

2011 Camp at Berry

What a great way to have a break & try some different activities! Four staff, two volunteers and twenty-two young adults went on camp to Berry Sports and Recreation Centre from 29 April to 1 May. It was raining much of the weekend but the bad weather could not stop everyone having great fun at Berry under Brian's excellent leadership. On the first night, after orientation, they watched the romantic Royal wedding and some of them watched Friday football.

On Saturday, they visited the lovely town of Berry and enjoyed a coffee, buying souvenirs and walking around town. Everyone was very good at Archery in the afternoon - some even got a bull's eye. Everyone became a Dancing Queen or King on the disco floor and the Greek dance by Harry & Lucas was sensational!

On Sunday, it was time for the Giant Swing, and everyone was brave enough to succeed. Then it was back to Sydney safely on Sunday afternoon with exciting and incredible memories. We appreciate everyone who contributed to the wonderful weekend.



From the CEO

As another financial year comes to a close I am happy to report that our Centre is going from strength to strength, offering more programs and services than ever to about 2,000 families across Eastern Sydney. It's great to see the Centre full of people every day now that Club Holdsworth operates most days of the week running alongside Playgroup in the mornings and Funsworth each afternoon.

In the second half of the year we will be doing some further renovations at the Centre to help accommodate all the staff who currently compete for desk space and chairs. In fact a number of our staff are currently camped out in offices at the EJ Ward Centre in Paddington and we are looking forward to re-uniting all our team in still crowded, but slightly more commodious space!

In August this year I am delighted that Her Excellency Professor Marie Bashir AC CVO, Governor of New South Wales, has agreed to launch a book of life stories of local seniors *Old stories from the young - Conversations across generations*. This joint project between Holdsworth and Ascham School builds on the contact that Ascham girls had with local seniors when visiting them as part of the Holdsworth Volunteer Program. This excellent "coffee-table" book will be available for sale from the Centre later in the year.

In this newsletter you will read of a number of ways you can engage with Holdsworth in the year ahead. That we are able to spread our resources so widely is a tribute to all our wonderful community of people, members, staff, volunteers, donors, partners and funders. Of course if you want to help us do even more in the next tax year, donations of cash, services or even better, your time, are always welcome!

*Michael Ryan
June 2011*

Membership Renewal

Holdsworth memberships are due for renewal on 1 July. Some of you will have extended your membership till 30 June 2012. If your membership is due this month you will find a form enclosed with this Newsletter. Please complete and return it at your earliest convenience. Thank you for your continued support and participation.

In the book



Media personality, writer and mother, Jessica Rowe visited Holdsworth Playgroup recently to talk to mothers about her own and other mothers' experiences as told with such honesty and passion in her new book, *Love Wisdom*

Motherhood. Signed copies of the book may be purchased from Holdsworth.

Chilly Fun

We will be having a *Winter Fun Day* at Playgroup on **Wednesday 15 June**. There will be a visit from a Baby Animal Farm and Sports Fundamentals. Put the date in your diary now!

Au Revoir Mary

We said goodbye to Mary Simmonds our Playgroup Team Leader on 18 May. Mary started as a volunteer, became a paid Support Worker and for the last year has been Playgroup Team leader. Mary's warmth and friendly manner endeared her to parents, children and staff. She has helped to make Playgroup the popular program it is today. We wish her all the best in her new adventures.



City to Surf

You can run for fun and Holdsworth in this year's *City2Surf* on 14 August! Visit EverydayHero to find out how you can raise money for Holdsworth by entering this or other events. Once again Mark Jones will be coordinating Holdsworth's team entry.
http://www.everydayhero.com.au/team_holdsworth

New Faces

Irene Ptisis started her role as Programs Officer in May and will be assessing all of the new referrals for Senior Services at Holdsworth. For those of you who have already met Irene you will know she has a passion for music and singing, especially songs from the 30s, 40s and 50s.



Sarah Regos has been appointed to the position of Carer Services Co-ordinator. Sarah holds a Bachelor of Social Work degree and her previous experience was at St George Hospital where she was the Haematology Social Worker working closely with patients and their families. Sarah understands the benefits for carers to be supported and the need for them still to maintain a good quality of life while in their caring role. She is an enthusiastic, good-humoured and energetic person and is very excited to be part of the Holdsworth family.



Carers News

The *EastEnders* Carers and Cared For Group has been providing Carers with many edible experiences as they have been meeting at various restaurants with ocean views. This carers group will be hosting a lunch and talk about maturity blues in June and a laughter workshop in August.

Thursday Thrivers has started small but sure and the group has attracted some new carers to Holdsworth. There will be a fish and chips lunch in La Perouse in June. Plans are in place to change to a monthly more educational program from August 2011 with a chance for Carers to guest speak on their caring experiences. *Club Carers* are being offered a new opportunity to meet fortnightly on Wednesdays in the near future and if this proves popular respite for Holdsworth Club attendees will be offered here at the Centre.

