

New Funding for Holdsworth

At the end of last year Holdsworth submitted tenders to the government to expand our services for seniors. We have recently been advised that we won all the tenders for which we applied and that we will be receiving an additional \$457,000 each year, with some of this starting now and the rest being phased in. For the first time we will be offering programs for seniors who live in all five municipalities of Woollahra, Waverley, Randwick, Botany and the City of Sydney.

Much of the funding is for us to expand our day programs for people living at home with dementia and to assist those who are their carers. We will also be expanding our regular programs for seniors, with a special emphasis on seniors from culturally diverse backgrounds.

We will be working closely with other organisations throughout south-eastern Sydney to facilitate new client intake arrangements and to access suitable venues for some of these programs.

We are also recruiting additional specialist staff and expanding our community transport capacity. It will be a very busy year ahead as we open up these new services. We are currently developing a waiting list of potential clients, especially from those who are caring for someone with dementia. If you would like to hear more, please contact our aged services team.

As exciting as our new funding is, it brings with it many challenges. In this new financial year we will be receiving a 27% increase in our level of recurrent

funding from government, which compares to a 6-8% growth for each of the last couple of years.

Our office accommodation is full up to dolly's wax and public spaces are in constant use throughout each day and so we are on the hunt for additional premises to allow us to recruit the staff we need to help deliver all of our new programs. We will also need an additional bus.

As in all Holdsworth programs, we will continue to focus on the aspirations and abilities of our clients, and will set out to dismantle any barriers that get in the way of full community participation. With a wider range of funded programs we will be able to develop more specialist, targeted activities for each client group, including for our carers.



I am particularly proud of our nomination in the Community & Education section of the Wentworth Courier's 2010 Business Achiever Awards. This is very timely as we work with volunteers from Bain & Company to identify ways in which we can become more business-like in our efforts to secure the financial future of your community centre.

In this edition be inspired by a high school leadership program and admire our athletic fundraisers. Read about carers who do things themselves to create opportunities for their kids and find out how Holdsworth can connect you on the internet with other carers. Meet our new family services team and find out about a week-end away.

Michael Ryan
CEO
Sept 2010

Annual General Meeting Invitation

Our AGM will be held at the Centre on Wednesday 22 September, and we invite our members, friends and clients to join us in celebrating another year. 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.

Prior to the meeting we will be serving drinks and refreshments from 5.30 pm. Back again this year, by popular demand, *Rhythm of Life* will perform immediately after the meeting, followed by more refreshments. Please RSVP by 17 September to Judy Renford on 9302 3600 if you would like to come and let her know if you require complimentary community transport.



New faces at Playgroup

Following Lucian Stoffell's departure overseas Mary Simmonds took over as Playgroup Team leader while two new staff, Annabel Mason (pictured left) and Pat Joseph (right) have joined Playgroup, job sharing as Support Workers.

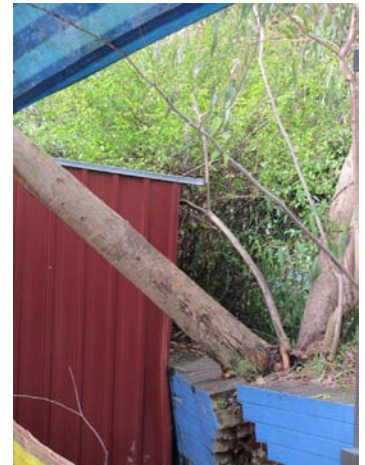


Annabel is here Mondays and Tuesdays with Pat on Thursdays and Fridays. They alternate each Wednesday. They are lovely warm and friendly people - which is the only kind we have at Playgroup! Please make them welcome.



Blow me down!

We had to close the Centre on 3 August when massive winds wreaked havoc on the playground. The awning put over the craft area last year was pulled off its supports and a tree came down over the shed. Thankfully it happened overnight when no-one was around.



Council and the SES responded quickly and we were back in operation the next day. The longer term repairs will take some planning to minimise disruption to our activities.

2010 Spring Camp

Building on the success of our Berry camp in May 2009, we will be visiting Myuna Bay Sport & Recreation Centre (below) this year from Friday 15 – Sunday 17 October. The camp will be an opportunity to have fun, gain new experiences, share information, involve siblings, meet other carers and mix with Holdsworth staff. There will be 6-8 families going away for the weekend with staff and volunteers from Holdsworth. As with past camps we will have a number of recreational activities available to us all and the parents/carers will have a day away visiting Hunter Valley whilst their children remain at the camp site with staff.

