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### [We're soliciting your bad advice!](#)

Plus: Outward Bound with autism, an opportunity for more accessible media 📺

[The D\\*List](#)

Feb 21



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Tēnā koutou katoa! 🌈

#### **In this delicious edition:**

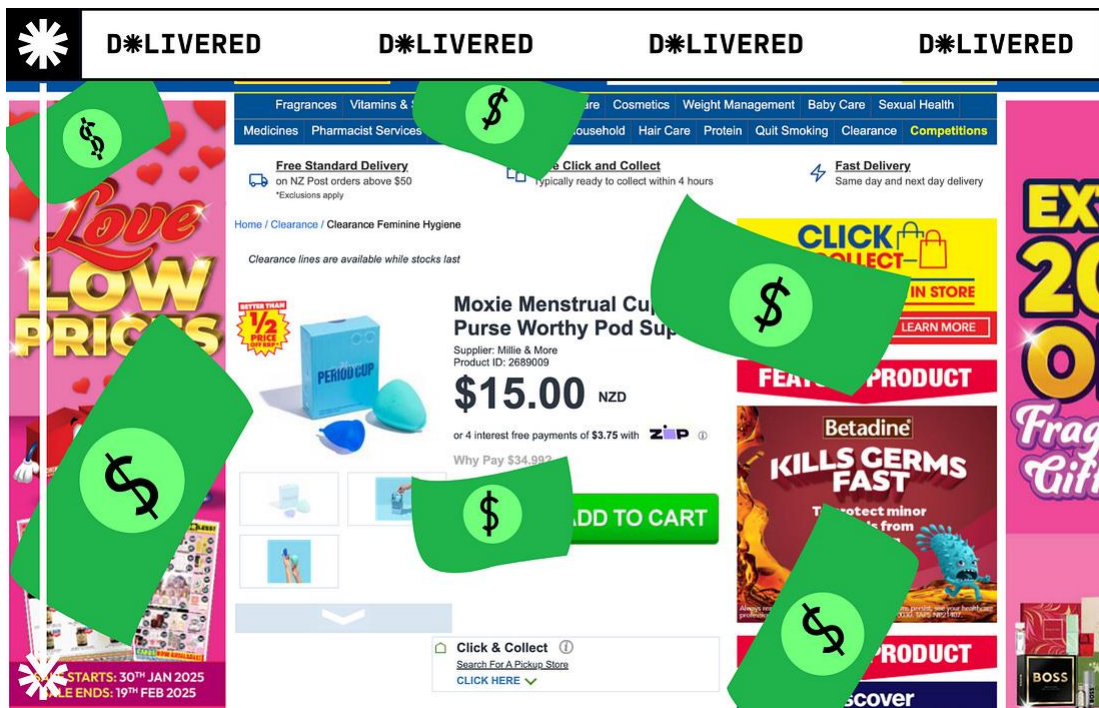
- **Ablesplaining in full show in government** 🙄
- **How to go about a highly social, rigid outdoor education programme as an autistic person** 🧑🏻
- **Have your say on captioning and audio description in future media** 🗣️

As disabled folks we are WEALTHY in unsolicited advice, especially from people who have never lived a day in our lives. **Have you tried meditation? Have you tried getting pregnant? Have you tried drinking more milk?** C'mon, at least give me something more original, like: "have you tried wedging a salad leaf under your armpits to absorb in all the bullshit?"

Recently, ACT MP Simon Court offered people on the benefit a (what seemed simple to him) solution to period poverty:

*"I'm not sure if you're aware, or if people that you engage with are aware, of the menstrual cup, which is a reusable product available for about \$15 from Chemist*

Warehouse. Do you think if people knew more about how to access products like that, that this concern, this anxiety you have would be somewhat mitigated?"



According to ACT MP Simon Court, using a menstrual cup is one way of being proactive with your money when you're on the benefit.

