





Thanks to *JNP Studios* for some of the Fun Day photographs. A discount of 20% is available to Holdsworth members on all autumn photographic sittings at JNP. Call 9326 2030 to book. www.jnpstudios.com.au/



Family Services

A joint venture with Bondi Cottage *Motherhood and Self* program commenced on the 19th February with the facilitator visiting Playgroup to talk with potential participants. Following the positive feedback received last year we have contracted *Sports Fundamentals* to come once a week. These are excellent additions to Playgroup and really cater for older more active children.

With the anticipated employment of a person with nursing qualifications in the Parenting Support position we can develop and implement further plans for parent information and education sessions. Meanwhile the number of things happening is already such that we have started publishing a term calendar (see www.holdsworth.org.au) and some great new equipment has been purchased for Playgroup and *Playgroup Plus*.

Disabilities/possibilities



The camp at Berry, held late last year for adults with disabilities, was a huge success (see photo). Another camp, will be held in late April 2008, (this time for families with young children with disabilities). This will provide a chance for the whole family (including siblings) to get away and all enjoy the beautiful surroundings of Berry.

The January School Holiday Program ran smoothly. Activities included, sailing, bowling, obstacle courses, visiting a Wildlife park at Stanwell tops, a treasure hunt at Fagan Park, Holdsworth Idol competition and building sandcastles at Balmoral Beach. As always we had some wonderful volunteers come and join us on the holiday programs. Should you be interested in volunteering please contact our Volunteer Coordinator Holly Brown.

Playgroup Plus which promotes play and social support for families of children with disabilities under 5 yrs, continues to run on Tuesday mornings from 10.30 –

11.30 am There are currently places available in this program, for more information contact Sarah Sillar on 9302 3600.

Saturday programs are currently in action for our young people and adults. Gym, Bowling, Beach Club and Art continue to run weekly and are all a huge hit with the participants and Funsworth (our out-of-school-hours program) has been running well this term also.



Volunteers

We have recently undertaken some targeted promotion aimed at boosting recruitment volunteer numbers. We had an article in the *Village Voice* promoting the service it provides to elderly clients in Woollahra with our Volunteer Co-ordinator, Holly Brown being interviewed along with one of the long standing clients of the service.

We also placed advertisements in the *Wentworth Courier*, and other local papers. There was a great response with six new volunteers phoning in, three of whom indicated a strong desire to be linked with an isolated elderly person in the *Community Links* program. If YOU can be part of the Holdsworth community of volunteers, call Holly on 9302 3600.

Carers

Writing Workshops

The *Creative Carers* group met with writer Lyndall Hough for a two hour workshop on writing a story of their experience as a carer of a child with a disability. Lyndall had some great approaches to story writing. The group's enthusiasm was infectious and they are all very eager to continue at the next workshop, planned

for April. We hope that the stories that emerge from the workshops will be published to promote understanding of carers for Carers Week in October. Writing workshops are also planned for carers of the aged. Contact us if you would like to share your story.

Carers speak out on health services

Grahame Colditz of NSW Health met with carers at Holdsworth to work on a plan to upgrade hospital and community health services to better meet the needs of carers. Some of the issues raised included sleep over facilities for carers in adult hospitals, a carer ID register at hospital admission and continuity with the care recipient's regular doctor even when they are "out of area". Thank you to the carers who took the time and effort to share their insights. It was great to see Health planners consulting directly with carers to develop an action plan for carer friendly services.

Carer support groups

The *East Enders* social group for those caring for someone with memory loss is meeting at the Beach Palace Hotel in Coogee for lunch between 12 and 2pm with their partners/parents who they provide care for. Meet us on March 3rd, April 7th and May 5th.

Creative Carers who have children with an intellectual disability meet fortnightly at Holdsworth Community Centre. Respite is provided. Meeting are March 4th, 18th, April 1st and 29th from 4.15-6.15pm.

Seniors

As part of Chinese New Year celebrations some of our the Seniors were treated to a guided history tour of Chinatown. This included history of Chinese settlement of the area, architecture and customs. The group also had a tour of the kitchens of a popular BBQ restaurant (see photo) and later enjoyed Yum Cha in Dixon Street. Another tour was to the Royal Botanical Gardens with a scenic tour on a trackless train with an informative commentary.

We have some excellent new programs for you this year - **Saturday Fever** and **Music Appreciation Club**. Here at Holdsworth we believe you are never too old to do some of your favorite things from the past like a movie and dinner, or perhaps the theatre or a concert with alfresco dining. **Saturday Fever** is a new program offers a more affordable option for you to experience Sydney Night Life once again. Our Community Bus can pick you up and drop you off at home if necessary, or if you still drive, have the option of meeting us at the designated site. Valerie and Maya have worked very hard to make this program possible and we hope you will like it. Our first 'Big Night Out' will be on Saturday 8th March with a mystery 'hot spot' dinner followed by a Classical European Concert at the beautiful St Andrew's Cathedral in the city. To mark *International Women's Day* every woman will receive a special gift from us.



To book yourself for this event and for more information on our *Saturday Fever* program please call us.

We are introducing and by popular demand a **Music Appreciation Club**, to be held on the 2nd and 4th Thursdays of the month at Holdsworth from 1pm to 3pm. This program is designed for all music lovers who would like to discuss all types of music.

We will have occasional workshop programs at UNSW and regular screenings of concerts and documentaries about music. Transport can be arranged by contacting Judy on 9302 3600. Our first meeting was on Thursday 28th February. You may bring your lunch. Tea and biscuits provided. If you are interested in this please contact Maya or Valerie on 9302 3600.

Don't forget our **Movie Matinee** every 2nd & 4th Wednesday of the month at Holdsworth. Transport can be booked by contacting Judy on 9302 3600.

Acknowledgements

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

