



Newtown Neighbourhood Centre Newsletter

August 2007/ September 2007

CENTRE NEWS

Hi All

What a busy couple of months we have had at the Centre, starting with the very successful Refugee Forum. Over 170 people attended this event, which highlights how people in this area are committed to social justice issues. I believe that currently, refugees are one of the most vulnerable groups in our society and a lot of blame must be given to the Federal Governments harsh legislation and policies. The Refugee Forum highlighted different groups and how we can get involved and support refugees. I would like to thank all the different groups who spoke or had a stall, the actors from actors for refugees and Vivienne Martin who supplied the inspiring artwork. Sam Byrne from The Greens and local Marrickville Council did a wonderful job hosting the event and our own Community Development Worker, Rebecca, did a marvellous job coordinating. Also I would like to thank everyone who gave a gold coin at the 2006 Newtown Festival, as this forum would not have been possible without the proceeds from the Festival. The profits from the Refugee Forum night were donated to a not for profit refugee organisation.

Lately we have noticed the phones ringing a bit more and we are starting to receive a lot of packages with CDS in them. This can only mean one thing, its Newtown Festival time again! Yes we have Sue and Tina back with us. The 2007 Newtown Festival will be held on Sunday the 11th November. So please put the date in your diary. If you would like to volunteer please download a volunteers registration form from our website at www.newtowncentre.org. Please read Sue and Tina's article on page 9 of this newsletter to find out even more of what is happening at the Festival.

Another important date for the Centre is our Annual General Meeting, which will be held on Wednesday the 26th September starting at 6pm. At the meeting we will be entertained by some of our very own clients who have joined with the Sydney Street Choir, for more information about the choir please see page 8 of this newsletter. Also Anthony Albanese the Federal Member for Grayndler and Shadow Minister for Infrastructure and Water will be our guest speaker for the night. A light supper will be provided and we hope to see you at the AGM.

Do you remember the campaign the Centre ran last year asking for Newtown Station to be made into an easy access Station? There has been some further news in the State Budget about Newtown Station. The NSW State Labor Government has committed a further \$1.3 million to start the easy access upgrade of Newtown Station.

Another campaign that the Centre has been working on is making the Centre itself into an easy access centre. Last year we conducted a survey trying to determine how accessible NNC facilities and services are to members of the public who currently use or would like to use the centre. The evidence highlighted that due to mobility constraints many potential and current service users were unable to access the upper levels of the Centre. We know that our Centre plays an important role in providing services to the local ageing and disability population and this is being jeopardized by our inability to provide everyone with the same opportunity to utilise our service. After obtaining these findings the Centre decided to organise a petition to present to Marrickville Council asking for a lift to be installed at the Centre. Over 1000 people signed our petition. We have included in this addition of our newsletter the proposal we have sent to

Marrickville Council. If you would like to show your support on making the Newtown Neighbourhood Centre into an accessible centre for all members of this community please call us on 9516 4755 or write to Marrickville Council at PO Box 14 Petersham 2049.

We have also been busy working on some of our internal processes. We are currently introducing new policy and procedures and updating our safety manual for the Centre. We are updating brochures and information booklets for all of our Home and Community Care projects. Also we are updating our volunteer manual and producing a booklet for people needing community housing or supported accommodation.

We also would like to welcome two new staff members Frances and Soniya to the Boarding House team. Some of you might recognise Frances who started with us as a student working at the front counter. Soniya worked for many years with Home Care supporting people who resided in Boarding Houses.

Lisa Burns
Centre Coordinator

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Thank You

Thank you to The Hon Penny Sharpe MLC for her positive speech she made in Parliament on the 28th May about the importance of the community service workforce. The speech highlighted her strong support for the community service sector and for the work we do here at the Newtown Neighbourhood Centre. Below is a paragraph of her she made on the 28th June if you want to read the whole speech please email penny at penny.sharpe@parliament.nsw.gov.au

“Community workers in this State are the people that we turn to when things are not going well. Our neighbourhood centres, refuges, disability services, drug and alcohol services, family support services and employment services are the first port of call to people who need help. Community services are the lifeline to those in our community who are shut out of our prosperity. The workers in those services are professionals who dedicate their working lives to making New South Wales a place that can assist and support all regardless of their circumstances. A strong and well-supported community sector workforce is an essential part of tackling social exclusion in our communities”.

New Service

Tax Help

A volunteer service supported by the Australian Taxation Office.

- Are your tax affairs simple?
- Do you earn less than \$35,000

Newtown Neighbourhood Centre will have a Tax Help volunteer available at the centre one day a week until the end of the tax period. This is a FREE service. Please make an appointment by calling 9516 4755 or at the Front Counter of the centre.



