

Art, music and fundraising!

Thanks so much to *White Rabbit* in Chippendale for allowing us to host our major fundraising night at their Gallery on 3 November. We were also able to launch our new cultural partnership with the Sydney Omega Ensemble, four of whose members entertained us with a Mozart flute quartet. We have a number of joint projects planned for the future and encourage everyone to check out their exciting 2012 program on line at www.sydneyomegaensemble.com.

Great food supplied by Miss Chu and wine provide by *Mac Forbes* made for a gourmet night. Many local businesses and individuals supported the evening with generous donations of goods and services for auctions and raffles. A full list of all our business supporters is on our website www.holdsworth.org.au/v_donations.htm

This was our fifth major fundraising event since 2007 and we have now raised over \$100,000 from our loyal and magnanimous friends, many of whom have attended three or more of our events. These are people who really get what we are on about at Holdsworth and who acknowledge the extraordinary lives lived by those of you who care for children with disabilities or family members with dementia. Thank you so much for caring and for spreading the word about the work we do at Holdsworth.



Above: Guests vying for the fabulous range of products in the Silent Auction More photos on back page.

All together at last

After a very disruptive year working from both *Holdsworth* and the EJ Ward Centre, our whole team is now together again in our newly renovated offices. We have increased from 20 to 32 workstations and hot-desks with only some of our staff now sharing desks! Thank you so much to everyone for your patience during the year and I hope you all enjoy visiting our nice fresh new Centre! We were particularly fortunate to have a wonderful builder, Tim Luck from *Building Momentum*, who did a fantastic job on time and budget. I would also like to thank and acknowledge Peter Cakir from *Precise Painting* who helped us freshen up the older parts of the offices by providing us with free painting.



It has been a very dynamic year at Holdsworth and we've got some more exciting new plans for the year ahead which we hope to share in the next Newsletter! I would like to wish all of the Holdsworth community of clients, volunteers, staff, donors and supporters a wonderful festive season and a very happy 2012!

Michael Ryan
December 2011





Ancient visitors at Playgroup

We had some special visitors at Playgroup recently with Dotty Dinosaur calling in and some fabulous dinosaur artwork by Pat Joseph. These 'special days' are always a treat for the children - and the parents too! The next big day will have the Baby Animal Farm on 8 December.

We have also acknowledged White Ribbon Day, supporting an end to violence against women. Recent talks have included Toilet Training, Sleeping and Settling and Family Law in the context of children.

We are collecting toys to give to families at our partner Playgroup in La Perouse - Ngala Nanga Mai, an Aboriginal Young Parent Program. Please bring new/unused toys to Playgroup by 9 December.



The last Playgroup day of the year will be Friday 16 December, restarting on Monday 30 January. In January the Playground will be used for our holiday program for children and young people living with disabilities but Catherine will be setting up Playgroup in the Park on several days in the holidays.

See www.holdsworth.org.au or call 9302 3600 for details

Carers Week

Holdsworth decided to make it Carers Month instead of Carers Week this year with some incredible events that found carers enjoying themselves outdoors, indoors, on the water, with full bellies and with sophistication.

Our first event was a 2 hour Captain Cook cruise on Sydney harbour. The weather was glorious and we were spoilt with coffee and desserts. Our EastEnders/ dementia carers group enjoyed a beautiful day out in the sunshine at the Botanical Gardens for a picnic followed by a scenic train ride around the gardens. By far our most popular event, with a whopping 42 carers attending, was a buffet breakfast at the Hilton Hotel where carers were able to indulge in an all you can eat food fest in the heart of the city. A trip to Katoomba followed a few days later and although the weather was taken over by heavy rain and bushfires, it did not hinder our experience at the Paragon Cafe.

Last but not least, our disability carers were able to have a night of glamour and sophistication at the stunning Richard Martin Art Gallery for a cocktail party (thank you so much Richard!). With plenty of finger food and drinks, we had the deputy Mayor of Woollahra; Toni Zeltzer present one of our carers; Arahni Sont with a Carer of the Year award.

All in all, carers week/month was a huge success which we hope to build on in future years.

Right: Arahni Sont receiving her Carers Award from Woollahra Deputy Mayor Toni Zeltzer



Below: Maria and Vitor Rocha, Sarah Regos, Liliana and Pip Tyler. At the Richard Martin Art Gallery for a Carers Cocktail Party.



The Kids are Alright!

Our Music Club was treated to a first class Greek festival for September. The students from St Spyridon College danced their way through the afternoon, entertaining clients with authentic Greek dance. In addition, our own Irene Pitsis regaled our group with her inspiring vocal renditions of Greek folk songs. Greek refreshments of cheese and spinach pies and traditional cherry drinks were served, completing this special day.



On your bike!

Benko Ure, our Community Engagement Coordinator, is going to be riding a bicycle 590 Km around Cambodia in December to help raise money and awareness to help end sex trafficking. The charity he is supporting, www.projectfutures.com, creates much needed funds to help children who are sold into sexual slavery in Cambodia. Benko has raised \$7000 so far - Well Done! and Good Luck Benko!



New Positions

2012 will welcome two new positions to Holdsworth.

One is a Lifestyle & Culture Coordinator who will assist in developing and enriching community and cultural life for seniors, playing a pivotal role in program development and in the delivery and management of current community programs.

There will also be a Carers Networking Officer who will facilitate connections and empower carers to be active in reaching their desired goals and outcomes.

If you or anyone you know is interested in these positions please see more details and Job Descriptions on our website www.holdsworth.org.au

Disability News

We are having another family camp in December, making a return visit to NSW Sport & Recreation facility in Berry. There will be many activities for families to participate in and we look forward to receiving stories and photos of their experiences when they return. We are also planning another adult camp in Vision Valley in the new year. Everyone will receive information regarding this camp via post before the end of the year. Response is often quick so please watch out for this information coming your way soon!

Our last school holiday program was held at Waverley College due to the construction work happening at our Centre. We are very grateful to Waverley College for providing their premises to us during this time; the facilities matched our needs well. Thank you to all our families and staff for adjusting to the change during this time. Our next school holiday program will return to our Centre in January 2012.

This term we commenced a new 1 to 1 mentoring program with our Funsworth teens, funded by a grant from Westfield. The main goal of the program is to provide support/training to teens to develop life skills/independence. It includes travel training, money skills, personal grooming etc. This is a service for our current Funsworth attendees only, but let us know if you are interested in this program for the future.

We currently have 3 vacancies in our AquaMasters program for people over 18yrs with an intellectual disability. This is a fitness aqua aerobics program held at the Montefiori Home in Randwick

We currently have vacancies in our children's programs for Saturday & School Holiday Programs.

If you know of any families who reside in the Eastern suburbs who are seeking services for their children or adults interested in the AquaMasters program, please call Stefanie or Kim on 9302 3600. Please also note there are eligibility criteria associated with each of our programs.

