

Westfield Community Day

On 15 May Westfield Bondi Junction hosted a Community Day for the families who access our disability services. The event was held here at our centre where the playground was full of fun activities like jumping castle, face painting, balloon benders, art & crafts, BBQ, barista, slushies and, let's not forget, the 3 Minute Massage Angels (much appreciated by parents and staff alike).

We welcomed through our gates a mixture of our families and others from the local community which made for a great atmosphere. If you missed out on coming to this one we would encourage you to attend the next. We thank Westfield's Bondi Junction Team for their support and organising this day for our families.

Comments from the day:

'Thankyou for such a wonderful day on Saturday. We and the kids had a blast. Very well organised'

'We had so much fun and it was nice to be able to catch up with other families....'



From the CEO

This is the third year of our partnership with Westfield. We are one of 27 disability services being supported by Westfield throughout Australia. I am delighted to announce that we have been awarded a Westfield Community grant of \$50,000 to fund our Funsworth after-school program for the next twelve months. This is the largest grant we have ever received from a non-Government/Council partner and what a wonderful initiative from Westfield.

The last few months we have hosted lots of major events as you will see throughout this newsletter. Thanks to everyone who worked so hard during Seniors Week and at our two fun days at the Centre and for all of you who came to enjoy these events.

Our garden has been officially opened and all our water tanks are full and over-flowing after all our May rain. Please pop in and help yourself to some organic herbs and the occasional vegetable if you're quick!

We have now planned out all our programs for the new financial year. This year we have stretched our budget as far as we possibly could and a bit beyond in order never to have to say "no" to clients. In the year ahead we are having to trim the frequency of some of our programs in order to make sure that we do not return a deficit for the year.

Demand for services continues to grow beyond our capacity to keep on delivering. Extra funding from generous individuals and organisations such as Westfield really does make a big difference. Please see the separate letter enclosed with this newsletter which shows some of things we doing and what you can do to help us to continue to build our community.

Michael Ryan
June 2010

Membership

Holdsworth memberships are due for renewal on 1 July. Some of you will have extended your membership till 30 June 2011. 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.

Seniors Week

Holdsworth Aged Services Team served up a week of spectacular and fun events for seniors. In conjunction with the Waverley Seniors Centre, Holdsworth hosted a gala movie event, aptly named, "*Hollywood meets Bollywood*". We kicked off the day with our famous red carpet, a fabulous display of dancing, sari fashion parade, all topped off with delicious Indian nibbles. The day was a great success with Cr Sally Betts, Mayor of Waverley in attendance for our "best dressed" prize giving.

Our subsequent Tea Party held at Woollahra Golf Club was a more formal affair with music provided by the outstanding Woollahra Philharmonic Orchestra Q'Trio. There were guest appearances by Marjorie Maydwell, harpist and Danielle Grant, soprano, thrilling our audience with many Italian renditions and classic greats. We are grateful to our wonderful orchestral friends for their generous support of our yearly Tea Party event. We look forward to planning next year's events for Seniors Week in 2011.



Star Time at Holdsworth

Our Red Carpet Movie in April was extra special with Tara Morice as our guest at the Holdsworth Seniors' Movie Club. We showed the documentary "*My Biggest Fan*" and then "*Strictly Ballroom*" with an illuminating talk from Tara in between.

She was delightful and it was fascinating to hear about her visit to the retirement 'village' in Coconut Creek Florida. If you don't know about this documentary check it out at <http://www.imdb.com/title/tt1286823/>

Photo: Tara Morice with Aged Services Team members Sarah Harwood, Valerie Fitzpatrick and Maya Jankovic.



Carers News

It's been a busy time for our Carers Groups – our *EastEnders* group met in May for a Meditation Techniques workshop – including demonstrations in which many of our Carers were only too happy to participate! On 1 June we are taking the group to the Nan Tien temple (pictured opposite) outside Wollongong for a day of relaxation, tai chi and hopefully putting those new meditation techniques into practice!

We held our second *Carers Plus* dinner following on the success of the first dinner held in March. We all met at Westfield and we enjoyed a relaxing dinner focusing on the needs of the Carers now and in the future – many ideas and dreams were discussed.

Our guest speakers continue to come to Holdsworth – including our own Carers Richard and Beth discussing their experiences and Ali Badaines, behavioural psychologist, speaking on handling difficult behavioural issues in children of all ages. A very popular speaker, Thirani Thivar, who is aunt to one of our children, is back by popular demand to talk about work opportunities for school leavers! All groups were very well attended and feedback has been positive – we hope to offer relevant guests to all our groups.

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Fun in the Sun

Our Fun Day and Art Exhibition were held at the Centre on 2 May, celebrating diversity with music, food and fun!

Not a huge crowd but the artworks were beautiful, the sun shone, the food was good and the performers put on a great show. Two choirs, Greek Dancers, a Bush Balladeer, an Indigenous dance and music group and an African Drummer!

Our thanks go to The Queen Street & West Woollahra Association for their support. www.qswwa.com.au/



Clockwise from top left: Ryka Ali; PlasterCraft; Face Painting; Greek Dancers of NSW; Art Show; Rhythm of Life Choir; Balladeer Colin Douglas; Door in the Wall Choir; Eddie Quarsah.

The occasion also marked the official opening of the RainGarden by Woollahra Mayor, Andrew Petrie (pictured right)



More photos on Facebook <http://www.facebook.com/pages/Holdsworth/298379676537>

Carers news cont'd

Our *Creative Carers* and *Carers and Beyond* took some time out of their lives to have a 'pamper' in Bondi Junction – getting a manicure and pedicure! This proved extremely popular and we will be offering that again in the next half of the year.

Our Calendar Dates brochures for the July – December groups will be sent to Carers to map out the next 6 months– please contact Louise Gourley on 93023600 or louise.gourley@holdsworth.org.au if you have any questions or suggestions.



Wanted: 100 people to raise \$10,000

Be an *Everyday Hero!*



A Holdsworth team will be running, walking or perambulating in this year's *City to Surf* on Sunday, 8 August, led by Board Member Mark Jones. Mark is hoping to get together a team of One hundred and has set a team target of raising Ten thousand dollars, hence the team name of Holdsworth **One 4 Ten**.

If you or your family members are thinking of participating why not get your friends to sponsor you and help us reach our fundraising target.

You can register for the City2Surf and join the Holdsworth Team by visiting our Everyday Hero page at: www.everydayhero.com.au/holdsworth Alternatively, you can choose to sponsor an individual or the team and donate on-line.



We can't believe she's going!



It is with great sadness that we bid farewell to our Family Services Team Leader, Lucian Stofell, and wish her well in her new ventures in the U.S. and Canada, the country of her birth.

Lucian has been with Holdsworth since 1998 in various capacities and has been Team Leader with Family Services (Playgroup) for the last five years. She originally worked on our former after-school and holiday programs and has also worked on programs for both Disability Services and Aged Care.

During this time Lucian has undertaken Gestalt training here and overseas and now hopes to put this to good use in new and exciting endeavours.

We will all miss Lucian's elegance and gracious manner at the Centre. The children at Playgroup in particular will miss Lucian, and her kind and gentle and caring ways, her sense of humour and endless patience at the front desk - not to mention the creative splendour of her face painting!

Parenting Course

Children Are People Too, a parenting approach developed by Louise Porter, is now being run each term at Holdsworth Community Centre. 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. The next series will commence in early August. Call Mary or Louise on 9302 3600 for more details.



When shopping at **Kidstuff** mention the Holdsworth Centre and **Kidstuff** will donate 5% of the cost of your purchases to the Centre.

Holdsworth Community Centre & Services

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

