



Newtown Neighbourhood Centre Newsletter

CENTRE NEWS

Hello All!

Farewelling a fantastic summer with much activity and service delivery that we were glad to offer; we enter a time of endings and beginnings at Newtown Neighbourhood Centre.

As with the weather changing from hot summer days, to the start of a cooler autumn, we are adjusting to significant shifts and changes. In fact, anybody familiar with Soniya, Sam and Marianne will feel a slight chill in the air with the departure of these lovely people.

Firstly, the end of our highly successful Housing Outreach and Development Project meant the loss of our fantastic, hardworking Housing Worker, Marianne Todd.

Funded initially by the City of Sydney, and then with a small grant from Marrickville CDSE fund for the past sixteen months; the Housing Initiative made a real, long lasting difference to many homeless and insecurely housed people in the Newtown area.

The period that Marianne was with us saw her secure permanent housing for many people! We are proud that Marianne's efforts transformed the lives of many - by also improving their mental



and physical health in particular – as well as increasing people's wellbeing, sense of community, and connection to family.

Please see our reflections on page 6.

Photo: Marianne and Kat cut the farewell cake.

April / May 2010

A more subtle, behind the scenes shift, was waving goodbye to our Centre Administrator, Sam Jenkins. As reported in the January/February edition, Sam is taking a well-deserved 12-month break from work to put her energies and creativity into her personal pursuits. We wish her the very best for this year, and hope to see her back in 2011!

Another staff member to bid farewell to was Soniya, from the Boarding House team. Soniya was excellent in contributing greatly to the Women's Group. We all miss Soniya and wish her well for the future.

However, to prove that not all change is bad, it's a pleasure to welcome Julia and Ellouise to Newtown Neighbourhood Centre.

Julia Gilchrist has been contracted to cover Sam's role for this year as the Centre Administrator; and Ellouise Davis is our long-awaited new Community Development Coordinator.

We are so pleased and excited to have found two such remarkable, competent, level-headed people, that we feel confident our winter will be warm and bright.

Other good changes and new things to mention include a new age for disability access – we are eagerly awaiting the start of improvement works which will make the Centre mobility-friendly. Ramp access and a lift will be established so we can be a truly inclusive Centre.

Many, many thanks go to Marrickville Council for the investment and recognition that in 2010, disability should not be a barrier to participation in all aspects of community life.

We're also tickled pink by the M.A.T.C.H. One Stop Shop that has started with representation from Centrelink; Housing NSW; The Inner West Tenants Advocacy Service and lawyers from Marrickville Legal Centre.

This brings the major advocacy, rights and support services available to Newtown's community under the one roof. Check it out on Thursdays, 2:00pm – 4:00pm, Main Hall, Newtown Neighbourhood Centre.

Other new activities in the Centre include English Language Classes with the aid of Janice, a volunteer, held on Tuesday mornings between 10am-12noon until 25th May, 2010.

Continuing the theme of changes, Darren, our Voluntary Counsellor has left after securing work which will take him around Australia. We wish him the best of luck. His replacement, Josephine is the new Voluntary Counsellor and was warmly welcomed to our team. She is here every Thursday afternoon.

So it's changes all around! Perhaps change, like the seasons, is one of the few things we can be sure of in this world...and to herald potential further change, please check out the preliminary results from the Newtown Neighbourhood Centre Community Survey held between August and September of 2009.

We are taking your feedback seriously. We have included a brief Snapshot of the Survey on page 3, and we will report our intended action in future Newsletter editions. We warmly thank you for your honesty and time in participating.

You may also have noticed this column is a bit different. Lisa Burns, our roving Centre Coordinator was out of reach in outback Western Australia when we went to press...That's what we call truly getting away from it all!

But fear not, for this change is temporary - Lisa will be back after her R&R in April, illustrating that not all changes last forever.

Best wishes,

Paul Adabie
Acting Centre Coordinator

CONTENTS

CENTRE NEWS	1
NNC Administration Update	3
Snapshot: Community Survey Results	3
Feature: Tenants Have Rights!	4
NNC Front Counter News	4
Feature: Housing Reflections	5
Poetry and Literary Corner	7
Recipe: Brown Lentil and Vegetable Soup	7
Community Development Update	8
Seniors Group	9
NEW: Marrickville Greek Men's Speaking Group	10
Social Justice Feature: 100th International Women's Day	11
Shopping Service News	13
Boarding House Project	14
Kids Global Climate Quilt	14
Meet Our Volunteer: Pat, Wrap With Love	14
Volunteers & Students Update	16
Room and Hall Hire	17
One Stop Shop	18
Event: Older Women Ageing Safely	19
NNC Programs and Services	20

NNC ADMINISTRATION UPDATE

Hello Newtown,

I'm Julia Gilchrist, the new Centre Administrator. A big thank you to Sam Jenkins for showing me just how much Newtown gets up to – it's excitingly busy!

This Edition is dedicated to Housing, International Women's Day, environment, regular features and the **Snapshot Survey Results**, which we will supplement with greater detailed responses and an action plan in future newsletter editions.

We had an excellent lunchtime seminar delivered by LCSA to introduce a qualitative reporting program on our computers. We are hoping the program will give us a clearer picture of whether we've increased the quality of life for program participants, as well as measuring specific program goals.

Finally, we are very excited about **One Stop Shop** which continues our Housing services to the Newtown community, please see page 18 for details.



Cheers,
Julia

SNAPSHOT SURVEY RESULTS

The Survey was conducted between August-November 2009.

Over 245 people responded.
65% of respondents identified as female.
35% of respondents identified as male or other.

Forms were completed at the Front Counter, outside the Centre, during the Festival, online (www.newtowncentre.org), and through local door-knocking visits.

Commonest Issues Raised

Survey participants mentioned the specific concerns below ten times or more in their responses:

Mental Health • Queer Rights • Youth •
Education • Unemployment •
Health Care • Safety

What Role?

