



New book opens the door on life as a carer

As part of our work with carers Holdsworth Community Centre & Services has been running writing workshops in which each person has been writing the story of his or her personal experiences as a carer. Tapping into their creative sides and working with professional writers has helped participants to acknowledge the journey they have taken as carers and to confront with enthusiasm the wide range of emotions with which every carer has to deal.

The result is *Opening the doors: the hidden life of carers*, a touching and inspiring book which we hope will be a valuable resource to other carers and increase community recognition of the importance of the carer's role. It was launched on 21 October by Rev. Dorothy McRae-McMahon (pictured below with several of the writers) with over seventy people present, including many of the authors and other carers.

It is available for \$12 (\$15 if posted) from Holdsworth Community Centre & Services and also from Gleebooks. All proceeds go to support our work with carers and their families. An order form is available at www.holdsworth.org.au/events.htm or phone us on 9302 3600.



From the Director

Welcome to the summer edition of our Newsletter and the end of a very full and happy year at Holdsworth. This quarter has been very creative, with the launch of our first book and a very successful art exhibition, not to mention some very fine musical performances. In this edition we also report on our new initiative to help parents talking with their children living with disabilities about sexual health and safety and a six-week workshop we ran with Eastern Respite & Recreation on sexual health matters.

October was very much Carers' Month at Holdsworth, with many different events to celebrate and affirm the important role carers play, culminating in the book launch. We also announced during the month our aim to focus this year's fundraising activities to support our work with carers and their families.

Best news of all this quarter was finally achieving PBI status which we hope will make a huge difference in our ability to attract philanthropic support, as we now have Deductible Gift Recipient status which means that our donors can claim tax deductions for their generosity. This also means that we can be much more competitive when recruiting staff as we can now offer salary packaging to permanent staff.

We are very keen to get feedback from all our members, clients, and community partners and feedback forms and reply-paid envelopes are included with this newsletter. We genuinely want your constructive criticism and greatly value your input into our future planning as we begin to put together our planning for 2010 and beyond. There's also a chance to be the lucky winner of our Christmas stocking if you get the survey back to us before 19 December.

Best wishes to all our community from everybody at Holdsworth. May you have a safe and happy Christmas and New Year and we look forward to a great year ahead.

Please note that the Centre will be open this year right through to 24 December, re-opening again on Monday 5 January 2009.

*Michael Ryan
December 2008.*



The Art of Disability Services

Over 200 works by our Tuesday art group at the Gunyah went on display in their annual Exhibition recently. On display over three days at the Stone Gallery in Oxford Street, the exhibition was a buzz of activity on opening night with artists and their families, staff and friends of Holdsworth and other members of the community. The official opening was performed by Holdsworth Chairperson Claire Wivell Plater.

Cathy Hoare and Adrienne Colquhoun provided tremendous guidance, support and encouragement to the artists throughout the year with Stefanie Holt and Sarah Sillar supervising the team of staff and volunteers who set up the paintings to display the works at their best. Now for next year!

Sexual Health Workshops

Our own experience and feedback from parents and carers showed us that there is a need for teenagers with intellectual disabilities to learn more about sexual health and sexual relationships. We acknowledge that it is very hard for parents to talk to their children about this topic as well as facing additional challenges with questions and behaviours during puberty.

Thanks to grants we each received from NSW Health, in partnership with Eastern Respite & Recreation (ERR), we have been running six workshops for ten of our teenagers as part of the Funsworth afternoon program. We also held a "sex matters workshop" for parents and carers to help them in talking about sexuality with their children.

The workshops for the teenagers which were based on the resource "Everybody needs to know" created by Family Planning QLD were a great success, covering subjects such as public and private body parts, changes related to puberty, relationships, being safe etc.

Since we see that this is an ongoing need for our clients we hope to be able to facilitate similar workshops on an ongoing basis and do regular follow ups.

Jazzing it Up

As part of our ongoing partnership with Sydney Grammar School the volunteer students entertained the Funsworth afternoon program on 21 November with a jazz performance. The talent was amazing and the audience was clapping and foot-tapping to some fantastic entertainment.

The partnership with Sydney Grammar has been very rewarding for both the Grammar boys and the Funsworth children. The boys have been great with our kids and in turn those attending Funsworth look forward to their visits.

Not to be out-done by the boys, a wind ensemble from SCEGGS Darlinghurst performed to great acclaim at our seniors Music Club the following week.



Bringing Up Baby

Our aim in 2008 was to broaden the services offered in association with Playgroup to have more support-focused family services. Parent information and education sessions were made available throughout the year. In this last quarter we had a session on Breast feeding with Claire Saxby from the Australian Breastfeeding Association, our local Queen St Pharmacist talking about medication and colds and flu advice, Tina from the Temple in Edgecliff coming in on a fortnightly basis to do pre and post natal exercises and Gordana, the Triple P facilitator held a seminar on coping with tantrums. Triple P was not held in term four due to other work commitments.

Capping off another busy year at Playgroup we will be holding an end-of-term Fun Day on 15 December with a gourmet BBQ, indigenous dancers, Sport Fundamentals and all the usual Playgroup toys and equipment.





Carers Week Celebrations

Carers week was an ongoing celebration for all the carers from Holdsworth, starting with our book launch which is reported on the front page.

