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| Victorian Disability Awards 2021 |
| Rocca Salcedo video transcript |
| OFFICIAL |

# Transcript

[footage of Dance N Roll group taking part in a class]

Rule number one of Dance N Roll is there are no rules, you just come regardless of your gender, your ability, your age. We’ve had people from 20 years old to 75 years old. We love dancing, we love to do physical activity, to exercise…and we just enjoy dancing.

[Rocca Salcedo talking to camera, together with footage of Dance N Roll group]

My name is Rocca Salcedo, I am from Colombia, from South America. Of course, as a person from a Latin background I have a big passion for music and dance. Unfortunately, I had a pedestrian accident and I have a spinal cord injury. I was in hospital for a year and a half, but something inside me, I wanted to continue dancing and I felt awkward dancing in the wheelchair…I was quite embarrassed.

[footage of DanceSport Championships]

In 2018, by accident, I went to Melbourne Park…Melbourne hosts a DanceSport Championship. I went with a friend and to my surprise one of the categories was wheelchair dancing… I didn’t have any idea that you could dance in a wheelchair and that it can look absolutely artistic and beautiful.

[Rocca Salcedo talking to camera, together with footage of Dance N Roll group]

In that moment I had the inspiration of creating a dance group, I want to dance, I want to feel my body and this part of me of how to express through dancing, so I said I’m going to create a dance group.

Dance N Roll is the first para-dance group in Victoria…We realised that dancing was providing different alternatives and options apart from the mainstream sports that people practice in a wheelchair.

The beauty as well of the group is that with time, we are building a connection, we are building community, so we are now friends. The feeling and the joy that I have seeing people in the group smiling and feeling confident, especially women with disability…who probably are facing a lot of self esteem problems or don’t feel confident socially…interacting with other people.

So, all these stories and feeling that we are building a community, that we are connecting people is priceless. It’s an honour for me to be nominated and be part of the Disability Awards. I think the reward for me is all the things I’ve received from my group, Dance N Roll, from the people whose lives you are changing.

During the whole journey, we have met people who have in one way or another helped us and contribute to make this group what it is now.  The nomination is a reflection of this volunteer work that I do with love and it’s not just giving, it’s more what I have received from this group.

I think the only limits and obstacles that we have is ourselves, sometimes we put our own obstacles… there are many services and there are many activities for people with disabilities. The benefits are huge because not only are you contributing to society, to your community, but also, it’s a great opportunity to meet people, to connect with other people to share different ideas…so there’s not any excuse for not doing any volunteer work or to participate in the community with the different activities.

To see this transformation during the years, people that came for the first time absolutely shy and then they feel confident and they feel strong and happy and with an attitude like ‘I like to dance, I don’t care how I look, I just want to enjoy myself’ this is absolutely the best reward that I can have.

[image on screen of Victorian Government logo, Department of Families, Fairness and Housing]

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