We asked people what role a Community Centre should play:

Support and Advocacy	● 79 responses
Social Gatherings	● 49 responses
Information Assistance	● 39 responses
Uniting the Community	● 19 responses
Being a Safe Space	● 9 responses

What Services?

We asked people what services a Community Centre should offer:

Yoga	● 16 responses
Youth activities	● 14 responses
Music, bands and gigs	● 12 responses
Support services	● 9 responses
Language classes	● 7 responses

KEY SOCIAL ISSUES

Respondents identified more than one social issue as a primary concern:

Social Justice, Equality and Human Rights

- 49 responses

Environmental Issues and Social Justice

- 49 responses

Affordable Accommodation

- 51 responses

Homelessness

- 41 responses

Poverty

- 20 responses

Thank You

Many thanks for your honest responses and time taken. A detailed response and plan of action will be provided in future editions of the Newsletter and on our website.

NEWTOWN SQUARE REVAMP

Replacement of our entrance steps and the installation of a gentle gradient across the entire of Newtown Square will be completed to ensure accessibility guidelines will be met.

Construction will take place between May – September this year, with parts of the Square cordoned off, reducing the total number of market stall sites available.

For further information about stall permits, please contact Marrickville Council (02) 9335 2222 or visit www.marrickville.nsw.gov.au.

TENANTS HAVE RIGHTS!

Alex Azarov, Tenant Advocate
Inner West Tenants Advice and Advocacy Service

Inner Westies know intimately that “Landlords”, “eviction”, “real estate agents” and “hearings at the Consumer, Trader and Tenancy Tribunal” strike at the heart of the tenant, but they may not know how someone can get help.

The Inner West Tenants Service is a free service based at the Marrickville Legal Centre.

Broad assistance includes: tenant rights and responsibilities; advocacy and negotiation; and assistance for tenants renting from private landlords through real estate agents, Housing NSW and other community housing organizations.

The Tenants Service also acts for vulnerable groups – particularly residents of boarding houses – who find themselves excluded from the protection of the Residential Tenancies Act.

Currently, the IWTS has the support of Lord Mayor of Sydney, Clover Moore. She has been tirelessly lobbying the Minister for Fair Trading on boarding houses.

The NSW Regional Homelessness Action Plan 2010-2014 (RHAP) has also deemed boarding houses as below minimum standard accommodation, and classifies boarding houses as part of the “homeless” cohort.

Recently, the IWTS participated at the RHAP workshop, and are currently pushing for an improvement in boarding house living conditions, as well as lobbying for boarders to have better rights and security of tenure.

If you or someone you know is experiencing problems in a boarding house, you can apply to the Tenants Tribunal for help in certain situations. IWTS would also be happy to provide advice and support.

Further Information

Inner West Tenants Service
Ph: (02) 9559 2899

Outreach Service*
Thursdays, 2-4pm
Newtown Neighbourhood Centre

* This free outreach includes Housing NSW, Centrelink and a fortnightly solicitor.

** Online:
Tenants’ Union of NSW website
www.tenants.org.au.



NNC FRONT COUNTER

Newtown Neighbourhood Centre’s Front Counter has produced several Mental Health Fact Sheets to further inform and educate our community on how mental health affect individuals.

Our Fact Sheets cover the topics of:

- Anxiety
- AOD
- Bipolar Disorder
- Childhood Disorders
- Psychosis
- Suicide Bereavement and others

We also research what similar organisations are doing. For example, the Mental Health Association of NSW has developed a fact sheet on how individuals can collect a rebate for treatment from Centrelink and Medicare where eligible.

Our Front Counter team are happy to answer any questions. Newtown Neighbourhood Centre has a policy of dignity, respect and client confidentiality.

We at the Centre would also be happy to receive feedback from you on our Fact Sheets – so let us know what you think.

HOUSING REFLECTIONS

The departure of Marianne Todd and the end of our housing outreach and development project - initially funded by the City of Sydney and briefly by Marrickville CDSE – gives us an opportunity to reflect the experience.

We have learnt about how we can and do respond to homelessness issues, and we also developed options for our future direction and efforts.

Some of our main findings were:

Independent services to assist homeless people directly are severely limited.

We have been unable to identify any other similar face to face direct access support, advice and rights service for people seeking to resolve their homelessness and access social housing outside of the inner city area.

A Housing Responsibilities resource would have assisted in ensuring ongoing successful tenancies.

Our approach has been largely from a ‘Housing Rights’ standpoint. It would have been beneficial for individuals to have had a “Housing Responsibilities’ resource to ensure ongoing successful tenancies, and assist in addressing other support issues.

Reducing housing application times would benefit everyone.

A big challenge is the length of time applications can take to process, and the difficulty in maintaining contact with applicants that are homeless, and have no fixed abode. Follow up letters from the Department are often not received by applicants.

Not maintaining contact can be severe, and the homeless person misses out badly.

The consequences of not maintaining contact can be severe, with people losing places on the wait list, or being under the mistaken impression that an application is being completed, when it is in fact suspended.

We offer a postal collection service for homeless people to go some way to resolve this problem.

The lack of legal protection for people in boarding houses needs to be addressed as a matter of urgency.

Boarding house accommodation is often the only immediate option open to people seeking to find ‘affordable’ accommodation. Unfortunately, it is becoming increasingly more expensive.

We are exploring how we can impact and assist in improving the rights of boarding house residents in NSW.

RESPECT

Respect is the key service delivery principle.

However...high workloads and scarce resources can impact on workers capacity to maintain respectful and ethical practice.

There is a great need to advocate, work with and lobby Housing NSW so an awareness of the issues vulnerable people face are understood.

Support and assistance from Housing NSW in assisting people to resolve homelessness is limited and bureaucratic.

