



# Newtown Neighbourhood Centre Newsletter

## Centre News

August 2008 / September 2008

Hello All

Housing has again been the big issue for us here at the Centre. In May the Federal Government released the Government's Green Paper, 'Which Way Home? A New Approach to Homelessness'. A green paper is a discussion paper; with options for what the government could do. The Green Paper aims to promote public discussion on homelessness, highlight the challenges faced by people who are homeless and suggest ways forward.

Recently we held consultations with people who were or had experienced homelessness. With our findings we prepared a submission into the Federal Government's Green Paper. If you would like to obtain a copy of our submission please look at our website [www.newtowncentre.org](http://www.newtowncentre.org) or please phone us and we will send you out a copy.

Our submission, along with those from other organisations will inform the development of the White Paper which should be released in September 2008. A white paper is a policy paper, which outlines what the government will do. The White Paper should set out the Government's plan of action on homelessness for the next 10 years.

As I explained in the last newsletter we purchased some street swags that were given out to people who can not find crisis accommodation and their only option was to sleep rough. As the Centre is not funded to supply street swags I spoke to the local media highlighting this issue. As a result we received donations from local residents and students from University of Technology, Sydney (UTS). I would like to say a big thank you to these generous people and as a result we can now purchase some more street swags.

I would also like to welcome back to the team our new Shopping Coordinator Kerry. Some of you might remember Kerry as she filled in for Gavin when he took extended leave last year. We also would like to welcome Kel as the new Boarding House Administrator.

I would also like to invite you all to the Neighbourhood Centre's Annual General Meeting, which will be held on Wednesday the 24<sup>th</sup> September starting at 6.00pm. At the meeting we will be entertained by the beautiful sounds of the Sydney Street Choir. We have also invited a representative from Marrickville Council to come and talk to us about the exciting upgrade that will be happening to our building. A light supper will be provided and we hope to see you all at the Annual General Meeting.

Recently we celebrated Volunteer Week, this is a chance for us here at the Centre to say a big thank you to our amazing volunteers. Volunteers are essential to the activities and programs we run here at the Centre. As a result of their dedication we can facilitate many more activities and programs than we are funded for. We really appreciate your commitment, dedication, hard work and everything you do for us here at the Centre.

Also just a reminder that the 2008 Newtown Festival will be held on Sunday the 9<sup>th</sup> November and we are always looking for volunteers to assist in administration, gold coin collectors, traffic, site or stall marshalling and other tasks. So if you are interested in assisting us in raising much needed funds for the Centre please visit our website [www.newtowncentre.org](http://www.newtowncentre.org) and register as a volunteer or phone us and will send you out a volunteer registration form.

Cheers  
Lisa Burns  
Executive Officer

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## **Housing and NNC**

As you will know from previous NNC newsletters and events, homelessness and affordable housing have been major campaign issues for NNC this year, and a common issue presented to our front counter from people seeking help and advice.

In response to the housing related issues we have developed a number of services:

### **Housing Assistance and Referral Service (HARS)**

Every Monday between 3.00pm and 4.30pm we run a housing advice clinic with Inner City Homeless and Outreach Support Service (ICHOSS) to help people access secure and affordable housing. Since the advice clinic started in November 2007 we've seen 78 people. Helping them to get on to Housing NSW waiting

lists, including the list for priority housing, as well as helping people to access Community housing, Rent Start and sort out problems with Housing NSW. For more information on HARS please see page 6 of this newsletter.

From July 2008 the HARS clinic expanded, and now runs every Wednesday between 3.00pm and 4.00pm as well. In addition officers from the Broadway office of **Housing NSW** come to the HARS clinic on the first Monday of each month. They are able to offer great assistance to people having problems with Housing NSW, as well as having up to date information and advice about Housing NSW. For more information about this service please see page 3 of this newsletter.

### **Street Swags**

Sine May when the street swags first arrived we have given them out to people who had nowhere else to go that night, and were literally sleeping out in the open. While not an ideal solution they have brought some comfort to people with nowhere to go on these very cold nights.