New Service

Greek Speaking Men's Group

It has been great to witness the overwhelming support we received from all members of the men's group and the enthusiasm and the desire to continue to meet on a weekly basis.

During our meetings a number of health promotion initiatives will take place, linkage with other support services and guest speakers will visit the group.

All the information sessions will be run in Greek.

A male worker will facilitate the group.

First meeting: 22nd May 2007

Venue: Herbert Greedy Hall

Address: 79 Petersham Rd, Marrickville

When: Every Thursday from 12.30 - 3p.m
Afternoon tea provided.

Cost: Free

We look forward to seeing you there.



For more information please ring George Zantis at Newtown Neighbourhood Centre on – 9516-4755 or Freeda Economidis at Marrickville Health Centre on 9562-0511.

Community Housing and Supported Accommodation Booklet



Newtown Neighbourhood Centre has compiled a Community Housing and Supported Accommodation Booklet that covers the inner west area and surrounding suburbs.

Community Housing and Supported Accommodation provide secure affordable housing with support to meet individual needs. COMMUNITY HOUSING programs offer long term housing, while SUPPORTED ACCOMMODATION SCHEMES provide medium term transitional accommodation with support services to assist people with their identified needs as well as in achieving permanent accommodation and the skills necessary to maintain this.

Many of the supported accommodation schemes are aimed at meeting the needs of different groups, including Aboriginal and Torres Straight Islanders, Ex-prisoners, people with a mental illness, people with a physical disability, men, women, youth and more.

If you would like to find out more please come and ask us at the front counter.

What's On at the Centre

Join in the fun of

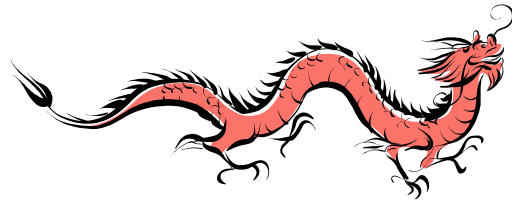


at Newtown Neighbourhood Centre's fortnightly Bingo Group.

- Where:** Newtown Neighbourhood Centre, in the Hall (opposite Newtown train station).
- When:** Every second Friday. It will be on the 10th August, 24th August, 7th September, 21st September, 5th October
- Time:** Starts 10am, finishes 1pm.
- Cost:** \$2.50 for 1 booklet (10 games) or \$2 for more than one
- Prizes:** include groceries and household goods, chocolates, toasters, kettles, towels, watches, vouchers and much, much more.

So come on down to the Neighbourhood Centre and join in the fortnightly fun! All ages allowed. We regret that there is limited access for those with mobility difficulty.

Tai Chi



Newtown Neighbourhood Centre is holding tai chi classes on Tuesdays, so come along and feel better, look better, think better and relax from the inside out.

Where: Newtown Neighbourhood Centre (Opposite Newtown Train Station)

When: Tuesday 1-2pm, starting Tues 29/5/07

What to wear: Comfortable clothes and comfortable flat-soled shoes

Cost: \$2.50 unwaged and \$5 waged

The classes will be taught by Master Sue Chang B.A. BJ Uni. M. TCAA. Registered Fitness professional, Fitness Australia

Bookings are essential so please call Beck on 9516 4755

Please note that an enrolment form needs to be filled out prior to attending classes. These can be collected from Newtown Neighbourhood Centre or call Beck on 9516 4755.



GENTLE EXERCISE CLASSES

Open to Men and Women over the age of 55



When: Thursdays 9:30 – 10:30am

Where: Newtown Neighbourhood Centre
1 Bedford Street Newtown
(Opp. Newtown Train Station)

Cost: \$3 per session

Gentle Exercise can help you with problem joints, arthritis, or just increase your overall wellbeing while meeting new people.

Classes are conducted by a trained instructor.

Call Dushanka at NNC on **9516 4755** if you would like to book into the class, or for further information.

DAFFODIL DAY



Daffodil Day is coming up on Friday the 24th August. This is a great opportunity to support the fight against cancer. All the money raised will go towards research, support and education. More than 34,000 people have been diagnosed with cancer just this year, it is something that is close to us all. This year we have some cute bears, pens, photo frames, pins and more for you to buy, these are all available at the Neighbourhood Centre, just ask at the front desk, or make a donation.

EVERY DOLLAR COUNTS!

Wrap With Love



The Neighbourhood Centre runs a weekly group making wraps and blankets for people in need in both Australia and overseas.

