

## All Aboard

April will see the commencement of our new Woollahra Link Community Bus. This free service can be accessed by all, but priority will be given to people who are frail, aged or have difficulty accessing other forms of transport.

In the pilot period, from April to June, we need to demonstrate that there is a demand for this service and to identify the most useful pickup and drop-off points. For this reason clients must book the bus before 3 pm on the previous business day by calling 9302 3605. Over time we will develop a regular bus route that meets the greatest demand.

We will pick up and drop off almost anywhere in the Woollahra Municipality, and while this may not be the fastest service, it will certainly be the most personalised! See the enclosed flyer for more details.

The Woollahra Link Community Bus Service is operated by Holdsworth Community Centre & Services and is jointly funded by NSW Ministry of Transport through the Home & Community Care (HACC) Program and Woollahra Municipal Council.

## Carers advocating for carers



Over fifty carers gathered at Holdsworth last month to meet with The Hon. Malcolm Turnbull MP, leader of the Opposition and local member. This is the second time Mr Turnbull has given his time to come to hear about the issues affecting carers and their families.

There were many tales of grappling with the system, waiting lists and services gaps. Mr Turnbull took several issues on board to investigate further and was able to make a strong commitment to pursuing the needs of carers. This process has proved very valuable for the carers and for Holdsworth staff as bringing a group together identifies many common issues. We hope to formalise this initiative into a regular opportunity for carers to work together on advocacy issues.

## From the Director

Autumn finds us delivering a number of new initiatives, such as *Yoga, Funky Sundays and Robert's Monday Respite*, all of which have been made possible by effective partnerships and through the skills and time of wonderful volunteers. In February our community further demonstrated its generosity at our annual fundraising cocktail party, which this year, thanks to Council was held at Redleaf (see page 2 for full report.).

Funds raised that night will contribute to our *Holdsworth Care Fund*, a new initiative designed to allow us to do many special things for Carers and their families that are not otherwise funded by state and federal government programs. This might include:

- Emergency funding of respite care for Carers in crisis when no other services are immediately available.
- Services funding to support Carers through access to extra counselling, therapy or allied health services for both themselves and the person for whom they are caring.
- Social Inclusion funding to give Carers the opportunity to re-charge their batteries through short breaks, outings, pampering and celebrating with other carers and their family members.

Resourcing the *Holdsworth Care Fund* will be the main focus of our fundraising activities in 2009 and anyone wishing to assist can use the form on the rear of this newsletter or directly on-line via our website: [www.holdsworth.org.au/v\\_donations.htm](http://www.holdsworth.org.au/v_donations.htm)

Ahead we have Seniors week to celebrate, a new free bus service to launch and a Baby Festival for Woollahra's newest arrivals!

*Michael Ryan  
March 2009*



# A perfect evening by the Harbour!

Holdsworth Community Centre & Services held a special fundraising event on 19 February at Woollahra Council's Redleaf building in Double Bay.

Over 150 people enjoyed canapés by *Katering* and musical entertainment by renowned pianist Nigel Ubrihien. Mayor Andrew Petrie co-hosted the event with Holdsworth and welcomed guests to Council.

The event featured a raffle sponsored by new goodwill Ambassador, Donna Hay, (pictured below with Director Michael Ryan) and a silent auction with many fabulous items donated by local businesses. Over \$40,000 was raised at the function and during the period leading up to the night. Holdsworth Director, Michael Ryan, paid tribute to the generosity of the many friends of Holdsworth who worked so hard to make the evening a success. Carer and Holdsworth Management committee member Fiona Place spoke of her experiences and the benefits of the support that an organisation like Holdsworth can offer.

The Centre has launched the *Holdsworth Care Fund* to support its work with carers and to allow it to pay for other services for carers that are not otherwise resourced by government funding. In particular Holdsworth hopes to be able to fund emergency respite, counselling, allied health and social support opportunities for carers and their families.



See front page for more details on the Holdsworth Care Fund and how you can support this work.