Staff can, at times, be unsympathetic, with policies and procedures not followed. Our experiences echo the findings in the AHURI Report, which found:

Respect is the key service delivery principle, however, administrative systems can inadvertently humiliate or degrade people experiencing homelessness.

High workloads and scarce resources can impact on workers capacity to maintain respectful, ethical practice.

As a result of these experiences, many people proactively attempting to resolve their homelessness are put off by the attitude and treatment received by statutory services.

For example, applications go uncompleted, often for years. Consequently, many people spend much time moving in and out of insecure and unregulated boarding houses.

Our experience confirms this many times over, and the AHURI Report stated that:

“Early intervention will be more effective (in ending homelessness) if it does not include the use of low cost rooming houses as emergency accommodation...because these are known sites of violence, drug use and crime.”

Working with chronic street homeless people to assert their rights and secure housing, is only one part of the solution.

Resources are also required to provide sustainment and ‘tenancy ready’ services (housing responsibilities). In one case, a person, whilst keen to secure his own housing, found it challenging and risky to accept an offer made of housing. It was also very difficult to refer this person onto other support services because of trust issues.

Our mission has to be to further explore how we can best work with the chronic street homeless in addressing these issues.

Finally, our service provided great value for money. Of the intensive casework completed, we tracked 15 people as housed, with 5 approved (most were categorised “priority housing”).

We will continue to work in the field, despite the end of this particular project.

Homelessness and insecure housing issues remain the most common issue presented at our Front Counter, and also most strongly resonated in our Community Survey as an issue to be addressed, with 11% of respondents noting it as a major concern for our neighbourhood.

In the next period, we will publish details of our strategy for the future.

NUMBER CRUNCH

By taking into account the 20 people we know are presently housed (or who are on the short-list), we note the following statistics:

- It cost as much as \$34, 000 for some people to remain chronically homeless (2006 fig)
- The housing project’s funding was \$36,000 per person, and we have assisted 20 people with housing.
- Even making a conservative estimate, we have saved \$14,000 for each individual housed.
- To move these 20 individuals from homelessness to housed led to an overall saving to society of \$244,000**

Additionally, the below figures indicate significant savings in the cost of savings when housing programs like ours are introduced:

** Cost of homelessness per person: \$36,000

Cost of 20 people living homeless: \$720,000

Possible cost saving per person:
\$14,000 (x20 people housed) =

Total saving:
\$280,000 (- project costs of \$36,000)
\$244,000

For us, these figures are just one aspect of the total benefit to an individual – each person receives a wider social and emotional benefit from having secure housing.

Homeward Bound Project

The fabulous folks at Mercy Foundation have provided funding to us to enable our continued work with homeless people, especially the chronic homeless and people in boarding houses. The new project, *Homeward Bound*, aims to help people get out of homelessness, and put supports in place to help ensure they have long term secure housing.

To help us get this project underway within our Boarding House Project, we will be hiring a worker for 18 hours to build on the work already done and will work within an expanded housing support role. We are still fine-tuning the job description and just preparing for recruitment. Please visit www.newtowncentre.org for the advertised vacancy.

POETRY & LITERARY CORNER

A Fallen Tree

By Shashanka Das

I've been living at a house for three years
There was a big Eucalyptus tree.
It was an iconic tree in the city
It looked from a far distance, quite pretty.

The tree was home of many birds,
They were cockatiels, parrots and doves,
Mynahs, magpies, lorikeets and others
Singing and calling and bickering like
brothers

My tree absorbed our carbon gas
Offered plenty of oxygen to give us life,
The leaves' full stems held birds who sat
And talked with me and the tree
Through my wide windows

The tree waved to me in mornings of
idleness
In a city of black balloons.
I found a piece of village
Where my thoughts could gently cruise.

But once, on a day off -
I came back from the Library

I saw in our back yard, a large fallen tree!
That was my grand loving friend.
Cut down to make the yard free!!
Everything was finished
Nature's hello left
just a swirl of chain-saw rings.
I was reeling, While
Mourned birds were murmuring.



RECIPES FROM NEWTOWN



Brown Lentil and Vegetable Soup

Cooking Time

35 minutes

Ingredients (serves 4)

- 1 tablespoon olive oil
- 2 carrots, peeled, diced
- 2 zucchini, diced
- 2 sticks celery, diced
- 1 brown onion, finely chopped
- 400g can diced tomatoes
- 2 cups salt-reduced vegetable stock
- 400g can brown lentils, rinsed, drained
- 1/2 cup flat-leaf parsley leaves, chopped
- 1 lemon, quartered
-

Directions

1. Heat oil in a large saucepan over medium-high heat. Add carrots, zucchini, celery and onion. Cook, stirring occasionally, for 10 minutes or until vegetables begin to soften.
2. Add tomatoes and stock to pan. Cover and bring to the boil. Reduce heat to medium-low. Simmer, partially covered, for 15 minutes or until vegetables are soft.
3. Add lentils to soup. Cook for 5 minutes or until heated through. Ladle soup into bowls. Sprinkle with parsley and squeeze lemon juice. Season with freshly ground black pepper. Serve with lemon wedges and bread rolls.

Lentils are a great, inexpensive source of iron, protein and fibre...so, get cooking!

Recipe courtesy of www.taste.com.au

SUBMISSIONS:

To submit poems, please contact Ellouise at community@newtowncentre.org and to submit recipes, please contact the Shopping Service. You can also come by the Front Counter.

COMMUNITY DEVELOPMENT UPDATE



Photo: 1 Ellouise Davis, the new Community Development Coordinator

Well, I'd best start by introducing myself!

My name is Ellouise, and I have just started as the Community Development Coordinator.

I have a background in Social Work, and have been working with homeless people in the Kings Cross area for the last 18 months.

I am very excited to be joining the NNC team and even more excited to start to get to know the vibrant and diverse Newtown community.