Carer-Centred Care Planning has begun. We are meeting Carers face to face and hope to offer Carers more individualised support that is led by their strengths and aspirations. *Holdsworth Carers* have both housing and legal issues workshops coming up and a new program for the rest of the year is in the pipe line. The Shack, our respite accommodation is near Berry and Carers enjoyed a break there over two weekends in May 2011.

Younger Onset Dementia

Holdsworth has been successful in its bid to provide a program for people under 65 years of age who have been diagnosed with dementia.

This service will be developed over the next few months as people are referred to the Centre and will be organised based on the person's individual strengths and interests. Although the numbers of people may be small, services will be different from those for older people with dementia as younger people will be more likely to be more active and will probably have a spouse who works and may have children still at home. It is therefore necessary for us to take into account all these issues when designing a service that meets the family's circumstances.

If you need to know more about this program or refer someone to Holdsworth contact us on 9302 3600.

Annual Tea Party

The Annual *Seniors Week Tea Party* held at the Woollahra Golf Club proved to be a great success with over 100 guests in attendance. Entertainment was kindly provided by Q'Trio, a string quartet plus guest cellist, made up of members of the talented Woollahra Philharmonic Orchestra.



Q'Trio has been our star entertainment 3 years running and we would like to take this opportunity to thank them for their generous support. Morning Tea was served to the beautiful strains of Vivaldi and during the morning several raffles were drawn with prizes ranging from luncheon vouchers to soap collections. We all look forward to planning a great day again in 2012!



Giveability Day

A big thank you to those who gave generously at Westfield Bondi Junction on 21 May for their Giveability Day. The \$5,000 collected on the day will support Holdsworth programs. Thank you also to Westfield for this initiative and to the many Volunteer Collectors.

Join us @ the Green Park

Another way you can support us this year is by bringing your friends along for a drink on Wednesday 20 July from 6pm at the Green Park Hotel 360 Victoria St. Darlinghurst. Guests will be asked to donate \$10 on entrance and the Green Park Hotel will be donating \$1 from every vodka drink and nominated beer sold on the night. There will be fabulous entertainment and some great prizes to be won on the night. This event aims to raise money and awareness for people living with disabilities. We look forward to seeing you there. You can let us know if you would like to come by emailing benko.ure@holdsworth.org.au or accept and invite your mates via the event section on Holdsworth's Facebook page.

Aqua Masters

Last year we ran a pilot program which proved very successful. This program was uniquely providing aqua aerobics to improve physical fitness in a supportive & friendly environment. We are happy to announce that our Aqua Masters program will be recommencing on 7 June as we have now found a fantastic new venue at the Montefiore Home in Randwick and we aim to run weekly Tuesday evening classes throughout the year. There are still places available if you are over 18 years and have an intellectual disability and might benefit from a gentle evening exercise program. To enquire if you are eligible, call the Centre and talk to Kim.

Remembering Declan Cooney

Everyone at the Centre was very shocked and saddened at the sudden death of Declan Cooney on 16 April, just three weeks after being diagnosed with pancreatic cancer. Declan had worked with us for the last two years and was very popular with both clients and staff. A number of us attended his funeral service and wake and were privileged to meet members of his family and his partner Tracy and to learn a little more of his life.



Working at Holdsworth meant a lot to Declan. When he contacted us to inform us of his diagnosis he wrote:- *Thank you for giving me the opportunity to work for Holdsworth. My job gave me both the means of earning a living and genuinely putting something back into the community. Doing something "useful" had become very important to me as I got older. I've met some fantastic people, both workers and clients, during my time with Holdsworth and wish I had more time to cultivate those friendships.*



The *Entertainment Book* is well recognised by residents and businesses in the area as it has been available for many years, and it offers valuable rewards to the purchaser. The vouchers in the book are valid till June 2012. At a selling price of \$ 65 it has discounts totalling many times

its purchase price. In fact if all offers in the book were taken up they would represent a saving of \$ 15,000! 20% of the proceeds of sales through us comes back to HCCS to support and improve our services. To buy your book, email benko.ure@holdsworth.org.au or call us on 9302 3600.

Please extend a warm welcome to four new drivers who have joined the Community Transport team.

Christine Noonan moved to Australia from Ireland in 2000. Since then she has worked as a nanny and has also been involved in assisting aged people in their own homes to help them maintain their independence.

Zeljko Skovrlj has extensive experience as a driver previously working as a doctor's aide and home visit service driver for *Family Care Australia Medical Services*.

Bev Taylor previously worked as a diversional therapist working with the elderly in nursing homes and cancer patients at the *Jean Colvin Hospital* in Darling Point for 10 years.

Josh Smith has previous experience in community services working for *Travel to Teach* and most recently as volunteer manager of the kids program at ALIV who provide monthly excursions for recently arrived refugees. Josh is also the owner and operator of his own small business "*The Disco Bus*".



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).



Christine



Zeljko



Bev



Josh

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

