

After the Ball is over . . .

What better way to show you what fun was had at the Masquerade Ball than to let the pictures do the talking! See also page 3



CEO's column

As one year winds down everyone here is gearing up for 2010, Holdsworth's Year of Celebrating Diversity. Holdsworth's vision is for social inclusion and community integration. That doesn't mean some sort of bland sameness; rather, we decided we would invest an entire year noticing and celebrating the things that make us different from each other and hopefully learning a thing or two about each other along the way. Expect lively discussions, movies, singing and dancing, outings and food – lots of it – all starting with a launch at our 7 February Fun Day.

On 11 March we are holding another major fundraising cocktail party at Redleaf in Double Bay to support our work with carers and their families. Tickets for this very special night will be \$90. This promises to be one of the highlights of the Woollahra social calendar and all for a fantastic cause. Contact info@holdsworth.org.au or call us if you would like to ensure you are on our invitation list.

Other stories inside this edition include our Masquerade Ball, which was a hoot, carers week celebrations, books for Africa program, teaching children self-control and a taste of next year's seniors programs. Our Garden is rapidly taking shape and is already producing fantastic herbs and salad greens, with everything being watered from rainwater harvested from the playground and off the roof of the Centre.

We have continued to operate close to full capacity over 2009 and hope that Holdsworth has made a difference to you and your families this year. Thank you to all our staff, volunteers and Board members for all your hard work and dedication. Thanks too to Woollahra Council and to our government funders for your financial support and to our many school, business and individual supporters for your many acts of generosity.

Season's Greetings to all our friends from everyone at Holdsworth.

*Michael Ryan
December 2009*

The Centre will be closed from 5 pm on 24th December and reopen Monday 4th January 2010. Full details of when each program/activity ceases for 2009 and re-starts in the New Year are on the information sheet included with this Newsletter. It is also on line at <http://www.holdsworth.org.au/events.htm>

Carers Week

Carers Week was held between 18 and 23 October. It was lots of fun with events for all carers groups including a day out at Berowra Waters for our memory loss group, a high tea at the *Hughenden Hotel* (including champagne!) for our Creative Carers and Carers and Beyond groups, a pamper day at Magnolia Centre with facials, hand massages and belly dancing for the Chinese Carers Group, dinner at a Lebanese restaurant for the Autism ASPIRE group (complete with belly dancing), a trivia pub night for our Men at Work and dinner and a movie for the WAM group who care for older children (over 20).

The theme this year was to promote fun, unity and relaxation and from the feedback we received this was achieved.

We recently held a 'Job Access' information evening for parents with children either leaving school or looking for work. This was well attended and the questions and information keep flooding in. This workshop demystified the labyrinth that is job hunting and gave us clear guidelines and pathways to finding the best possible outcomes for the group's adult children.



To round off the year we held a Drumming Workshop at the Centre on 1 December – an opportunity for the Carers and their children to have a lot of noisy and creative fun.

Our final group this year is on 15 December and we will re-commence on Tuesday 2 February. We wish you all a very happy, healthy and safe holiday period.

Old Books - New Readers



Holdsworth is sending a box of used children's books to a school in Africa via the Dedza Library Project - a not-for-profit organisation run by a group of passionate and like-minded volunteers and is raising funds to build and equip a library at Dedza Primary School in Malawi. Jenny Burrill (pictured) taught at the school during her gap year and will be travelling to Dedza in November to undertake the project. A chance meeting

between Jenny and a Holdsworth staff member led to the idea for the creative re-cycling of surplus books.

Holdsworth has had a collection of children's books for many years and while originally part of the Woollahra Council Library, they were removed from the borrowing list some time ago and have been available to children attending the Holdsworth Playgroup.

The library in Dedza will undoubtedly provide a much needed and beneficial learning environment, furthering the educational opportunities and resources available to students, staff and members of the local community. Holdsworth is happy to support this project and appreciates Woollahra Council's permission to pass on the books. A substantial stock of age-appropriate books will be retained at Holdsworth.

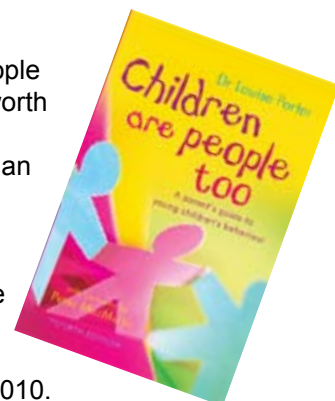
For more information on the Dedza Project see www.facebook.com/group.php?gid=84552896051 or contact dedzalibraryproject@hotmail.com

Children are people too

A new approach to parent education is being offered for the first time at Holdsworth Community Centre. The Children are people too approach, developed by Louise Porter, suggests that a parent's task is not to deliver consequences to children when they do not comply, but instead to teach children self-control skills so that they can act thoughtfully.

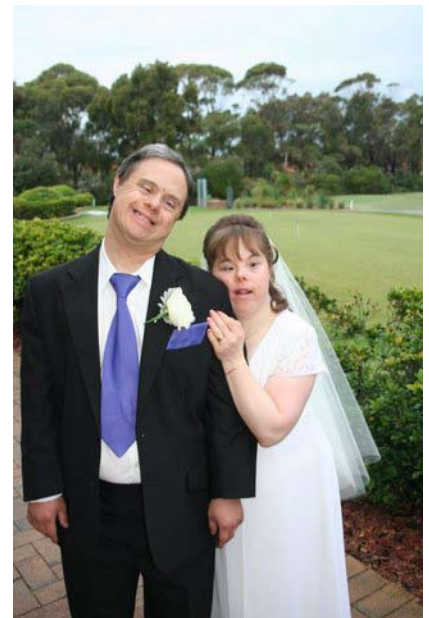
This series of six sessions for parents provides information and practical activities to guide children, using alternatives to rewards or punishments. It aims to help improve children's self-esteem, to enhance the parent-child relationship, and to resolve their behavioural issues. It will show how children can learn parents' self-control so that, with support, they can behave considerably.