It is clear I have some big shoes to fill with the great work that Cyril has done before me but I look forward to meeting the challenge.

I would be very interested to hear any ideas that anyone has for community events or any improvements to the front desk area and services.

Please don't hesitate to contact me on 9516 4755 or at community@newtowncentre.org or just drop in to discuss any ideas you might have.

After all, The Newtown Neighbourhood Centre is here to serve you, the local community.

Ellouise Davis
Community Development Coordinator

English Language Classes

On March 2nd, we started free English classes with the generous help of our volunteer teacher, Janice.

The classes cover conversational English and are aimed at improving people's confidence in speaking English.

So far, the classes have attracted a good sized and dedicated group of people. The classes run between 10am-12noon every Tuesday and will run for a 12 week period until 25th May.

English Language Classes are a great opportunity to practise English skills and also meet new people.

If you'd like to join our English classes, or know someone who would, give us a call on 9516 4755 or just come by on Tuesday morning around 10!

Wrap with Love, Tai Chi & Gentle Exercise

Wrap with Love has started the year at a great pace, having already completed over 30 wraps for people in need!

I would greatly encourage anyone with even a passing interest in knitting or weaving to drop into this group on a Thursday morning from 10.45 to 12noon to have a yarn while you spin some yarn!

Take a look at our interview with Pat who is one of the Wrap with Love volunteers – Turn to page 15

The NNC chapter of Wrap with Love will feature in the ABC Documentary 'Making Australia Happy'. The series is looking at the science behind what makes people happy, and will be screened later in the year.

We seriously look forward to updating you on the series' progress and how our volunteers keep a smile on their dial.

Tai Chi has been as popular as ever so far this year but there are always room for more participants! Mind, body and spirit are all exercised in this ancient Chinese art form.

Join us on Tuesday afternoons from 1pm-2pm in the main hall upstairs. Classes are \$3 for unwaged and \$5 for waged participants.

Gentle Exercise has started back, and is a great way for over 55's to keep active. It can help with arthritis, circulation and general well-being. Classes are just \$4, and are held every Thursday from 10am-11am.

One Stop Shop Outreach

Every Thursday from 2pm – 4pm we are having an afternoon where different organisations come to NNC and provide an outreach service.

We are lucky enough to have Marrickville Tenancy Rights, Centrelink, Housing NSW and every fortnight, the lawyers from Marrickville Legal Centre will pay us a visit as well.

This is a good opportunity to follow up any issues you may be having in any of these areas. Housing NSW are also here 1pm-4pm on Mondays if you would like to see them then. Whatever you do, just drop in!

Counselling and Career Counselling

I'd like to take this opportunity to thank our Volunteer Counsellor Darren, who kindly donated his time and skills to NNC for over 6 months. We wish him the best for the future. We also thank Janet, who has been booked out for weeks, keeping the program going!

Josephine, the new Volunteer Counsellor, will be with us on Tuesdays from 2pm-5pm. Josephine is a qualified member of the Counselling and Psychotherapy Association of NSW, and has worked extensively with Lifeline.

- Counselling is by Appointment only and there is a small set fee.
- A pre-counselling telephone discussion is required for all new appointments.
- The duration of the counselling session is 50 minutes.

If you are interested in booking a counselling session, give us a call or visit us at the Front Counter.

For more information about anything mentioned above, please contact me on (02) 9516 4755, or by email at community@newtowncentre.org



GENTLE EXERCISE CLASSES

Thursdays

10am – 11am

SENIORS GROUP

Multicultural Neighbour Aid - For Communities from Former Yugoslavia living in Marrickville and surrounding areas.

Why don't you join Seniors Group?

Don't just stay at home... Come and make new friends, have fun, and enjoy your retirement.

Meet up every second THURSDAY of the month!

Seniors Group meets every second Thursday of the month for social interaction, information sessions, games, movies and recreational outings.

Seniors Group provides social support to our seniors by maintaining and enhancing their quality of life and independence. Seniors Groupies come from the Marrickville and surrounding areas – come and join us!

Seniors Group activities will commence on the **1st April 2010** at:

Newtown Neighbourhood Centre
Newtown Town Hall
1 Bedford Street
NEWTOWN NSW 2042
9:30 am to 1:00 pm

Further Information

Please contact Dushanka at Newtown Neighbourhood Centre on **9516 4755** or email: neighbour@newtowncentre.org

PAINTING OF NEWTOWN NEIGHBOURHOOD CENTRE PREMISES

Room hirers and people using our rooms for various programs will notice we are having internal painting done over the next few weeks.

This is being completed as part of funding received from the NSW Government Community Building Partnership Program.

We hope you like the new look as much as we do in the coming weeks!

NEW...MARRICKVILLE GREEK SPEAKING MEN'S GROUP

Newtown Neighbourhood Centre, in partnership with Marrickville Community Health Centre are organising the Marrickville Greek Speaking Men's Group.

The Greek Speaking Men's Group

This group provides assistance, information and support to Greek speaking men over 55. Some of the services provided include:

- Guest speakers on Health, Legal and social issues.
- Recreational outings with transport provided
- BBQ'S
- Recreational activities including Bingo and Backgammon
- A free library service providing books, magazines, C.D's and videos in the Greek/English language
- A complimentary Greek paper provided on a weekly basis

The group is facilitated by a male bilingual worker. New members are welcome!

When: Every Thursday

Time: 12.00 p.m- 2.00 p.m

Venue:

Herbert Greedy Hall
79 Petersham Rd
Marrickville

Refreshments: Afternoon tea is also provided.

Further Information

Please phone George or Marie at Newtown Neighbourhood Centre on (02) 9516-4755.