Are you a knitting expert?

A knitting novice?

Or just not a knitter?

Well it doesn't matter what your level of skill is.

Come and join:

Wrap with Love

A social group of knitters who get together to make wraps for those in trauma both here and overseas.

When: Every Thursday

10.45am to 12noon

Where: Newtown Neighbourhood Centre
Newtown Town Hall, Bedford St. Newtown
(Opposite Newtown Train Station)

If you have any spare wool (ply 8, 5, 3) or knitting needles (size 8) or have any queries, please contact Beck on 9516 4755.

Multicultural Carers Support

The Carers Project at Newtown Neighbourhood Centre has come to the end of its funding after 3 years! This year we have presented the work that has been achieved to our local members of parliament as well as different NSW government departments. We have also received letters of support from local community forums recognising the success of the project during this time. We would like to say **Thankyou** for the support and recognition that we have received from Carers and Service Providers in the community.

This year we have held: 2 bus outings for Aboriginal and Torres Strait Islander Carers, a community forum for Carers from the Former Yugoslavia, a Greek Carers support group, Vietnamese information sessions, Arabic information sessions as well as continuing with the Chinese Carers newsletter.

These events have highlighted a growing awareness in different cultural groups of the role of unpaid Carers and the work they are doing. As multicultural Carers have increased access to information in community languages, we are seeing improved understanding by Carers, of the role and responsibility of local and community services that can provide various forms of support.

To celebrate the Carers Project we will be having lunch together at the Centre the beginning of August. Carers from all the groups will come together, along with local service providers who have been involved in the different education sessions and events. Staff at Newtown Neighbourhood Centre and members of the Carers Project Steering Committee will also be attending. It's a time to reflect, share and acknowledge once again the work of Carers and the enormous contribution they make in our communities. The Multicultural Carers Support Service has been active in promoting the Carer role, linking Carers

with support services and providing social meeting spaces.



Carers sharing lunch at NNC May 2007

At this lunch we will be launching an information resource that our service has been developing. It is an operational manual designed to support bilingual workers and other community workers who come into contact with Carers from culturally and linguistically diverse backgrounds. It is an awareness-raising tool focusing on the diverse needs and life experiences of Carers.

This resource can be found on the Newtown Neighbourhood Centre website www.newtowncentre.org and the Carers NSW website www.carersnsw.asn.au and is free to download.

Shopping Service Update



Gavin Cane, Shopping Service Coordinator returns.

Hello shoppers! It's great to be back with you all. I've had an enjoyable 12-week break! Firstly, I have to thank the staff who managed to keep the show on the road while I was on a little road trip to QLD with one of my best friends, and busy sunning myself in downtown Darlinghurst at the many local cafes. Thank you Linden and Paul for driving, Ritu the Bus Assistant, Mirjana the Personal Shopper, and a big thank you to Kerry, Service Coordinator, who managed to keep the wheels turning.

I look forward to catching up with all our shoppers and hearing the latest goings on while I've been away, and remember, we do have some room on a few bus runs. Also there are a few spaces available on the Assisted Service. We also maintain a waiting list for those of you who may miss out on a space if the bus is full. So call us and we can tell you what spaces are available or we can put your name on the waiting list and contact you when the next available space comes up. And remember we also can help with information on the many other services you may need.

The shopping service aims to help maintain the independence of older people, people with disabilities and their carers, who reside in the Marrickville LGA, by providing access to a variety of shopping services.

If you, your neighbour or a friend live in the Marrickville LGA and might be able to use this service or would simply like some further information please contact Gavin on 9516 4755 or shop@newtowncentre.org.

Boarding House Project News

The Boarding House Project is pretty busy with ongoing activities, new residents, new staff and project plans for the rest of the year.

The regular activities such as morning tea, bingo, movies, bowling at Steel Park, the choir and Taekwondo are all going well. The art group have returned to Tom Foster Community Centre and are enjoying the hot lunch and revamped space. They are making great use of the wall space there and displaying some of the ROOMIES artworks, we just need to get some price tags on them! Each of the artists that exhibited at the Office of the Protective Commissioner & the Public Guardian art exhibition "32 life pieces" sold one or more pieces of work, so well done Sheryl, Nancy, Harry, Kevin, Uncle, Val and the 2 Johns.

A hit activity recently was a visit to the Opera House to see Circus Oz. With many thanks to the Balnaves Foundation, a small group went along with a student and Megan one of our wonderful volunteers to see this world-class performance. The Balnaves Foundation are supporting those with little or no opportunity to see acts at the Opera House by making available highly subsidised tickets.

