Disability, physical, mental. You got to approach it different. You might experience the same thing three times in a row. Then you come to the fourth time, you're going to approach it exactly the same for the previous three, is going to be different again.

[00:26:51.130] - Karim Yorkston

That's why boxing is my boxing probably saved my life, and I've used it a lot with several clients. And it's a thing for me to do that I turn back to a lot, and I do it with everyone. Male, female, old, young, people in wheelchair, everything, you name it. I use boxing. Doesn't matter what I use boxing for, everything. But that's just me and my belief. And people have their own ways of doing an approach, but this works for me, and this is the way I do it. This is the biggest issue for me within Cairns. I haven't been elsewhere with the industry. I'm going to speak on the cultural side. I know a lot of people, they advertise, they do cultural stuff, they preach it, they try and do a lot of cultural stuff, but they really don't. Cultural awareness is a big thing no one does in Keynes. No one actually do physical one on one, like in the group cultural awareness training. They will do it online. And I think that's really disrespectful towards indigenous people, because Google will not tell me about my culture. I'm sorry, Google, people turn back, but no Internet, no Google to tell me anything about my culture.

[00:28:15.600] - Karim Yorkston

Culture is experience. Culture is this knowledge, and you got to pass that stuff down. Google can tell me how to approach a client. Me, I'm from the islands. I can't go to yarrabah. I can't walk and approach people in yarrabah from the island. You can't. This is actually facts. A lot of people in cairns don't do that again. The last organization I was with, myself, a brother, staff members set up a company to do cultural awareness before we take on this client. One of the Respite boss from Cairns went to Yarra to pick him up, but the family knew it was a boss of Respite and they refused. I got the phone call to go and pick him up or get someone to pick him up, so I got a good friend of mine to pick him up and some of the workers came in the office and said, we have to do cultural awareness now, and they didn't want to do it. So a few weeks later, I came over and I had to do my job. And I did engage with the client because he was in a bad way with his health.

[00:29:23.610] - Karim Yorkston

He was on blood thinners, his blood sugar was 23 plus every day. Every time he checked, it like he was having ten sugar in his coffee. He wasn't in a good state. But I don't know families and people from yarrabah, I don't know the way they do stuff. And I'm going to be completely honest, and everything I did, I always do a phone. I give someone a phone call from yarrabah that I know just for advice, because I don't want to disrespect them or anyone or the culture. So I did call them off for advice and everything actually went down good until someone decided they were probably hiding the client from families. I'm going to put that straight out there. Yeah. So families of this client actually went for a drive and seen this client in a park, and I got the phone call to attend. And families from Arab are rocked up with three columns full of people avoid. And yes, I just took a step back because there was kids in a local park, there was kids and all of that, so they took them back home and haven't seen them ever since.

[00:30:33.720] - Karim Yorkston

And that's why people should do the cultural stuff properly and show respect back to each different culture and do it properly. Not online, not Google, I don't care, not paper. Someone need to do people need to do it properly. Organization need to do it properly. That should be a mandatory task for cultural awareness. Yeah. If that can change, then I'd be happy. I would love for that to change. Even up on the island, when I was working up in TI with the council, we had the elders come in and did cultural with us up there. They were talking about the flag, dad did they were everything and he was good. And that's what I said down here, like even at home, the elders come in and talk to us and there was even people older than the people doing cultural awareness training. But we all like to do it, no matter what. And I even mentioned them down here. It doesn't matter who do it. You can't get this one person to come in and do it. You are Torres strait. We want people the stories and everything's a bit different. Understand that. A lot of people didn't want to believe that and do that.

[00:31:38.950] - Karim Yorkston

And he was all back to Google, I'm not going to do that.

[00:31:46.010] - Bernard Namok

Especially for here in Cairns. You have to show that respect to different tribes too, because.