Or, phone Freeda Economidis at Multicultural Health Services, Marrickville Community Health Centre on (02) 9562 0511



**Marrickville
Greek
Speaking
Men's Group**
Thursdays
12pm-2pm

ΑΝΑΚΟΙΝΩΣΗ ΓΙΑ ΤΗΝ ΟΜΑΔΑ ΤΩΝ ΑΝΔΡΩΝ

Το Γειτονικό Κέντρο του Newtown σε συνεργασία με το Κέντρο Υγείας του Marrickville διοργανώνει την ομάδα για άνδρες.

Ανάμεσα στις υπηρεσίες που πρόσφέρονται στην «Ομάδα των ανδρών», είναι η παροχή βοήθειας και υποστήριξης σε διάφορους τομείς για άνδρες 55 ετών και άνω.

ΜΕΡΙΚΕΣ ΑΠΟ ΤΙΣ ΥΠΗΡΕΣΙΕΣ ΠΟΥ ΠΡΟΣΦΕΡΟΝΤΑΙ ΣΤΑ ΜΕΛΗ ΤΗΣ ΟΜΑΔΑΣ

- Καλούνται ειδικοί οι οποίοι ενημερώνουν τα μέλη της ομάδας:
- Για θέματα υγείας. Ενημέρωση για νομικά και κοινωνικά θέματα.
- Ψυχαγωγικές εκδρομές με ειδικά λεωφορεία που παραχωρούνται.
- Ψυχαγωγικές δραστηριότητες όπως «Μπίγκο», τάβλι, και άλλα.
- Επίσης λειτουργεί «υπηρεσία βιβλιοθήκης» η οποία παραχωρεί δωρεάν στα μέλη της ομάδας, βιβλία, περιοδικά, CDs, καθώς και βίντεο στην ελληνική και αγγλική.

ΕΙΝΑΙ ΕΥΠΡΟΣΔΕΚΤΑ ΝΕΑ ΜΕΛΗ ΣΤΗΝ ΟΜΑΔΑ ΑΝΔΡΩΝ

Πότε γίνονται οι συγκεντρώσεις:

Κάθε Πέμπτη

Η ώρα που γίνονται:

Από τις 12-μέχρι τις 2μμ

Τόπος των συγκεντρώσεων:

Herbert Greedy Hall
79, Petersham, Rd.
Marrickville

- Προσφέρεται απογευματινό τσάι στα μέλη της ομάδας.

Παρακαλούνται τα ενδιαφερόμενα άτομα όπως επικοινωνήσουν με τον

Γιώργο ή την Μαρία στο
Newtown Neighbourhood Centre
στον αριθμό **9515-4755**

ή την Φρίντα στο
Marrickville Community Health Centre
στον αριθμό **9562-0511**

**INTERNATIONAL
WOMEN'S DAY
2010**

**Multicultural
Neighbour Aid
Celebrates!**

International Women's Day celebrated its 100th Anniversary on 8th March 2010. Communities from Former Yugoslavia joined the celebrations.

On March 8th, 2010, eighteen women who are part of the **Multicultural Neighbour Aid - Communities from Former Yugoslavia project** joined women around the world to celebrate International Women's Day's 100th Anniversary.

We experienced an eventful, reflecting and a fun day. A brief history of the day was recalled by Nada, followed by the recital of two poems, one by Nada and one by Dana.

Each woman was also given a colourful red foil wrapped chocolate rose as a gift. The main event of the day was the special communal lunch, in which the men joined the celebrations.

For 2011, we anticipate an even bigger and more memorable event!



Photo: Mirjana and special guests from the Multicultural Neighbour Aid group celebrate International Women's Day with lunch.



100th Anniversary – 2010

International Women's Day celebrates its 100th Anniversary in 2010. Whilst recognized by the United Nations only since 1975, it is celebrated on March 8th every year worldwide since its inception in Copenhagen, Denmark in 1910.

Copenhagen 1910

Leading German socialist, Clara Zetkin introduced the concept of celebrating women's achievements during the World Conference on Women to an audience of over 100 women from 17 countries.

Commission on the Status of Women - 1946

On the creation of the UN, women's rights were included in its founding documents. The Commission on the Status of Women was created in San Francisco, 1946. Australian Jessie Street was a founding delegate on the Commission.

Sydney 2010

The Sydney Inaugural IWD Public Lecture Series was hosted by Macquarie St pollied, with guest speaker Mia Freedman speaking on the topic "We've come a long way baby, Or have we?" Women's events, festivals, workshops and women in the workplace conferences were held nationwide.

The First Australian March

The first IWD March was a significant event held in Sydney, 1931.

Sixty women led 3-4000 people with banners demanding equal pay for equal work, special women's demands, general issues referring to resistance to wage cuts and opposition to the newly introduced Arbitration Courts.

Rallies were held in Sydney Domain (1928), Kurri Kurri, Broken Hill, Cessnock and Newcastle, as well as in Newtown, Rockdale, Granville, Lidcombe and Pyrmont.



Women in Developing Nations 1963 – 1975

As more nations declared their independence, more women were affected by poverty, community and rural development issues, agricultural work, family planning, and the impact of science and technological advances, such as the Pill.

I'm a Brain, Not Just a Beauty! 1970 – 1980's

Strong campaigns against negative or stereotypical depictions of women and girls in mass media were carried out. Women were encouraged to pursue 'non-traditional' careers in science and trades, with governments introducing affirmative action policies and female hiring quotas.



Decade for Women: Equality, Development and Peace – 1975 - 1985

The slogan for the decade became: "Women do two-thirds of the world's work, receive 10 percent of the world's income and own 1 percent of the means of production."