The East Enders , Acquired Brain Injury and the Creative Carers support groups met at the Magnolia Healing Centre to indulge in fine food, facials, belly dancing, piano concerts, tai chi, and to create a web of support. There was a lot of singing, dancing, eating and belly laughs to be had by all. The Aspire group, carers of children with autism, were pampered by the Magnolia Healing Centre staff at their own meeting room in Maroubra.

The Magnolia Healing Centre in Rose Bay (ph 9388 1068) is a magnificently decorated church with colourful drapes and cushions transforming the austere hall to a warm, inviting centre. Many carers have returned since to enjoy the mindfulness meditation, massage, counselling and other activities the centre offers carers.

The Carers Plus group celebrated with a Teddy Bears' picnic in the Holdsworth Centre's library. The room was full with teddies, picnic blankets and music as Cherie led the children and carers in song and rhythm with her array of musical instruments. Little Alexander was a hit on the tambourine. Everyone left with presents and Sally McKay took professional photos of each carer with their children.

The Chinese Carers bussed out to Canada Bay and Abbotsford for a Historical Tour of Henry Lawson Park enjoying the trees planted in commemoration of the Australian poet followed by a tour of the interesting preserved site of the Abbotsford Quarantine Reserve.

Morning tea was enjoyed at the Pavilion Café, (on the site of the old Nestle Chocolate Factory at Abbotsford Cove) and the group were quite overwhelmed with their lunch at the Famous Sydney Rowing Club enjoying magnificent views over Sydney Harbour and the entrance to Parramatta River.

'Men at work' met for their first get together as the newly formed Male Carers Support Group. They participated in a Male Carers Celebratory Lunch held

at the Beach Palace Hotel at Coogee Bay enjoying the social stimulation and the sharing and support from their peers. This new Male Carers Support Group has included the disbanded group from Eastern Respite and Recreation and will now be a collaborative venture between Eastern Respite and Holdsworth Carer Services.

The Custom's House Writing group received a donation to buy books to thank guest speakers they invite to the group each month.

We would like to thank Carers NSW for their funding support to make Carers Week such a success.



Pink Ribbon Day

Thanks to everybody who came along to our Pink Ribbon Day in October. The day was about raising awareness and funds for the Breast Cancer Foundation and also about having some fun. We achieved all of this and clients enjoyed Devonshire tea to the tunes of Ji-young's piano accompaniment.

Thanks again, to Ji-young for volunteering her time for this worthy cause and also to our other volunteers who worked tirelessly, as usual.



AGM

On 19th February 2009 we are hosting the next Holdsworth Gala Fundraising event, in partnership with Woollahra Council. The event will be held at historic Redleaf, the home of Woollahra Council, with fine wine and food by Katering. Nigel Ubrihien, who can play anything from the baroque to cabaret, will be entertaining on piano.

Our fundraising target for this event is \$50,000 which we hope to use for the benefit of our many carers and their families. You can help us achieve this target by requesting an invitation to the event (tickets \$85 each), making a tax deductible donation or providing us with goods/services that we can use to raise money through silent auctions on the night. See the cut-out section below.

We are hoping that this night will be the social event of the Holdsworth year and a great opportunity to give back to your community. Put the date in your diary now!



I would like to support Holdsworth!

I would like to make a tax-deductible donation
Amount: \$25 \$50 \$100 Other \$. . .

I would like an invitation to attend the Gala Fundraiser on 19 February #
I can donate auction items/services for the February Gala Fundraiser on 19 February #
#We will contact you to follow up on these.

Name:

Address:

..... Code

Phone:

Email:

Cheque for \$ is enclosed OR charge \$ to my Visa/Mastercard. Expiry date: __/__/

_____/_____/_____/_____/_____/_____

Name on card:

Signature:

Cut out this section and mail it to us (see right).



Holdsworth gets Tax Deductibility status!

The main item of business at this year's AGM, which was held on 24 September, was the adoption of a new constitution and a resolution to establish a second incorporated association, Holdsworth Family Services Inc. The two associations will be run conjointly, with no changes to our programs and services. These changes subsequently allowed us to obtain from the ATO endorsement as a Public Benevolent Institution, something we have been keen to get for a number of years. Most importantly, this means that donations made to Holdsworth St Community Centre Woollahra Inc 2008 are now tax deductible.

The AGM itself was fun and entertaining with warm and funny speeches from two members, Patricia Bedwell and Fiona Place and great singing from our resident choir, Door in the Wall. Following elections and appointments the new joint Committee is:

- Claire Wivell Plater – Chairperson Holdsworth St Community Centre Woollahra
- Lyndell Droga – Chairperson Holdsworth Family Services
- Roanne McGinley Knox – Treasurer
- Robyn Watts - Secretary
- Cr Peter Cavanagh
- Mark Jones
- Roberta Lauchlan
- Keren Miller
- Cr Andrew Petrie (Mayor)
- Fiona Place
- Arahni Sont

Prior to the meeting the new playground mural, designed by artist Cathy Hoare, was unveiled by Chairperson Claire Wivell Plater and Cr David Shoebridge



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If you would like to join the Holdsworth team as a Volunteer please call 9302 3600