This month has seen new residents moving into the houses and sadly a couple of residents passing away. These residents will be missed and deaths are often a reminder of how precious our lives are. We also said goodbye to Michelle who has left our shores to go travelling in Vietnam then to Europe. But it's a big welcome to two new team members, Soniya and Frances. It's great to have them on the team. They will be involved in KITES, the women's group, going with Joel to the unlicensed boarding houses and linking residents within the ALI program.

The project is also excited about receiving funds for a couple of new projects. One is an art-based project leading up to and including exhibiting at the Newtown Festival and the other for a Boarding House residents B&S ball. This will include grooming and 'looking good' workshops leading up to the event in September.

BOARDING HOUSE RESIDENTS ROCK THE OPERA HOUSE

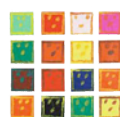
The last few months have seen the Boarding House Project join in partnership with Sydney Street Choir, and with much fun and excitement the choir took to the stage at Sydney's own Opera House.

Each Tuesday about 14 residents of the boarding houses head off to choir rehearsal at Marrickville Health Centre. With support from the ALI program at Newtown Neighbourhood Centre and under the direction of the choirs director, Peter Lehner, they sing, dance, write songs, enjoy each others company and are finding the power of their own voices. It's been a great 16 weeks so far and it's beautiful to see and hear the joy that each of the participants appears to be getting from the experience.

The new choir members have taken to the stage like seasoned performers. First singing at a Volunteer expo at Marrickville town hall. After only a few weeks of being with the choir 8 residents along with 2 enthusiastic staff members, Joel and Michelle, threw stage fright out the window and sang some of the choirs old favourites to an appreciative audience. Next was the train trip to Katoomba to perform at the Winter Magic festival. Another week involved jamming with participants from a disability service at Ryde and Tuesday July 17th singing with Jimmy Barnes and the Choir of Hard Knocks at the Opera House. How much bigger does it get? For Cheryl singing at the opera house wasn't too big a deal, but the yummy food they were given was a hit! And Dot, who sang at each of the choirs 3 Opera House performances, looked a treat in her new top. As for song writing, the choir is working with lyrics written by Janet and Anthony, so there may be a top 40 hit coming to the airways soon. The choir is currently working on a CD, has some upcoming performance dates and is planning a tour next year. The choir will be performing at the Newtown

Neighbourhood Centre AGM on Wednesday September 26th so mark that in the diary and show your support. For more info about the choir and performances go to www.sydneystreetchoir.com

From a partnership that started from jamming with instruments and exploring ones own voice it's developed into a very meaningful part of peoples lives. Power to the voice.



ROOMIES ARTSPACE

art by boarding house residents
ROOMIES is a community artspace for artists with mental illness or disability who live in boarding houses or supported accommodation.

We are selling ROOMIES artwork greeting cards. These cards are raising funds and awareness for ROOMIES ARTSPACE and can be used for any occasion. A pack of 6 cards with envelopes is only \$10.

To order cards, arrange viewing of artworks or for more information about ROOMIES ARTSPACE please contact Andra at the following:

Ph: 9516 4755

E: info@roomies.org.au



Four music stages, a Writers Stage, huge Kids zone, an Eco area, Art Gallery and mural painting, Disco Bingo, wild and wacky Street Theatre, 280 market and food stalls, the infamous Dog Show, 80,000 people, amazing ambience and lots of lurrv - **that's Newtown Festival 2007**. Sydney's largest and much awaited **free** community event, the Newtown Festival is on this year Sunday 11th November at Camperdown Memorial Rest Park.

Presented by the **Newtown Neighbourhood Centre**, the Newtown Festival is a major fundraiser for the Centre's activities for people in need in our community. The festival started 27 years ago, to promote Newtown's diverse community as well as to increase awareness and raise funds for the Centre and its community programs.

The festival has grown enormously over the years and has become Sydney's alternate big day out where crowds of 80,000 across the day come to enjoy an awesome music line up and soak up a day that has loads of character, spunk and the feel good vibe. It truly is a unique festival, seeing Sydney's sub cultures come together to create, parade and celebrate their unique and vibrant communities.

Newtown Festival offers something for everyone, from its showcase of high quality arts and entertainment across 4 music stages, a Writers Festival, a huge Children's area, an Eco zone and the infamous Newtown Dog Show. For the first time this year there will be a huge community cultural area aptly named the 'Vocal Local' area where you can catch up and coming local acoustic acts, participate in a bit of tribal belly shimmying, or try your luck at disco bingo. There will also be eco workshops and a huge art gallery where punters can also try their hand at mural painting.