World Women Now – 2010

- Some Parliamentary representation
- Hold some CEO and Board positions
- Work more / paid less
- Gender discrimination
- Older female poverty
- Honour killings and female genital mutilation
- Trafficking and non-consensual prostitution
- Paid maternity leave
- Cost of child care
- Access to health

SHOPPING SERVICE NEWS

Hi Shoppers,

In this edition, we have listed some important services in the Marrickville Area that can enable you to keep living in your home (For HACC eligible clients only)

If you do have any questions regarding these services, do not hesitate to call me on either a Tuesday, Thursday or Friday- 8.30am-4pm.

Look forward to seeing you soon.

Kerry Muldoon
Shopping Coordinator

TARS- The Aged-Care Rights Service, including
Older Persons' Legal Service
Phone: (02) 9281 3600. Website:
www.tars.com.au

Help with housework and/or personal care

Aging Disability and Home Care
Home Care- Referral and Assessment Centre-
Phone: 1800 350 792
Home Care-Inner West Metropolitan Service
Centre- Phone: 9744 3955

Baptist Community Services- Phone: 9783 6555

Veterans Home Care- Phone 1300 550 450
Home Support Services for veterans and war
widows/widowers.

Food Services/ Home Delivered Meals

Tom Foster Community Care- Phone: 9335 2153

Community Transport

Marrickville Area- Leichhardt Community
Transport- Phone: 9660 0555

Home Modification and Maintenance

Wesley Home Modification and Maintenance
Service- Phone: 9641 7082

Garden Care and Lawn Mowing Service
Canterbury City Community Centre
Phone: 9750 9344



Aged Care Assessment Team
Camperdown Aged Care Assessment Team-
Phone: Intake 1800 556 533
Existing clients phone 9515 9800

Podiatry
Community Podiatry- Phone: 9767 7395

Respite Care
Commonwealth Respite and Carelink Centre
Phone: 1800 052 222

Aging Disability and Home Care
Phone: 1800 350 792

Warning to Shoppers

Please be aware that there has been a recent spate of bags being snatched from shoppers at Marrickville Metro. We suggest shoppers do not leave their bags unattended at any time.

SHOPPING BUS SERVICE

Tuesdays, Thursdays, Fridays
9am – 2pm

BOARDING HOUSE PROJECT

The days are getting slightly shorter and the end of daylight savings means it is the end of summer games & BBQs for the boarding house residents.

Steel Park BBQ's

As as Enmore Park is undergoing development, this season's BBQ's were held at Steel Park. The great facilities and increasing numbers attending have made for a great start to 2010.

New Student Placements

Heidi and Sophie are both Final Year Occupational Therapy students, and have taken walking groups, the footy tipping, and some linking with the residents. One of them is also working on research, and is in the planning stages for a bush dance later in the year. Keep an eye out for details of the event in later newsletter editions.

ArtsFront

ROOMIES Arts workers Natalie and Anne presented at the recent Accessible Arts Conference at the Powerhouse Museum. They were part of a presentation showcasing three models for setting up art groups and studios for people with disabilities. Well done!

Sydney Street Choir

The recent completion of Song Writing Workshops, has been met with a new aim of producing a CD this year. Weekly rehearsals are now meeting at NNC on the first and second Thursday of each month. They will also be held closer to the city on the other days. Please check the Sydney Street Choir's website for more details: www.sydneystreetchoir.com.au.

Steps to Wellbeing, Asthma and Diabetes

"Steps to Wellbeing" is concluding, and was supported with funds from Marrickville Council. Jodie is completing the Diabetes Workbooks. We will continue to find opportunities to inform and motivate you all around Asthma and Diabetes!

Soccer and Indoor Bowls

Ongoing excitement surrounds the Soccer and Indoor Bowling Programs first introduced last year. These are developing and expanding - we are entering a joint project with two other local service providers, Aftercare and New Horizons, to launch a program known as "Sports Ability".

With venue support from the Debbie and Abbey Borgia Recreation Centre and other agencies, we envisage introducing a range of sports over the year suitable to the seasons. Over April, we will continue with soccer and indoor bowls, with some

of the residents already keen for a match up against a local club or team...so watch out!

Farewell to Soniya

The loss of Soniya, one of the great BHP team members for 2 ½ years, has been a major change. We are all missing her! But she has gone off to "smell the roses" and spend time with her family. We look forward to inviting her back for a BHP event this year.

BHP Recruitment

We are currently recruiting for Soniya's role, but are making it a broader position with greater hours and responsibilities. If you know anyone who is interested, the details will be on our website: www.newtowncentre.org.

KIDS GLOBAL CLIMATE QUILT



"What about a blanket that we can wrap around the world to protect it?"

Six year old Jade Lowe, suggested this in response to the hoopla around Copenhagen.

Her mother, Sharon, head of Habitat Heroes, since organised the Climate Quilt Campaign for school kids globally.

Old football jerseys, saris, and ribbons have been used to support kids in creating 3000 individual 16.5cm patches, with pledges stitched on top:

- *"I pledge to not pollute lakes, rivers or streams."*
- *"I pledge to take care of the animals and the environment."*
- *"I pledge not to hide the recycling under the couch."*

The Climate Quilt has been a truly awesome, tangible way for kids to use their creativity to voice concerns about the environment they will inherit.

The Climate Quilt will be presented at a public event in New York on the 40th Anniversary of Earth Day on Thursday, April 22nd 2010.

MEET A VOLUNTEER: PAT



Photo: 2 Pat, Wrap With Love volunteer

How long have you been volunteering with the Newtown Neighbourhood Centre?

I have been knitting with the Wrap with Love group here at NNC for around 5 or 6 years. I have been regularly attending exercise classes at NNC for around 13 years though, which is where we got the idea to start the NNC chapter of Wrap with Love.

What do you do as a volunteer at the centre?

I come every week to the 'Wrap with Love' knitting group on Thursday mornings. We all knit squares which are then used to make blankets for people in need. We also collect squares that others have knitted and assemble them into blankets and wraps. Once we have 20 or 30 blankets I deliver them to the warehouse in Alexandria who distribute them.