These words from Mr 'iM nOT sUrE if yOU'rE aWaRE' were in response to a submitter's concern on the impacts of the **cost of menstrual products on low-income families regarding benefit sanctions**. ICYMI: it's summed up in this video:

Source: NZ Parliament



**ACT MP asks woman  
if she's 'aware of  
the menstrual cup'  
during hearing**

[@nzstuff](#)ACT MP Simon Court is being accused by the Opposition of “mansplaining” after asking a woman submitting to a parliamentary committee whether she was aware of menstrual cups. The submitter, Rachel Dibble, had been outlining concerns about period poverty and the impacts menstrual products can have on a low-income family budget during a hearing regarding benefit sanctions. Court then asked the submitter: “I’m not sure if you’re aware, or if people that you engage with are aware, of the menstrual cup, which is a reusable product available for about \$15 from Chemist Warehouse.” #nz #nznews #nzstuff #nzpolitics

The myriad of reasons why people might not want to, or be able to use a period cup may not be obvious to all, and clearly not to Mr Court. But you don’t need to be a gynaecologist, or even have a vagina, to know that **advice on periods and period poverty just should not come from cis-male politicians.**

There’s a genre of audacity where holders of power **give advice on things they have no lived experience of.** Stuck on Jobseeker Support? No worries, PM [Christopher Luxon](#) [knows some pretty cool jobs](#) that you should consider. Hint: the pretty cool job involves driving a digger.

If you’re reading this **you’ve probably received some unsolicited advice**, so let’s not let the efforts of those wise sages go to waste. **We’d love to hear it!** 🤖 Reply to this email or comment on Substack and you’ll receive some **free D\*List stickers!** 😊  
Entries close midday Thursday 27 Feb.

💖 **Congratulations** to the winners of a D\*List sticker pack in our newsletter giveaway last week for Valentines Day. We asked for your dream dates, dating fails and spicy tips. Cyndi told us:

*My dream date would be – “Babe, here’s \$500, go buy the books and I’ll meet you in an hour for a couple’s massage next door. Then we’re going home to a clean house with fresh sheets and a homemade meal that you didn’t have to make”*

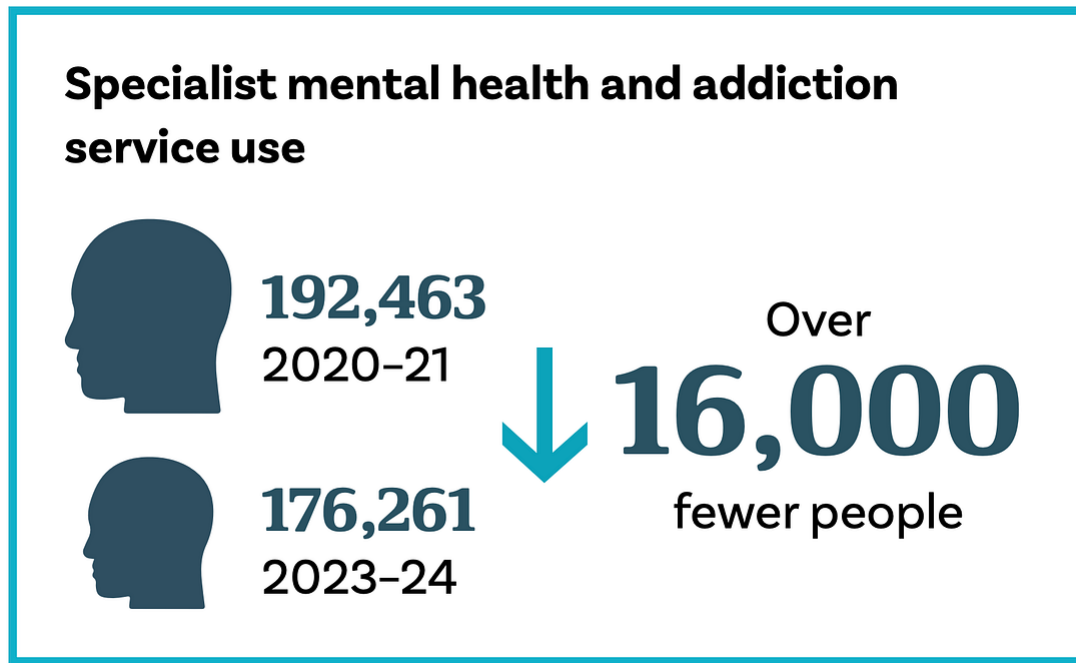
*I’m guessing this is why I’m single* 😏



## IN THE NEWS

💬 [New data](#) from Te Hiringa Mahara Mental Health and Wellbeing Commission reveals **16,000 fewer people received specialist mental health and addiction care** in the

year to June 2024 compared to a peak four years ago, despite rising demand. Two thirds of the gap, or **over 10,000 of those, were under 25.**



Source: Te Hiringa Mahara supplementary factsheet: “Access to specialist mental health and addiction services, 2023/24”

👉 Disability Issues Minister Louise Upston said there was no **halt or freeze on new residential placements** of disabled people, [despite reports otherwise to the NZ Herald](#) from disabled people and advocates.