The series of six Children are people too sessions were held at Holdsworth Community Centre on Tuesday afternoons in November with Lucian Stoffell and Louise deLorenzo as co-presenters. This was an introductory pilot program to gauge the interest and assess the appropriateness of the approach and the material. Subject to demand, we will offer it again in 2010. Call Lucian on 9302 3600 for more details.



Wedding of the year!

Congratulations to Ben & Debbie who recently got married. The newlyweds met 15 years ago through their attendance in Holdsworth Saturday Gang activities. They are an amazing couple who are a great example to us all in the obvious adoration & love that they share for each other. We have all been witness to the ring on Debbie's hand which she shows excitedly to everyone. We wish them all the best as they venture into the future as husband and wife.



Masquerade Ball – A Night to Remember

For those who attended this night of fun, laughter and costumes – thank you! You made the night a great success with the fabulous masks and stunning outfits. Thanks must also go to Randwick City Council and Woollahra Municipal Council for their support and to our fantastic partnership that we have with Junction House. It has been a wonderful journey to work together on this project. The Junction House band rocked the house and then we all took to the dance floor to the tunes of DJ Aristo and were witnesses to all kinds of funky dancing. This was a great way to celebrate International Day of People with DisAbilities.

Leura – Seniors' Highlight of the Year



'Gardens, Mountains and Teapots' was one of our very popular outings this year. We enjoyed a most interesting morning at a teapot museum, Bygone Beautys learning about teapot styles and teapot culture dating back to 1792.

Exotic Asian and Russian teapots, Queen Elizabeth's Coronation commemoration teapot and thousands more were all displayed in the wonderful surroundings of an antique emporium.



We later dined at the *Solitary Cafe* (pictured) which provided us with excellent food and service as we overlooked the magnificent Jamieson Valley.

Our final treat of the day was a tour through the private and exquisite gardens of one of Leura's well known Garden Festival attractions.

In January our Discovery Tours will be visiting the National Trust listed Mananga Homestead. Our Movie Matinee hostess, Hania Norman will guide us on the fascinating history of her beautiful home and make us some tea and scones for our morning tea, followed by lunch at Historic Coolangatta Estate. So join us on 29 January for this very special Berry Bonanza Discovery!

Seniors Week Events for 2010

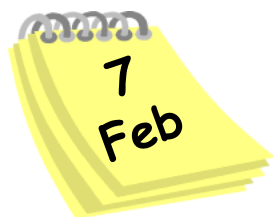
As part of our Year of Celebrating Diversity (see over) and 2010 Seniors Week we are planning another **Red Carpet Movie Event**, this time with our friends over at Waverley Community & Seniors Centre, 31-33 Spring Street, Bondi Junction on Wednesday 24 March. This time it will be a not-to-be-missed 'Hollywood meets Bollywood Spectacular' with Bollywood dancers, educational talks about Indian Film Industry – Bollywood, light refreshments and a special movie screening of *Bride & Prejudice*, Bollywood remake of the classic Jane Austen's *Pride & Prejudice*. This movie is filled with all kinds of sparkle, dazzle, twinkles, glimmer and glitz – so bring out your bling and have some fun! Hope to see you all there! Please contact us to book your place on 9302 3600.

Back by popular demand our traditional **Tea Party** will take place on Friday 26 March. This year moving to the late morning and becoming a Tea Party-cum-brunch at a surprise venue yet to be announced. With entertainment from Woollahra String Quartet (Woollahra Philharmonic Orchestra) it's an event not to be missed. So save the date in your diary and we hope to see you there.



A Community Fun Day on Sunday 7 February 2010 will launch our Year of Celebrating Diversity. In this special 'year' we will celebrate difference and major cultural events from around the world with music, food and fun. If you are interested in knowing more contact Jonathan at the centre.

The Fun Day will have a variety of performers, food stalls and activities including the Holdsworth Art Exhibition. This will feature the creative, beautiful and inspiring work of people with a range of intellectual disabilities who attend the Holdsworth Art Group at The Gunyah, Watson's Bay.



Put the date in your diary now and join us for a day of fun!

See how our garden grows

With funding from the NSW Government's Climate Change Fund, Woollahra Council has installed rainwater tanks and other water saving technologies at the Centre, saving 700,000 litres of water annually. In conjunction with this work, Woollahra Council is creating a Sensory Garden in Moncur Reserve, adjacent to the rear gates of the centre.

The garden will bring enormous pleasure to the children and young people in our disability programs and also be used by seniors and small children who visit the Centre. It is envisaged that the garden will be a great community asset and we hope that neighbours will become involved and get to enjoy it. The whole community will have access to the garden and it is hoped that some will be able to assist in its development and care.

If you wish to become a Garden Volunteer, please contact the Holdsworth Volunteer Coordinator, Jonathan Rhodes on 9302 3600 or volunteer@holdsworth.org.au



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: __/__/__

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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).

WOOLLAHRA LINK
Our Free Community Bus will do the last 'run' for this year on 22 December and resume on 2 February 2010.

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