*Photographs by [www.sallymckayphotography.com.au/](http://www.sallymckayphotography.com.au/)*



## Funky Sundays

*Funky Sundays 2009* is a new program which aims to provide a chance to socialise with friends, learn groovy dance moves and get fit whilst having fun. The program is an innovative three way partnership involving Holdsworth, Junction House, and Waverley College and is aimed at young adults with mild to moderate support needs. Funky Sundays takes place at the Waverley College Hall one Sunday each month. Waverley College Volunteers are hosting the Funky Sunday.

Our first session was a great success with lots of positive feedback from clients and carers and lots of happy, sweaty faces. Our next session will be on the 15th of March where we have a 70's theme and a Volunteer who will teach us a couple of Funky moves. We will continue with different half hour themes like Hip Hop, Latin and African etc. to explore different dance and music styles. Currently we are still looking for Volunteers who could teach us a few simple steps within each theme.

## New Program for Young Adults

*Robert's Monday Respite (RMR)* is a new program which commenced at the start of the term for 2009. It offers respite to young adults on Mondays from 9am-3pm during school term in Vacluse.

Volunteers run this new initiative and therefore it is available to Holdsworth clients free of charge. RMR offers a wide range of individually tailored activities for the participants such as arts and crafts, books, games, music instruments, working with a computer, a snooker table, gardening & watching DVDs etc. We currently have 3 clients accessing this service who enjoy the activities immensely & are really benefiting from working with the volunteers.

Although this program is Robert's own generous creation, it runs under Holdsworth auspices and all volunteers are properly vetted by us, with initial training and advice from our team to ensure that it is fully compliant with all our usual service delivery and OH&S protocols.

If you would like to know more about this program please contact our Disability Service Coordinator – Kim Tipoki on 9302 3600.

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## Family Fun at Playgroup

Family Services will be holding a *Baby Festival* at the Centre on 1st and 2nd April as part of Playgroup. Thursday 2nd will also be an end of term Fun Day with activities for the older children.

Planning is not yet complete but we expect to have Nursery Rhymes, Baby Massage, Mums and Bubs Yoga, Baby Footprints, Group Baby Photos, Sports Fundamentals and stalls. On the Thursday there will be a visit from Kidzoo Baby animal farm, Zulu dancers and a Shake Wiggle Roll demonstration. Flyers and signs will provide more information closer to the time and check our website for program details.

One of the challenges of our successful Baby Day program on Wednesdays and Thursdays is coping with the numbers. The Hall can only take about 15 to 18 parents with children without getting too crowded and we can only use the larger room (the Library) on occasional days. While it is great to be able to offer these Baby Days, and we love to see all the little ones smiling and playing on the floor, we are working on ways to ensure that the time is safe and enjoyable for all. Parents/Carers with older children will understand if we discourage the bigger children from being in the Hall on Wednesdays and Thursdays. Your feedback and suggestions are welcome - email us on [playgroup2@holdsworth.org.au](mailto:playgroup2@holdsworth.org.au)

## Holdsworth celebrates Seniors Week

Holdsworth Community Centre & Services is celebrating Seniors Week 2009 on Friday 20th March 2009 at Vacluse Bowling Club, 80 New South Head Rd, Vacluse. The afternoon will feature members of the Woollahra Philharmonic Orchestra and the official launch of Holdsworth's Woollahra Link Community Bus.

Afternoon tea will be served and there will be Lucky Door Prizes and much more. We are expecting large numbers of Woollahra seniors at this free event.

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## New Faces

We are welcoming a few new faces at Holdsworth this year, although some are quite familiar to us!

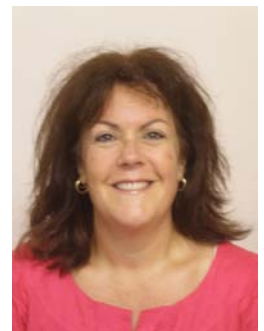
*Jonathan Rhodes*, who spent much of 2008 as our busiest volunteer, has now been appointed as Coordinator of Volunteer and Outreach Services. Jonathan has extensive experience in England working within both the community and health sectors..