As well as all the visual and aural stimulation on offer during the day, there will be something to satisfy those in need of some retail therapy. An eclectic mix of market stalls selling everything from funky original

clothing to exotic wares and carnivorous plants. There will also be over 40 food stalls selling treats from around the globe – and yes there will be a limited number of gozleme outlets.

To ensure that the festival is a huge success for the NNC, we are looking for **Newtown Festival Sponsors** to partner in this great event. Please call the Centre office or visit our website for more information and a personalised partnership package. We have some great opportunities on offer!

The NNC relies heavily on the support of volunteers to run the Newtown Festival. We are looking for **Volunteers** to work on this year's festival. A variety of duties are available either on pre festival duties or on the festival day. Please visit our website for an application and more information.

The Newtown Festival is also looking for street performers/artists/children's performers and a whole host of other entertainers. We would love to hear from you, so please give us a call if you would like to perform.

The **Newtown Festival site will be fenced again this year**. Access to the festival will still be **FREE** with seven main entrances to the park. Call the Centre office if you want your artwork displayed on the fencing this year!

There will be **NO GLASS** and **NO BYO**. The festival will provide three fully licensed on site bars where patrons can purchase a good range of alcoholic beverages with next to no cueing - **patrons can only buy alcohol on site at these official festival bars**.

ENTRY IS BY GOLD COIN

DONATION. All festival goers entering the site are encouraged to give generously – all donations go to the NNC to run programs for the disadvantaged people in our community. **Any donations over \$10 receive a free CRUMPLER gift!**

So come along to the 2007 Newtown Festival. It is sure to be a corker!

Refugee Awareness and Cultural Event



Newtown Neighbourhood Centre (NNC) celebrated refugee week by holding a Refugee Awareness and Cultural Event on Wednesday the 20th June. The night was a great success with over 170 people attending, showing that we are a community that is interested in and actively supporting refugees. NNC is situated in Marrickville Local Government Area, which had the highest number of permanent arrivals between 1/07/01 and 30/06/06 in the inner Sydney region. During this period there were a total of 3,580 permanent arrivals. 2,086 of these people arrived under the Humanitarian or Family stream of arrivals. We felt it was a priority to raise awareness of the issues continuing to face refugees and be part of a community that welcomes and supports refugees.

The evening opened with songs by the solidarity choir and some very informative and passionate talks by the Refugee Council of Australia and Amnesty International about the situation facing refugees globally as well as locally in Australia. There was a fantastic performance by Actors for Refugees giving us an insight into the individual journeys of different refugees in Australia. We then heard from services working with refugees within the community and about the opportunities to get involved with them.

The hall looked fantastic with beautiful quilts decorating the walls that had been made by people in detention and those who visited them. These were kindly lent to us by Vivienne Martin. The Dendy also gave everyone a free movie ticket to 'Lucky Miles' a movie about the experience of asylum seekers on the run in the West Australian desert. NNC would like to say thank you to all the services involved that

spoke on the night and had stalls. We would also like to thank our wonderful host Sam Byrne and Marrickville Council for the delicious food. Below the services that were involved in the night have been listed, please contact them if you would like to find out more or get involved.



Photos by John Nelson

Refugee Services

Refugee Council of Australia

The Refugee Council of Australia is a non-profit peak organisation. It provides information and advocacy for refugees and humanitarian entrants in Australia.

Ph: 9211 9333 or

www.refugeecouncil.org.au

Amnesty International

Amnesty International Australia engage with the office of the Minister for Immigration and other organisations in an effort to ensure that Australia has a more humane policy towards refugees and asylum seekers. They have a refugee casework service that is able to provide detailed research and background information to assist asylum seekers in receiving protection.

Ph: 1300 300 920 or www.amnesty.org.au

House of Welcome

House of Welcome is a project of the NSW Ecumenical Council (the affiliated Christian churches of NSW) designed to help refugees and asylum seekers settle into our community. House of Welcome assists on a case-by-case basis those refugees with Permanent Protection, asylum seekers with Bridging Visa E, refugees on Temporary Protection Visas and Temporary Humanitarian Visas.

Ph: 9649 9310 or Email: thow@tpg.com.au

Refugee Mentor Program, Adult Migrant Education Service (AMES)

AMES is Australia's largest provider of specialist, multicultural language, employment and settlement services. The Refugee Mentor Program is a new project that links mentors to mentees (refugees) who then act as cultural translators and provide advice on finding information, accessing resources, as well as creating and recognising opportunities for employment.

