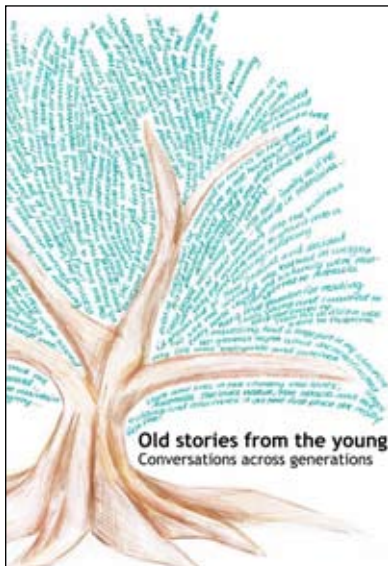


Old stories told by the young



For nearly two years we have been working closely with seven girls and the staff from Ascham School at Edgecliff on a wonderful project designed to foster intergenerational connections. The girls interviewed and wrote up stories of 31 Holdsworth seniors. The end result, **Old stories from the young:**

conversations across generations, was launched by the Governor of New South Wales, Her Excellency Professor Marie Bashir AC CVO, at Ascham School on Thursday 11 August.

The launch, which was hosted by Headmistress, Louise Robert-Smith, was attended by the girls and their families and many of the subjects of the stories and their families, together with the Mayors of Woollahra (Cr Isabelle Shapiro) and Waverley (Cr Sally Betts), and staff and Board members from Holdsworth and Ascham.

Continued, with more photos, on page 2.



Her Excellency the Governor with Laura Parmegiani, Isobel Chong, Fiona Harasty, and Rebecca Cass.

From the CEO

I love having good news stories to share. This is the fourth year that Westfield has partnered with us to support our programs for children with disabilities. This week we were one of three disability charities to be selected to share income from Westfield's Charity Sports Day. This much needed money will be used to fund more specialist programs as part of our after-school Funsworth program. Thank you to Westfield and all their corporate partners and supporters.

Thank you to our friends who came out on an appalling wet night in July to support our first-ever Facebook-organised event at the Green Park Hotel. We raised about \$5,000 for the Care Fund, thanks to our sponsor for the night, MLC and to Benko for this initiative.

We have been very privileged to be given access to the wonderful White Rabbit Gallery in Chippendale where we will be hosting a gala fundraising cocktail party on the evening of **Thursday 3 November**. With special tours of the current exhibition *Beyond the Frame*, a performance of the Mozart Flute Quartet No 1 by our new cultural partner, Sydney Omega Ensemble, great food by Miss Chu and wines provided by Yarra Valley winemaker, Mac Forbes, this promises to be our night of night for 2011. Don't miss out on securing your tickets from Benko Ure at the Centre. Tickets are \$95 and all profits from the night will go to our work with Carers and their families.

At our AGM on 21 September we will be electing your Board for the year ahead. We always like to hear from members who would like to give back to the Centre by becoming part of the Board. Please get in touch with me if you would like more information on Board membership.

*Michael Ryan
CEO*

Annual General Meeting Invitation

Our AGM will be held at the Centre at 6pm on Wednesday 21 September, and we invite our members, friends and clients to join us. An Agenda is enclosed with this newsletter. Our Annual Report and Financial Accounts will be available for download from our website prior to the meeting with hard copies available on request.

Back again this year, by popular demand, *Rhythm of Life* will perform immediately prior to the meeting and we hope you will stay afterwards for refreshments. Please RSVP by 16 September to Leanne on 9302 3605 if you would like complimentary community transport.

The project was coordinated by Valerie Fitzpatrick from Holdsworth and Anne McCallum from Ascham, with editorial and layout assistance from Aviva Friedman, CJ Malgo and Eric Scott.

There are stories of wartime Europe, conflicts closer to home, happy times in pre-war Sydney, fascinating careers, the pleasures found in travel, music and grandchildren and the warmth of long-lasting relationships. Whether they travelled across continents to get here or grew up just around the corner, each one has a story and we hope that in reading about these every day, but never ordinary people you will derive as much pleasure and insight as did the girls from Ascham.

Buy your copy now - Price: \$22 if collected in person: \$25 (incl P&P) if posted. Call 9302 3600



Above: Her Excellency the Governor with Holdsworth CEO and Claire Kadar

Below from left; Fiona Harasty with Norman; John; Peggy, Judy and Charlotte Berry, member of the School Committee; Laura Parmegiani, with Sol.