What do you like about volunteering for the centre?

It makes me feel good to help other people. I once received a very special gift from the Earlwood Quilters and I've never forgotten it. When the opportunity came for me to be able to give a gift like that I had to take it! I also volunteer at Lewisham Nursing home once a week, reading and socialising with the residents. It's such a joy to see people enjoy themselves and come out of their shell.

If you could go anywhere in the world, where would it be and why?

I've been studying my family history on my mother's side and that led me to Devon, England. We found ourselves in a thousand year old mill farmhouse surrounded by amazing countryside. I learnt so much about my family history while I was there, so I would love to go back there.

What do you like to do in your spare time?

I enjoy reading, knitting, going to the theatre, lots of exercise and I'm also in a choir. I don't seem to have lot of spare time!

What is your favourite food?

Roast lamb with mint sauce.

Where did you go for your last holiday?

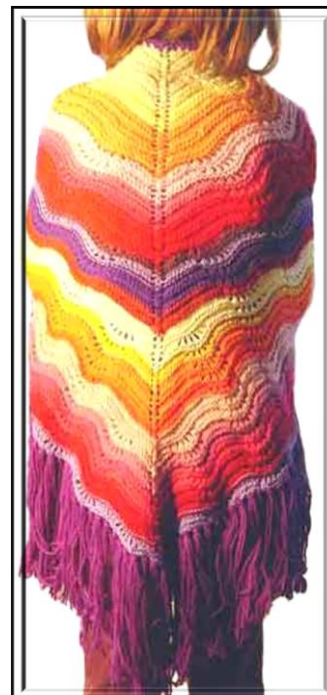
I went to Ubud, in Bali. I went to a Writer's and Reader's Festival. There were writers from all over Asia and America doing talks over 4 days. It was very interesting.

Wrap With Love Group

Thursdays

10:45 am –

12 noon



FAREWELL AND HAPPY FUTURE



Photo: 3 :
Marianne and Kat
cut their farewell
cake

As mentioned in Centre News, we farewelled a few fabulous staff and volunteer workers who did Newtown a big favour with their presence.

Check out the cake we served up to Marianne, Housing Outreach Worker and Kat, the Centre Admin Volunteer extraordinaire.

If you'd like to volunteer with us, get in touch!

VOLUNTEERS AND STUDENTS

NNC relies on the good work of volunteers and students and without their generous time and effort we could not provide all the services we do.

If you are interested in volunteering with us please contact Ellouise on 9516 4755 or community@newtowncentre.org.

Would you like to Volunteer?

We regularly look for volunteers and we currently need volunteers to assist with the following NNC projects:

The Front Counter Team

We are looking for volunteers to:

- Help set-up and support our Bingo (fortnightly) and Wrap with Love (weekly) Groups.
- Help out at our monthly BBQ's
- Be part of a panel of volunteers that are interested and active in running Quarterly Social Justice forums of a local, national or international dimension.
- Be a research assistant to do survey analysis and research info on community service providers.

For any of the above please contact Ellouise at the Front Counter or on 9516 4755.

The Shopping Service

We are currently looking for:

- A volunteer who speaks both Greek & English for Tuesday shopping service (fortnightly). The client would prefer a female volunteer.
- A volunteer for Friday shopping service (fortnightly). The client would prefer a female volunteer.

We need these volunteers to commit to 6 months or more. For more info on the shopping service volunteer roles call Kerry on 9516 4755.

The Boarding House Project

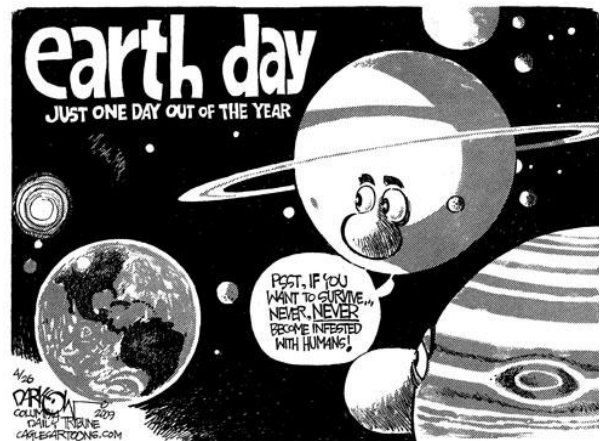
We are looking for people to assist with:

- A small group day care program every Wednesday 10am –2pm.
- The Thursday shopping service group including shopping support, and social conversation.

Further Information

Phone Leigh, Boarding House Project Manager, on (02) 9516 4755.

EARTH DAY – 40TH ANNIVERSARY



The first Earth Day was established in 1970 and is celebrated annually on April 22nd.

Earth Day in the US led to the creation of important legislative protections, like the Clean Air and Clean Water Acts; as well as the creation of the US Environmental Protection Agency.

In Australia, the 1970's environmental movement pressed for an anti-nuclear policy and won. It successfully saved the Franklin River in 1978.

Growing biodiversity awareness through research, fieldwork, ecotourism, and popular TV shows all mean Australians expect the environment and its needs should be taken seriously.

We also recycle waste, reuse glass, plastic and other packaging, have green office policies and access food co-ops. Strong social justice trends have also moved the average person towards using sustainable gardening techniques, like permaculture.

In fact, local Newtown businesses, such as The Watershed Sustainability Resource Centre, (218 King St) provides a library, free workshops, practical ideas for everyday sustainable living, educational and business programs that you can take advantage of today – so phone The Watershed on (02) 9519 6366 or visit their Facebook page.

40th Anniversary of Earth Day Events

www.earthday.org | www.greencrossaustralia.org.

ROOM AND HALL HIRE

NNC has meeting rooms and a large hall rooms available at reasonable rates for self-help groups, social justice organisations, classes, public meetings, employment groups, fundraisers, etc.