Ph: 9649 9310 or www.ames.net.au

Newly Arrived Youth Australian Red Cross

The Australian Red Cross works across Australia with refugees and asylum seekers and provides casework and tracing service to help refugees find family members. They have also started the newly arrived youth program; helping newly arrived young people from culturally and linguistically diverse backgrounds.

Ph: 9229 4208 or www.redcross.org.au

Asylum Seekers Project, Bridge for Asylum Seekers

Bridge for Asylum Seekers Foundation (BASF) was formed in 2003 by a small group of people concerned for asylum seekers released into the community on Bridging Visa E's without work rights, Medicare or any government benefits whilst their refugee claims are being processed. Most have been detained for long periods. All have fled trauma. This handful of dedicated volunteers has raised a staggering half a million dollars, ALL of which is paid out in weekly living allowances to hundreds of destitute refugees including women and children.

Ph: 9810 5826 or

www.asylumseekersfoundation.com

SPARK Program, Migrant and Refugee Services, St Vincent de Paul

The NSW Migrant and Refugee Committee of the St Vincent de Paul Society play an active part in helping newly arrived migrants, refugees and asylum seekers at a time when assistance is crucial to them. In addition to short-term accommodation for recently arrived migrants and refugees, their service provides ongoing education, counselling, immigration advice and material assistance. SPARK, (St Vincent de Paul Society Assisting Refugee Kids) is a new program, which provides curriculum, social and cultural support to

newly arrived refugee children and their families.

Ph: 9568 0280 or www.vinnies.org.au

STARTTS

The NSW Service for the Treatment And Rehabilitation of Torture and Trauma Survivors (STARTTS) helps refugees recover from their experiences and build a new life in Australia. Their service includes counselling, group therapy, group activities, outings, camps for children and young people, English classes and physiotherapy.

Ph: 9794 1900 or www.startts.org

People with Disability

People with Disability Australia Incorporated is an independent disability rights and advocacy organisation. They provide help to refugees with a disability (including people with mental illness), their families and carers. They provide individual and group advocacy and have a national disability abuse and neglect hotline 1800 880 052.

Ph: 9370 3100 or www.pwd.org.au

Wrap with Love

Volunteers create WRAPS (rugs and quilts) and send them to people in need in Australia and around the world. WRAPS are not bought or sold; they are a gift of loving work. NNC runs a Wrap with Love knitting group every Thursday at 10:30am for further details please see page 5 of this newsletter.

Ph: 8399 3000 or

Email: wwl@pacific.net.au

Other Services



Homeless Persons' Legal Service (HPLS)

NNC in partnership with HPLS and Newtown Mission Church have started a service where people can receive free legal assistance on issues such as housing, employment, Centrelink and Mental Health services. The service is for anyone who is homeless, in insecure or short-term housing.

Where: The Drop In Centre at Newtown Mission Church 280a King Street Newtown.

When: Every Friday from 1:30 – 2:30pm

If you need legal advice, please come chat to our friendly lawyers. Joel or Beck from NNC will also be there to assist you.

Other Services

I-CHOSS

Inner City Homelessness Outreach & Support Service

I-CHOSS supports homeless people to access services that will support long-term housing goals and empowers individuals to achieve identified goals by:

- Providing support with issues related to homelessness
- Linkages to housing networks and referrals
- Providing counselling
- Assisting to develop skills to sustain accommodation
- Case Management
- Advocacy
- Linking to financial services
- Linking to mental health and/or health services
- Linking to alcohol and other drug services

I-CHOSS is a joint partnership between Mission Australia and the Haymarket Foundation, established to provide support to people who are homeless or at risk of homelessness in Sydney's Inner City. Funded by the Department of Housing and the City of Sydney, with support from the Department of Community Housing

I-CHOSS operates 7 days a week
Mon-Fri 7am – 10:30pm
Sat-Sun 9am – 5pm.

For more information about this service please contact
I-CHOSS on 1800 505 501

Other Services

Emergency Call Phone



Did you know that Telstra is offering the Oricom tp150 emergency call phone for seniors or for people with special needs?