Above Top: Holdsworth CEO Michael Ryan; Waverley Mayor Cr Sally Betts; Her Excellency Professor Marie Bashir AC CVO; Ascham Principal Louise Robert-Smith; Woollahra Mayor Cr Isabelle Shapiro; Holdsworth Chairperson Claire Wivell Plater. Middle: Interviewees with family and friends. Front row: Jill, Myra, Shirley; Second row: Stella, Pauline; Third row: Kirstin (Halley) and Sofia at the back left. Bottom: Isobel Chong with Lucy and Claire



Vacancies in the Children's Programs

We currently have vacancies in our programs for children aged from 5 – 18 with an intellectual disability with low to moderate support needs. If you would like to have more information regarding our programs or have someone that you would like to refer please contact us on 9302 3600 and speak with Kim Tipoki.

Change of Venue for Sept School Holiday Programs

Due to renovations here at the Centre we will be running our school holiday activities from Waverley College this September/October. We have developed a fantastic working relationship with the school and are very fortunate to have this venue to use during this time. Waverley College is a great supporter of our disability programs and hosts other activities for adults at the school such as our Gym and Funky Sunday programs. Their involvement does not stop there as we also have students who volunteer in some of our activities during the week. We look forward to continuing this partnership with Waverley College and are grateful for their support.

Carers' News



Be your own life coach: Our resident life coach Esther van der Sande will be running a four week workshop six times throughout the year. This programme is available to any carer and will take carers through the steps necessary to take control of your life, set goals and achieve them. The first group commenced on Tuesday 23 August

at *Ruby's Place* in Bondi Beach from 9 am – 12 pm. Carers can contact Sarah Regos - Carer Services Coordinator - on 9302 3600 if they would like to enquire further about future workshops.

Carers Plus met last month for carers of children with a disability under the age of 5. They went to *Bondi Pizza* in Westfield and enjoyed some amazing food with beautiful views of Sydney harbour. The next *Carers Plus* group will meet on Thursday 8 September.

Lindy Yoannidis and Paula Hayden – our Dementia Carer Support Officers have been carrying out person-centred plans with our carers. We have completed about 30 and aim to have all completed by the end of the year. These plans are designed to help us understand each carer's aspirations for themselves in addition to confirming commonalities such as the need for respite, financial stability, and social support. We will continue this with our disability carers to help us build the service that most matches what you want from us.



Minister's visit

The Minister for Ageing and Minister for Disability Services, The Hon. Andrew Constance MP, visited Robert's Monday Respite on 22 August, spending time with the group, chatting and showing Lina the finer points of bowling. It was great having such direct access to the Minister and Robert Schneider certainly didn't miss the opportunity to advocate directly on behalf of the young adults who have been coming to his house since 2008!



The Builders Are Coming!

Work is expected to start on the office expansion and renovation on Monday 26 September. This will involve removal and replacement of the concrete around the reception/office area, laying of new concrete and construction of walls to create additional office space under the current 'overhang' outside Reception.

There will by necessity be disruptions to the normal work of the Centre. It is hoped that the bulk of the noisy work will be done in the September/October school holidays. The main gate in Morrell Street will be closed to the public to allow access for the builders. Access to the playground will be via the other two gates from Moncur Reserve. Playgroup will commence in Term 4 with minimal impact but please monitor your child at all times as they will be curious about 'Bob the Builder'.

Come young; come not-so-young



On the afternoon of **Sunday 11 September** we will be hosting a special day at the Centre. Our Intergenerational Fun Day will bring together all ages for a day of music, dancing, fun and games.

Our youngest ever visitor to Holdsworth was a baby of four days and we still provide transport and shopping for someone over 108. Our idea for this day is that you should bring someone with you from a much older or younger generation. This day will be an opportunity for people of



all generations to come and meet each other as well as participate in lots of exciting activities. We will have a Spontaneous Choir, Dancing, Drumming Fun, Giant Games, Face Painting, a Jumping Castle and our latest innovation, a Photo Booth.



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).

Get snapped with your friends, family grandparents or grandchildren! (Silly hats provided for those who want to make a fashion statement!) Tea/coffee and cakes as well as a sausage sizzle will be available to keep you going!



No need to book - just drop in between 12.30 and 4.30 on Sunday 11 September.

New face - new activities at Playgroup



With the appointment of Catherine Dynan as Family Services Program Officer we are expanding the number and variety of services and activities offered. Catherine is a Social Worker with experience in local authorities in England and as a Family Counsellor with the Jannawi centre in Sydney. This term we have introduced a regular speech

pathology session, an information night for parents of twins, a trial session of Action Kids (Music & Movement) and will be celebration White Balloon Day and Pink Sunday. Speak to Catherine or other Playgroup/Family Services staff for more information on these events or to pass on your ideas.

In an innovative art project children at Playgroup are painting small canvases which will be framed as a large collage which will be raffled as a fundraising initiative at Holdsworth on the 11 September Fun Day. It is already taking shape as a vibrant colourful expression of our children's play. Painting is being supervised in the craft corner when weather and availability of staff and volunteers allows so there will be opportunities



for many children to be involved no matter which days they attend Playgroup. Pictured left is another collage created by the children with the help of our volunteer Yuka.

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