Activities such as this camp are financed through your contributions to our Care Fund and by the participants themselves. To defray some of these costs we held a fundraiser here at the Centre during the elections. Holdsworth staff and carers sold homemade cakes, biscuits, slices and coffee while the locals were queuing to vote. It was a great opportunity to chat with locals, and raise awareness about what goes on at the Centre, carers' roles, what they need, and why the money is being raised.

Thank you for supporting the fundraising on the Election Day and we are looking forward to visiting Myuna Bay.



Carers News

This year we have launched a special calendar of events for our Holdsworth Carers – carers of children aged from 5 upwards. Our first group met for a jewellery making session which was a lot of fun! Guest speakers from TAFE will talk about the path school leavers can take and available course/work options and a representative from Carers NSW will talk to parents about the siblings of our clients with a disability and what is available for them. We have managed to fit in a pamper session for the carers (including the men!) of a manicure/pedicure followed by coffee and cake.

We recognise that the carers of children age 0 – 5 have their own very particular needs and our fourth Carers Plus dinner was a very well attended.

If you are caring for someone with memory loss it can be very hard to continue the sort of social life you once enjoyed. Our East Enders social group creates a regular opportunity to lunch with other carers and your partner or family member for whom you care. A recent outing had us enjoying the sun and water views at the Boat Shed in La Perouse.

We opened our Holdsworth Google Group where we post issues to be discussed, information and forums. This is in addition to our very popular e-mail group but goes one step further by giving the carers the opportunity to discuss any current affairs with each other on line. The group is monitored by Holdsworth so is completely safe to the Carers who wish to join. To get connected contact Louise Gourley on 9302 3600 or e-mail louise.gourley@holdsworth.org.au.



Wollondilly Wanderings

Holdsworth's famous Discovery Tours took clients on a tour of Camden and surrounds for our May jaunt. A visit to the Langdale Olive and Lavender Farm on Camden's outskirts showed us the process of growing lavender and olives on a commercial scale. After a quick look at goods to buy, we travelled on to Camden town centre for a hearty, autumn inspired lunch at the historic Camden Valley Inn.

This famous building dates back to the 1930s and is built on land granted to the Macarthur family in 1805. Before heading home, clients were treated to a quick look around the town of Camden. Discovery tours run once a month and include destinations of historic or cultural interest. Look for our next outings in the Woollahra Council "What's On" or the Holdsworth *Four Seasons* Newsletter.



Freezing for Holdsworth

Students from Moriah College in Queens Park were out on the streets of Sydney in July to promote awareness and acceptance of young people living with disabilities.

Working with the High Resolves leadership program they aimed to make the public aware of the diversity of talents and skills that many school leavers, who happen to have an intellectual disability, can offer employers and to get people thinking about creating employment opportunities.

Halt for Holdsworth was staged at various locations around the city. Doing this as part of their community service hours, students 'froze' for two minutes at each place, holding up signs and wearing t-shirts with their message.

They also handed out flyers, giving out information, aiming to reach the largest possible number of people to get them to think differently about intellectual disabilities and to generate interest from potential employers.



Rhythm of Life

The Holdsworth Community Choir, under the directorship of the very talented Robert Teicher, was founded in April 2009 and is made up of everyday people from our community. We have senior citizens & retirees, working people, students and adults & teenagers with disabilities meeting every Thursday evening at 5.30pm at our Centre. Our choristers range from 16 years to 95 years young! (See photo page 1)

The choir has proudly performed at various venues & functions, such as Aged Care homes in the Eastern & Northern suburbs and Community Fun days and there are more gigs booked by several organisations for the rest of the year! These performances are always enjoyed by both the audience and the choir.

You can hear the choir in full voice at their return performance at this year's AGM and if you are interested to be part of a fun and friendly community choir, please contact Cecilia on 9302 3600 or email: info@holdsworth.org.au

Woollahra Festival

The Woollahra Festival: *Big Ideas in Small Spaces* - A festival of food, arts and ideas, will be held in and around Queen Street on 12-14 November, with some activities at the Centre. For more information visit www.woollahrafestival.com.au