The orison tp150 emergency call phone includes:

- A remote personal emergency pendant (up to 30 metres) that can be worn around your neck. Simply press the red button and it remotely activates an emergency call message to a phone number of your choice
- Big button talking keypad
- Talking caller ID
- Large backlit display
- Visual ring indicator
- Hearing aid compatible
- Hands free remote speakerphone
- Extra loud ringer (up to 20 decibels)
- 2 one touch memories
- 30 name and number memories
- Mute function
- Wall mountable
- 12 month manufacturers warranty
- Battery back up protection (4AA batteries supplied)
- Recommended retail price \$149

For information in relation to this product and assistance please visit your local Telstra shop or go to www.oricom.com.au

VOLUNTEERS



Newtown Neighbourhood Centre relies heavily on the good work of volunteers to run the number of services it does. We value volunteers and the contribution they make to the Newtown Neighbourhood Centre's programmes and the broader community. If you are interested in volunteering with us please contact Beck on 9516 4755.

Would you like to volunteer with the Shopping Service?



We are currently looking for volunteers for our Shopping Project. The Shopping Project runs a crucial service to the frail elderly and people living with a disability.

- ‡ We need volunteers to meet shoppers from the Bus service at the Marrickville Metro shopping centre and assist them with their shopping.
- ‡ The Shopping service runs on Tuesdays, Thursdays and Fridays.
- ‡ The time commitment from volunteers is around 2 hours on any one of these days.
- ‡ The assisted shopping service is also in need of volunteers on Fridays. This service has a flexible time frame from a whole day down to a 2-hour session.

For more information on the shopping service volunteer roles please call Gavin (Shopping Service Coordinator) on 9516 4755.

Would you like to volunteer with the Boarding House Project?



If you have a few hours each week to contribute to the Community here are a few ways you can assist:

- ‡ help out with INDOOR BOWLING at South Marrickville Mondays from 10am–12:30pm
- ‡ Every second Friday to help out with the fun and activity of BINGO at the Newtown Neighbourhood Centre between 9:30am–1pm
- ‡ Visit a Boarding House Resident for a chat and coffee during the week at a time to suit
- ‡ Provide Social support to walking groups. Monday, Wednesday and Friday afternoons for an hour and a half.
- ‡ Meet with the Friday women's group to support each other and have fun.

For more information visit www.newtowncentre.org or call Leigh on 9516 4755.



STARS Training

STARS (Skills, Training and Resource Service) is funded by the Department of Ageing, Disability and Home Care (DADHC) under the Home and Community Care (HACC) program, Canterbury City Council, and Leichhardt Council. Training coming up in August and September are listed below:

- Fridays 17th and 24th of August**
Indigenous Cultural Awareness 10am – 1pm
- Thursday 23rd August**
So you want to be a volunteer! 10am-1pm
- Thursdays 6th and 13th September**
Working with Older People 10am-1pm
- Thursday 27th September**
So you want to be a volunteer! 10am-1pm

If you are a volunteer and are interested in doing the above STARS training please call STARS on 9750 9344.

Training is free for new volunteers.

Bookings are essential.

Training is held at various locations in the Inner West area.

Room Hire At NNC

The Newtown Neighbourhood Centre provides meeting spaces on a regular and casual basis for different social justice, self-help, political, recreational and cultural groups.

For more information on our facilities please see our website <http://www.newtowncentre.org> or call Sam during office hours on 9516 4755.

Please see below for details on one of our room hirers.



Salsa is currently the most popular Latin dance for singles and couples of all ages worldwide. Salsa in Spanish means "sauce" or "mixture" and is used to spice up Latin food. Salsa – the dance – can in fact be regarded as a hot & spicy "sauce" of various Latin and Afro Caribbean rhythms, such as the Cuban son, cha cha cha, rumba and mambo.

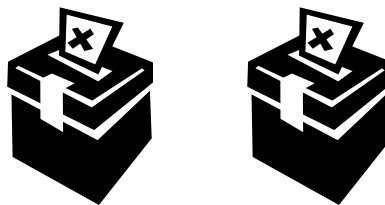


When: Every Tuesday (drop-in classes)
8 – 9pm Absolute Beginners & Improvers
9 – 10pm Intermediate & Advanced
10 – 11pm Dance practice

Price: From \$12/\$15hr

- no need to bring a partner!
- fun, social, non-competitive atmosphere
- international Salsa & Tango instructor (London, San Francisco, Buenos Aires)
- proven easy, fast-track learning method based on learning concepts
- learn to dance to all styles of Salsa music and other popular club music like the Cha Cha, Merengue and fusions!

Make Your Vote Count



If you are not enrolled, or you haven't made sure that your name or address details on the electoral rolls are up to date, you risk missing out on being able to vote.

We encourage everyone to register to vote and to ensure that they are correctly enrolled to vote before the Government takes away that right.

Why:

The government changed the laws so that the electoral rolls close early, and an estimated half a million people won't have their vote count.

If our electoral roll is not properly maintained, our democracy is undermined.