### **Accommodation Board**

Our affordable housing accommodation board, where we post all the available private rentals we can find in the area, and within easy reach of Newtown, continues to be a useful and popular resource. Thanks go to one of our regular volunteers, Marty, for compiling this list each week.

### **Homeless Persons Legal Service (HPLS)**

The HPLS advice sessions at the Newtown Mission continue each Friday. We've also called a meeting with other local services such as Our Place, Youth Block and the Mission to see how else we can work together as community groups to respond to the issues of poor and inadequate housing in the area. For more information about this service please see page 6 of this newsletter.

### **Green Paper Submission**

We made a submission to the **Government's Green Paper** on Homelessness. Our submission was based on the responses we got from local people who had experienced homelessness and agreed to let us interview them at the beginning of June. A very big, Thank you, to all those who took part.

# New Service

The Government is currently consulting on a National Housing Affordability Fund that will invest \$512 million over five years to lower the cost of building new homes for people. For more information check out the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) website [www.fahcsia.gov.au](http://www.fahcsia.gov.au).

## NSW State Budget

The latest bulletin from the Council of Social Services in NSW (NCOSS) has some interesting analysis of the 2008-09 State Budget. Despite the acknowledged and well-documented housing affordability crisis, there are no new measures to expand the supply of Social Housing in NSW.

This is of no surprise given the State Government is yet to formulate a strategy to address issues of housing affordability. But nevertheless, given the state governments own projections that the number of social housing units will actually fall by 217 in the financial year it is further cause for concern for many in the sector working with homeless people.

Also of great concern within the budget is the dramatic drop in the maintenance budget for Housing NSW public housing. The fall is dramatic from \$314.7m to \$165.4m. The impact of this on tenants living in poorly maintained and neglected properties does not need to be spelt out!

The NSW Minister for Housing is The Hon Matt Brown MP, whose other portfolio responsibility is tourism. His contact details are as follows, should readers wish to comment on housing issues in NSW:

Telephone: (02) 9228 5055 or

Email: [minister@brown.minister.nsw.gov.au](mailto:minister@brown.minister.nsw.gov.au)

## HOUSING NSW OUTREACH SERVICE

- Are you currently living in, or trying to get into, public housing with Housing NSW?
- Is it difficult to get to Broadway?

If so, then please come along to the Housing NSW Outreach Service at Newtown Neighbourhood Centre.

**When:** The first Monday of each month.  
The next clinics will be on the 4<sup>th</sup> August and the 1<sup>st</sup> September

**Time:** 2-4pm

**Where:** Newtown Neighbourhood Centre  
downstairs meeting room  
(opposite Newtown Train Station)

Paul and Carlos from Housing NSW Broadway branch will be available to assist you with your housing needs.

Some of the support they can offer is:

- Assistance with filling out and lodging your Housing NSW Application Forms
- Further information about Housing NSW products and services
- Opportunity to discuss any tenancy issues you may be experiencing



## New Service

### TAX HELP

Tax Help is a volunteer service supported by the Australian Taxation Office.

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

If so, then Susana, our Tax Help volunteer, is here to assist you.

**Where:** Newtown Neighbourhood Centre  
Downstairs Meeting Room

**When:** Tuesdays 2-4:30pm

Please call us on 9516 4755 or pop into the centre to make an appointment

This is a FREE service



### Counselling Update

We're sorry to have to report that our counselling sessions have to be suspended, as our counsellor, Bridget, has to leave the area on urgent family business.

We are exploring the options for having an intern trainee counsellor, from the training organisations that provide counsellors to organisations such as Matthew Talbot and Twenty10. But at the time of writing this article no definite plans have been made. We are determined to get this service back up and running as soon as possible, so check out our website [www.newtowncentre.org](http://www.newtowncentre.org) and noticeboards for updates in the near future.

At this stage, Bridget is winding down with the people that she has been seeing, and making sure that they have somewhere to move on to before she leaves. She is not able to start counselling with anybody new.