[00:31:55.370] - Karim Yorkston

This is a good example. I was sitting on the couch with myself and I said to the big boss, turn around, I'm going to talk to you. And I had a green female, what do you call them? Blouse. With me. Not on me, with me. And it was a green one. I think these are from all those up in Ti. There was like a tribal, tribal design. There was turtle, it was green, yellow, white with black riding, whatever. And I use that as an example. And I showed everyone in the office like, this represents the company we have with us today. We have PNG Torres Strait, Aboriginal Indigenous. And we have Samoan, Cook Island tolerance. We all work for this company, all of us, all cultures. This shirt represents all of us. I'm like, you put all of us in a room, give

us five minutes, come back. You don't think we'll be like family. We all do the same thing. I'm like I'm Samoan, like my family from back in the day. Pearlman day came from Samoa back. We one. We got the same culture. Our stories are different. We eat the same food, we do the same cultural stuff, like weaving.

[00:33:07.970] - Karim Yorkston

I even said, you show some respect back to all of us and let's do some cultural stuff. But no, all he did was call his mate about a didgeridoo? When I said to him, did you do is not from Queensland, it's from the NT. I'm like, you need to understand stuff like that. That's where you're doing it wrong again. And a week later I got up. And I left my organization, did a lot of thinking, spoke to a few people and therefore I venture out this year and try and make a change. People live for the better, not the industry, because I know it's impossible, but I know I can help people and that's what I'm going to do with a small term goal. Kids, adults, I don't really care. Females, male, it's an old people at this age, I don't know what my part is. I'm still trying to put everything together. My main goal is get it into a routine, the business side, understanding the business side, that's my main goal. So from now to the new financial, I'm just going to go slow and try to get everything together. Once a new financial year comes in, I'll sit down with certain people and we're going to put it out there and I have a plan, but there's a few things I really want to do.

[00:34:21.770] - Karim Yorkston

Cultural activity is one that's going to be number one participant transportation back to the Cape, to all communities up to the Cape, taking disability equipment back. If people can do it, doing STN respite, if they come down here, I can provide that. I can provide that support. Or if I have to take participant back home to families, I can do that as well. Even from the islands, like I know our family have to come down all the time with people for doctors appointments, I can do that as well. I can be in home care, even for school, taking kids to school on the first day, families can make it. I can provide support for that as well. I have young staff to I have someone who's four is in the 50s. They have staff from wide range of ages and it's all indigenous, everyone is indigenous. I do all the paperwork myself, I do all the phone calls, I just get people together and I want to open doors for other people as well. I want to create opportunities for everyone, especially indigenous people, get them up and get them going again. I think a lot of people know me and what I've been through.

[00:35:37.800] - Karim Yorkston

They know me as a teenager from the island. If I can do this right, do it properly, hopefully I can motivate people to get out there and really what they see every day is not what they see. You got to step outside of your comfort zone and try and hopefully with me doing this can actually create opportunities for other people. I want to help people, that's my main goal. And if I can collab with other people, other organizations, I'll do that. I'll do whatever to help people within this industry. Anyone. And I mean that. Anyone. Yeah, that's me. That's who I am. I can talk all day, but true quality of kids, my big thing. Respect and perceive quality over quantity. That's one of the biggest mistakes I know big organizations made making kids, they try to do quantity over quality. And when that happens, then we cannot provide good

quality support for your clients, for the clients that we have. I got asked the other day what's the ultimate goal like if I'm thinking about money? So I always kind of think about money. Cause if you pursue quality over quantity and you show true quality care and you follow that with respect, everything else band, you will come.

[00:36:54.430] - Karim Yorkston

Money will always belong to the table. But if everything starts get done properly, doing properly, money will come. That's why I don't care about money. If I can care for people, help people, then everything will flow. And that's me today. That's where I met.

[00:37:16.370] - Bernard Namok

That was Badu Island man Karim Yorkston talking about his journey, about his health, mental and well being, and about his support service. UME Support. You can search him up and follow his Facebook page, UME Support. That's UME U M E support Services.

[00:38:01.900] - Bernard Namok

Listening to Yarning Disability.

[00:38:03.670] - Bernard Namok

FPDN would like to thank you for coming on this journey as each week we hear from first peoples living with a disability and shine a light on the issues they are facing. I'm your host, Bernard Namok Jr. Follow FPDN on our social media accounts to stay up to date with future episodes and information. You can also visit our website@www.fpdn.org are.