When:

You must enrol by 8pm on the day the election is called. It's easy to miss the commencement of elections, so either enrol before that day or lose your democratic right!

Where:

Enrol or update your details on the Australian Electoral Commission website (<http://www.aec.gov.au>). If you don't have internet access we will be more than happy to print you out a form at Newtown Neighbourhood Centre.

Don't be silenced!

For further info on enrolling or updating your enrolment, call 13 23 26 or visit www.aec.gov.au

EVERYBODY NEEDS GOOD NEIGHBOURS

This year an Australian man's idea for a National Neighbour Day became a global event. Newtown Neighbourhood Centre's 'Buddy Program' is an example of how we can become better neighbours writes CAMILLA MARGOLIS.

*** The full article was first published in *Precinct* newspaper**

Melbourne's Andrew Heslop would like to turn every street into Ramsay Street where people drop in on their neighbours just to say hello. Five years ago, he founded National Neighbour Day, celebrated on March 25. This year the event went global.

Heslop was working for the Australian Red Cross in 2003, when he read a newspaper article about the inquest into the death of Elsie Brown, a 75-year-old woman who was found dead in her Melbourne home two years after she died. Mr Heslop was shocked and appalled by the circumstances of Mrs Brown's death and it prompted him to call for a nationally recognised Neighbour Day.

Heslop founded Neighbour Day to encourage people to particularly look out for elderly, vulnerable or isolated members of the community. Heslop believes the deaths of isolated individuals in their homes could easily be avoided. "I was just aghast that it was somehow possible for an elderly woman who was known to live alone to be so easily forgotten by the world around her," he says.

In 2006 he took his idea to the United Nations and former UN Secretary General Kofi Annan pledged the UN's support to promote National Neighbour Day worldwide from 2007.

The death of Elsie Brown is not an isolated incident. In a two-week period in February, 6 other people were found dead in similar circumstances across NSW.

NNC runs a program called the 'Buddy Program' that links volunteers with elderly, vulnerable or isolated persons living in boarding houses in their community.

Megan Higgins, 33, a student, has been visiting Maryanne, 55, for almost a year, after they were introduced through the Buddy Program. Maryanne, who suffers from chronic depression, lives in a boarding house in Marrickville. She was left homeless after escaping an abusive relationship with a

partner. Maryanne suffered a heart attack last year and was too unwell to leave her house without assistance, receiving only the occasional visit from one of her 3 children.

Megan was introduced to Maryanne in July 2006 and the pair catch up once a fortnight on a weekend to see a movie, go to the beach or have a drink. Megan chose to join the Buddy Program to become more involved in the community. "You tend to get caught up in your own little world and you don't take much notice of what's going on around you."

For Maryanne, joining the Buddy Program was about needing a friend. "I just felt I'd like to go out with someone, and meet someone who is nice to me and doesn't hurt me," she says. Maryanne and Megan clearly enjoy the time they spend together once a fortnight and warmly recall highlights of their weekends together. "You know what was really good?" Megan turns to Maryanne. "When we went to see the dancing two weeks ago. I thought that was a bit of a highlight." "We went to the Petersham RSL for the old-time dancing. It was the oldies doing ballroom dancing in the auditorium," Megan says. "It was gorgeous. Someone pulled a hamstring within the first few minutes." "Yes, and they were all rubbing on the Dencorub," laughs Maryanne.

Maryanne says Megan's visits have improved her quality of life. "I enjoy her friendship," she says. "It was really nice to have someone take me out and have a normal conversation."

Megan says meeting Maryanne has been an eye-opener. "Maryanne talks a lot about her life, which I think is very interesting. Maryanne's got a lot of experience in things I've never experienced," she says.

Leigh Connell, the Coordinator of the Buddy Program, says the program has made a significant difference to Maryanne's life. "Megan was keen to contribute something and that's certainly happening; she's adding benefit to Maryanne's life." Ms Connell says the Buddy Program has been a success since it was set up in 2000. "Many of the boarding house residents don't have family, they don't have the things that we may look forward to. The program gives them some meaning."

For more info on the Buddy Program please contact Leigh on 9516 4755

You are invited to attend

Newtown Neighbourhood Centre's Annual General Meeting



**Wednesday 26th September
2007**

Main Hall (Upstairs)

**Light Refreshments will be
provided**

From 6pm

**Guest Performance:
Sydney Street Choir**

**Guest Speaker:
Mr. Anthony Albanese MP, Member
for Grayndler (NSW)**

**RSVP 22nd September 2007
(02) 9516 4755**

admin@newtowncentre.org

please note: mobility access is limited