## Up Coming NNC Event

### Street Soccer in Marrickville

Newtown Neighbourhood Centre, in partnership with Mission Australia and Marrickville Council, are in the planning stages of starting a weekly Street Soccer program in the Marrickville area.

The program will be modelled on the very successful Street Soccer program run by the Big Issue in Melbourne and now in Sydney at the Rocks. These teams are training to compete in the Homeless World Cup, which this year will be held in Melbourne. You can check out the website at [www.homelessworldcup.org](http://www.homelessworldcup.org)

#### Who's it for?

Males and females of all ages and fitness abilities are welcome. Community Street Soccer values inclusiveness and participation. It's a unique and fun approach to addressing the serious social and psychological problems of the marginalized and homeless members of our community.

#### When's it all happening?

Street Soccer will be run weekly. At this stage we are still working out the finer details. We are looking at a possible starting time at the end of August with training being held at the Debbie and Abbey Borgia Community Recreation Centre on Illawarra Road in Marrickville.

For more information please call Rebecca on 9516 4755.



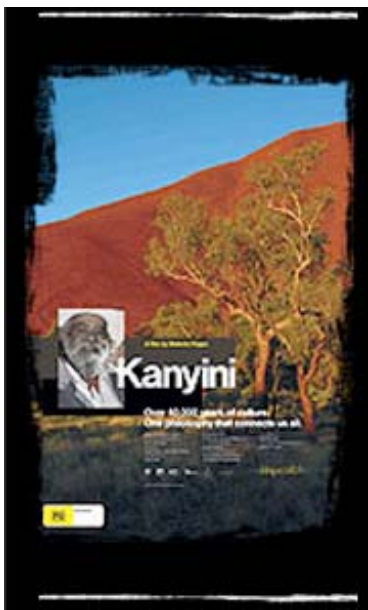
## Reconciliation After the Apology



Newtown Neighbourhood Centre is planning an event to mark the 'International Day of the World's Indigenous People'. This event will be held in the evening of 27<sup>th</sup> August.

We hope you can come and join us for some bush tucker and find out about how you can get involved in the reconciliation movement.

It will be a great community event. There will be an art exhibition, information stalls and guest speakers. We will also be watching the film Kanyini.



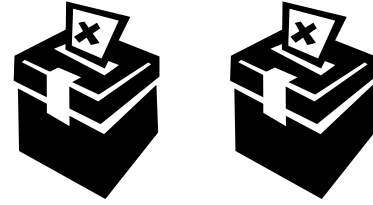
KANYINI is a story told by an Aboriginal man, Bob Randall, who lives beside the greatest monolith in the world, Uluru in Central Australia. It is based on Bob's own personal journey and the wisdom he learnt from the old people living in the bush, Bob tells the tale of why Indigenous people are now struggling in a

modern world and what needs to be done for Indigenous people to move forward.

At NNC's 'Reconciliation after the Apology' event, we will share some food together with an aim to refocus community attention on the next steps towards reconciliation after the apology. It is also an opportunity for people to get involved with local organisations working towards reconciliation.

For more information call Beck on 9516 4755.

## Local Government Elections



**Saturday 13<sup>th</sup> September**

Local Government elections are held on the 2nd Saturday of September every 4th year. The next elections are due to be held on Saturday 13th September 2008.

At these elections you will need to vote for the people you want to represent you on your local council. Councillors are elected for a 4-year term.

Voting in the Local Government election is compulsory for all enrolled voters on the NSW residential roll. To check your enrolment details or to obtain a residential enrolment form please visit the [www.elections.nsw.gov.au](http://www.elections.nsw.gov.au) or call 1300 135 736. Residential enrolment forms are also available from any Australia Post office. Enrolment forms must be received by 6pm Monday, 4 August 2008.

If you cannot attend a polling place in your area/ward on Election Day you may apply for a postal vote. To find out if you qualify for postal voting please visit [www.elections.nsw.gov.au](http://www.elections.nsw.gov.au) or call 1300 135 736.