We have three rooms available for hire:

- Main Hall - 150 people capacity
- Meeting Room - 25 people capacity
- Upstairs Room - 60 people capacity



Main Hall - Upstairs



Meeting Room



Upstairs Room

Groups & Individuals Hiring ANY SPACE at NNC Must Have Their Own Public Liability Insurance!

If you are interested in room hire or would like further information please contact Shashanka Das on 9516 4755 or Email: accounts@newtowncentre.org.

Further Information for the Hirer

NB. As the flooring of this building is not 'sprung'. This means we are unable to hire out spaces for any events or activities that present a heavy impact on the floor.

This includes, but is not restricted to: martial arts and similar activities, dancing, jumping, and running / aerobic exercises.

NB. We do not currently have disability access at this centre.

NB. Application forms, terms of conditions and further information for room hirers are all available on our website www.newtowncentre.org.

ONE STOP SHOP

“Matching the person to the service”

Where: Newtown Neighbourhood Centre (NNC)
Opp. Newtown Train Station in the Main Hall

When: Thursdays, 2.00-4.00pm

Who: The following services assist with a variety of needs:

Marrickville Tenancy Advice, Centrelink, Housing NSW and lawyers from Marrickville Legal Centre.



Newtown Neighbourhood Centre is excited to announce the One Stop Shop housing tenancy advice service to Newtown locals.

“Matching the Person to the Service” or MATCH is the short form slogan for our newest offering, designed to cover a variety of needs faced by our clientele.

One Stop Shop partners are Marrickville Tenancy Advice, Centrelink, Housing NSW and lawyers from Marrickville Legal Centre.

ONE STOP SHOP

NEWTOWN NEIGHBOURHOOD CENTRE

One Stop Shop is at Newtown Neighbourhood Centre weekly on Thursdays from 2-4pm to assist with a range of concerns.

Ellouise Davis, Community Development Coordinator at Newtown Neighbourhood Centre is overseeing the service.

Ellouise is available to answer questions at the Front Counter when you drop in. Appointments with us aren't necessary.



Older Women Ageing Safely in NSW

Progress, Pitfalls and Strategies in Preventing Violence against Older Women, 2008-2010

Carmel Tebbutt, Jodi McKay, Elizabeth Broderick and Bridget Penhale are all guest speakers at a Forum being held on Thursday 29th April from 9am-4pm at Petersham Town Hall.

The Forum is being hosted by the Older Women's Network to discuss the progress, pitfalls and strategies in preventing violence against older women as a result of two years of hard work on several projects aimed at preventing violence against older women.

Forum Topics include reports and reflection upon:

- Research into older women and homelessness
- Collaborative practices across sectors
- The role of general practices in identifying older female patients experiencing abuse

Specialists in the field and the voices of older women will be a highlight of the event.

Date: Thursday, 29 April 2010

Time: 9am-4:00pm

Where: Petersham Town Hall

107 Crystal St

Petersham

SPEAKERS

The Hon. Carmel Tebbutt,

Deputy NSW Premier

The Hon. Jodi McKay

Minister for Women

Elizabeth Broderick

Commissioner Responsible for Age
Discrimination

Bridget Penhale

Reader in Gerontology, University of Sheffield.

To attend, please see the Registration Pack
And Program information (with further
Information and contacts) on the Older
Women's Network website:

www.own.org.au or phone their
offices during business hours.

(02) 9247 7046.



NNC PROGRAMS, SERVICES AND GROUPS

NSW Housing Outreach

Monday 1-4pm
Thursdays 2pm – 4pm

Centrelink Outreach

Thursdays 2pm – 4pm

Front Counter Info & Referral Service

Mon – Fri (10am – 1pm & 2pm – 5pm)

Low Cost Counselling service

Thursday 2-5pm
Female Counsellor
There is a small fee for this service

Low Cost & Career Counselling

Wednesdays 2pm – 5pm
Female counselor
There is a small fee for this service

Tai Chi

Tuesdays 1-2pm
\$3 unwaged and \$5 waged

Community Bingo

Fortnightly Fridays 10am – 1pm
\$2.50 ticket

Meditation

Wednesdays 12:45-1:30pm FREE

Wrap With Love Thursday Group

Thursdays 10:45am to 12noon.

Gentle Exercise Classes

Thursdays 10am – 11am
\$3 per session regulars
\$4 per session casual

Marrickville Legal Tenancy Outreach

Thursdays 2-4pm

Homeless Persons Legal Service (HPLS)

Fridays 1.30pm – 2.30pm
Newtown Mission Church

Newtown Kites

Wednesdays 10am-2pm

English Language Class

Tuesdays 10:30am-12noon

Roomies Art Group

Tuesdays
Hut 43 Addison Road

Boarders and Lodgers Outreach

Thursdays 11am – 12noon
Crystal Street Community Shop

Boarding House Project Choir

Thursdays 1:30-3:30pm

Active Linking Initiative (ALI)

Indoor Bowling

Monday fortnightly 10am-12noon
Debbie & Abbey Borgia Rec Centre

ALI Taekwondo

Wednesdays 2-3pm
Studio 35 Addison Road

ALI Women's Group

Fridays fortnightly
10am – 3pm

Street Soccer

Wednesdays
Debbie & Abbey Borgia Rec Centre

Shopping Bus Service

Tuesdays, Thursdays Fridays
9am-2pm

Assisted Shopping Service

Tuesdays, Thursdays, Fridays
9am-2pm

Communities from Former Yugoslavia Day Care

Mondays 9:30am – 1pm

Greek Speaking HACC Group

Tuesdays & Thursdays
Herbert Greedy Hall

FURTHER INFORMATION FROM NNC

Phone: (02) 9516 4755

Web: www.newtowncentre.org

1 Bedford St, PO Box 19
NEWTOWN NSW 2042