*Kim Tipoki* comes to us from Miroma as Disability Services Coordinator and replaces Sarah Sillar who has gone travelling. Kim was responsible for the day program at Miroma and was already very familiar with Holdsworth and some of our clients.



Our new Carer Services Coordinator, replacing Wendy Imashev, is *Louise Gourley*, a qualified Counsellor who has worked in a variety of roles across the aged & disability and drug & alcohol sectors in the UK, Queensland and in Sydney. She has met some of our carers and is looking forward to meeting the rest of you.



*Barbara Osterloh* joins our Community Transport team and also assisting Joe with individual Transport bookings.



# Yoga for Seniors

Holdsworth Community Centre & Services is offering a new exercise program for seniors. Yoga Nidra is a systematic method of inducing complete physical, mental and emotional relaxation. It is the art of conscious relaxation. While lying on the floor the instructor guides you through the practice into a state of deep relaxation.

Instructor, Kay Robert has been a dedicated practitioner of yoga for twelve years and will run this special program designed for older people. The benefits of Yoga are countless. Not only will it improve your physical fitness and flexibility, it will also balance you on a mental, emotional and spiritual level as well.

Classes will be on Thursdays from 4pm to 5pm at Holdsworth Community Centre and the only cost is a gold coin donation for tea and coffee. Transport can be arranged for a minimal fee and to put your name down, please contact the Aged Services Team on 9302 3600. NB: You need to bring: yoga mat, light rug and small cushion.



## ***I would like to contribute to the Holdsworth Care Fund!***

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

Name: .....

Address: .....

..... Code .....

Phone: .....

Email: .....

Cheque for \$ . . . . . is enclosed OR charge

\$ . . . . to my Visa/Mastercard. Expiry date: \_\_/\_\_/\_\_

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Name on card: .....

Signature: .....

Please contact us if you would prefer to make a regular contribution by direct deposit.

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



# Carers News

We are looking forward to starting the new "Carers and Beyond" group for carers of adults with intellectual disabilities on May 5th . It will be held fortnightly on Tuesday afternoons at Holdsworth Community Centre.

The "Carers Plus" group for the carers of under 5s with an intellectual disability will be getting together for their first meeting this year, on Tuesday March 24th. Please ring or email Lindy or Louise if you are interested to join either of these groups on 9302 3600 or carer@holdsworth.org.au or projectofficer1@holdsworth.org.au

Many of you are likely to be eligible for a Companion Card. It requires some red tape with filling out forms etc but ultimately will mean you can go to the movies, aquarium, zoo and other exciting places for free as the carer. This is a card that provides free access to venues and events for the companion of a person with a disability. Ring 1800 893 044 to get an application form.

You might also be eligible as a carer for the Taxi Subsidy Scheme. If you are caring for someone the likelihood is you could be using this scheme. Taxi fares are drastically reduced. For more information contact the Taxi Transport Subsidy Scheme, Locked Bag 5067, Parramatta, NSW, 2124 or Fax them on 02 8836 3122.

Finally, we realise many carers are in need of a well earned rest. If that's you, consider going on a holiday retreat to the Sea Gardens Holiday Cottage on the South Coast. Wendy Imashev is running this service. Ring us on 9302 3600 for a pamphlet or contact Wendy directly on 0422 870 663.

## **Holdsworth Community Choir!**

Be part of the Holdsworth Community Choir! It is not about how well you can sing. It is about community spirit, participation, friendship and living life through the joy of music. call us on 9302 3600 or email us at info@holdsworth.org.au

## **Do you use our Individual Transport Service?**

Please note that effective from March, the number to call for Individual Transport bookings is 9302 3605. Joe or Barbara will take your details and arrange the necessary transport.

Holdsworth Community Centre & Services  
64 Holdsworth Street  
Woollahra NSW 2025  
Ph: 02 9302 3600  
Fax: 02 9327 5298  
www.holdsworth.org.au

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