Key dates for Local Government Elections:

- Close of rolls - 6pm 4th August
- Early voting - 1st - 12<sup>th</sup> Sept.
- Postal vote applications close - 5pm 8th Sept
- Postal votes open - 18th August
- Postal votes close - 15th September
- Election day - Saturday 13th September

Your vote is your voice in your local area. Vote and be heard.

For more info on enrolling or updating your enrolment, call 1300 135 736 or visit [www.elections.nsw.gov.au](http://www.elections.nsw.gov.au)

## Homeless Persons Legal Service (HPLS)



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

**When:** Every Friday from 1:30-2:30pm

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

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

## Housing Assistance and Referral Service (HARS)

Assisting people to find secure, affordable and appropriate housing.

**Housing NSW Outreach service is on the  
first Monday of each month from 2-4pm  
Dates: 4<sup>th</sup> of August and the 2<sup>nd</sup> of  
September**

If you would like to talk to us about your housing situation just pop in and speak with Omar or Rebecca.

**Where:** Newtown Neighbourhood Centre,  
opposite Newtown Train Station,  
in the downstairs meeting room.

**When:** Mondays & Wednesdays 3:00-4:30pm

**This is a free service.  
You do not need an appointment.**



HARS is a joint initiative of Newtown Neighbourhood Centre and the Inner City Homelessness Outreach and Support Service (ICHOSS)



What a great way to have some fun, maybe win a prize and make some new friends!

**Where:** Newtown Neighbourhood Centre,  
In the Hall (opposite Newtown train station).

**When:** Every second Friday  
8<sup>th</sup> & 22<sup>nd</sup> of August  
5<sup>th</sup> & 19<sup>th</sup> of September

**Time:** Starts 10am, finishes 1pm.

**Cost:** \$2.50 for 1 booklet (10 games) or \$2 for more than one

**Prizes:** There are great prizes such as groceries, chocolates, toasters, kettles, towels, watches, CDs and more.

So come on down to the Newtown Neighbourhood Centre and join in the fortnightly fun! All ages allowed.

We regret that there is limited access for those with mobility difficulty.

## GENTLE EXERCISE CLASSES

Open to Men and Women over the age of 55



**When:** Thursday 10am – 11am

**Where:** Newtown Neighbourhood Centre  
Opposite Newtown Station  
1 Bedford Street Newtown

**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. For information regarding the 6-week free gentle exercises for men please see page 8 of this newsletter.

## Wrap With Love



All blankets made are sent to people in need, suffering from hypothermia and trauma.

Newtown Neighbourhood Centre has two 'Wrap with Love' knitting groups, one that meets on Thursdays and is open to the general community. The other group meets on Mondays and is part of the Day Care Centre for communities of former Yugoslavia.

We would love you to come along and join us whether you are just a beginner or an expert.

If you are not able to attend the Thursday group and would still like to contribute to this worthy cause, you can contribute by knitting or joining squares at home. Just contact us and we will provide you with wool and specifications for knitting squares required to make blankets.

**When:** Every Thursday  
10.45am to 12noon.

**Where:** Newtown Neighbourhood Centre  
1 Bedford St. Newtown  
(opposite Newtown Train Station)

We are also in need of wool, so if you have any spare wool (ply 8, 5, 3) or knitting needles (size 8) or have any queries please contact Rebecca or Dushanka on 9516 4755.

## Tai Chi



Newtown Neighbourhood Centre holds Tai Chi classes in our main hall on Tuesdays. So come along and feel better, look better, think better and relax from the inside out.

**Where:** Newtown Neighbourhood Centre  
In the Hall  
(Opposite Newtown Train Station)

**When:** Tuesday 1-2pm

**Wear:** Comfortable clothes and comfortable flat-soled shoes

**Cost:** \$2.50 unwaged and \$5 waged

Bookings are essential. 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 over the front counter at Newtown Neighbourhood Centre or completed on the day.

The classes are taught by instructors from Tai Chi Fitness Australia.