*“After years of planning, Jack Murphy was ready and excited to move out of his parents’ Christchurch home and into a flat last year.*

*Murphy, who has Down syndrome, had secured a much sought-after place in residential care, which includes 24-hour support. His parents were nearing 70 years old and he needed help with dressing, showering, meals and getting to bed.*

*Just as the 27-year-old was about to move in with three other disabled tenants, a funding change by the Government [effectively froze new placements for residential care.](#)”*

An [editorial published last week by the New Zealand Medical Journal](#) tracked the “significant adverse consequences” of **funding cuts on individuals with intellectual disability**, which were causing “unnecessary, severe harm”.





## OVER ON THE D\*LIST




🚶 It's a popular **outdoor education** organisation that gets you face-to-face with the wilderness, while ensuring everyone does the same thing at the same time under the same (sometimes surprise) conditions as everyone else. **Nicolina Newcombe** tells us [how they hacked Outward Bound as an autistic person](#).

*Outward Bound has a focus on ensuring everyone does the same thing at the same time under the same conditions as everyone else. This approach contrasts my everyday life in the disabled community, where differences and accommodations are both normal and expected.*

*An example of uniformity at Outward Bound is the rule that everyone sleeps in a shared dorm. I knew I would have problems sleeping in that unpredictable environment. My request to bring a tent and sleep outside was declined, so I sneaked in a single-skin bivvy bag shelter that has no poles and no ties. Technically, it was not a tent. I spent most nights alone under the southern sky, sleeping in my bivvy bag. Each morning, I packed up and returned to my bunk bed, pretending I had slept there.*



## A TID-BIT TO GO

 Manatū Taonga Ministry for Culture & Heritage is seeking **feedback on their media reform proposal**. Section 3 of the draft proposal is all requiring more **captioning and audio description** on content that is broadcast or streamed. The current level captioning and audio description (CAD) is insufficient and does not comply with the UNCRPD.

You can [read the proposal in the discussion document](#), and [make a submission](#) or [fill out the survey](#) before the end of Sunday 23 March.

\* Which proposal(s) would you like to submit on? (required)


You will be asked questions on the proposals that you select (and some overall questions). You can select as many proposals as you like:

- Ensuring accessibility of local media platforms: Require TV manufacturers to ensure local media services are prominent and visible on devices such as Smart TVs so they can be easily found by audiences
- Increasing investment into and discoverability of local content: Require streaming platforms and TV broadcasters to invest in local content and implement measures to ensure it is more discoverable on their platforms, supporting the production of and engagement with New Zealand stories
- Increasing captioning and audio description: Require more captioning and audio description on content that is broadcast or streamed to ensure access for disabled New Zealanders**
- Modernising professional media regulation: Revise the broadcasting standards regime (including the Broadcasting Standards Authority) with platform-neutral and system-level regulation of professional media
- Streamlining Crown content funders: Consolidate NZ on Air and the Film Commission into a single entity, supporting efficient administration of government funding for local content and industry development



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You don't have to submit on all sections of the proposal.


 **Join our field trip next week** to [BEINGS](#), a photography exhibition in Tāmaki Makaurau celebrating authentic **representation of our Disabled, BIPOC, Rainbow, and identities**. We're hosting a **community afternoon tea** at Wish Cafe on Karangahape Road in Auckland before we head to the exhibition at [Studio One Toi Tū](#) together.

Thursday 27 Feb 2-4pm

Wish Cafe (2pm) and Studio One (3pm)

**RSVP** by texting **YES PRIDE** to our community hub manager, Ella on 027 335 2459

Until next week,

Eda, on behalf of The D\*List 

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