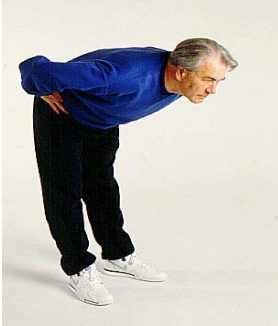


*David and Suzanne, our friendly instructors from Tai Chi Fitness Australia*

**Newtown Neighbourhood Centre**  
invites you to join our

## **GENTLE EXERCISES**

For Men and Women over 55+  
*Try our physical fitness program*



***Gentle exercises are free for men over 55+ for 6 weeks***

Please note that these classes are free for Men over 55+ for a 6-week period only, as part of a Culturally and Linguistically Diverse Men's support project. Women are welcome to attend however there will be a small charge.

**When:** Thursdays 10:00am – 11:00am

**Where:** Newtown Neighbourhood Centre  
1 Bedford Street Newtown

OR

**When:** Mondays 11:30am – 12:30pm  
Wednesdays 11:30am – 12:30pm

**Where:** Marrickville Town Hall  
Corner Marrickville & Petersham Roads  
Marrickville

### **Benefits of Gentle Exercises:**

- Maintains good heart function
- Improves blood circulation
- Decreases the risk of diabetes, arthritis and osteoporosis
- Reduces stress and improves your general health

### **Classes Start September 2008**

Call Dushanka or Marie at NNC on 9516 4755 to book in a class and for further information.

*Culturally and Linguistically Diverse Men's support project funded by Marrickville Council*

## **Boarding House Project News**

By Leigh Connell

Winter is here, the jumpers are out and getting out of bed in the morning is getting a bit harder. Many of us need some chilly day motivation and some of the boarding house residents are finding plenty of that at the moment. As members of Sydney Street Choir they are preparing to sing for the Pope and take in the World Youth Day activities. Anthony, Denis, Cheryl and Sandra are attending the choirs core rehearsals and experiencing the demands and joys of being a performer, the early starts, the waiting, what a sound check entails and then the reward of singing with others in front of various audiences. Singing is more than performing as John, Maryanne, Andrea, Michael and Andrew who attend the weekly Marrickville rehearsals can testify. They love seeing everyone at rehearsals, learn the songs and have a go at a few of their old tunes. And of course getting to hear Joel and Dale break into song and munch on cheese biscuits makes for a good afternoon out.

The Department of Ageing Disability & Home Care (DADHC) have set up a system for each resident to get new winter shoes and the ALI program is starting to roll shopping trips out to purchase these. With many residents being keen walkers and to keep feet warm and healthy this is a valuable initiative. So for the residents in the licensed boarding houses think about what footwear you need and look out for Gwen and Soniya to make a time to go shopping. Also speaking of shopping the Boarding House Project here at NNC is going to join up with the shopping service to run some regular trips to the Marrickville Metro. So look out for that one too.

The days are getting busier down at ROOMIES art space. Due to the local clubs grant Natalie has been working from the space most Thursdays on OH&S issues and linking of volunteers with artists. The art group have also been having tuition from the wonderful print maker Seraphina Martin. The group are working on commissioned prints with local themes for Marrickville Council. Seraphina is also about to start a series of printmaking classes for the general public, this is yet another step in the

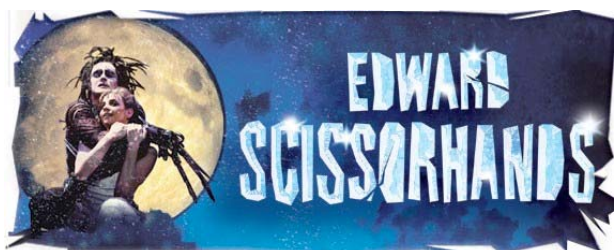
Old Town Hall, Corner King & Australia Street, PO Box 19 Newtown 2042

Ph: 9516 4755 Fax: 9519 2509 Email: [admin@newtowncentre.org](mailto:admin@newtowncentre.org) [www.newtowncentre.org](http://www.newtowncentre.org)

*A just community that includes and acts*

development of the space in a way that local artist and Boarding House residents can blend.

Support for residents living in unlicensed Boarding Houses is growing with the consolidation of the BHAG group. The group is made up of services, agencies and church groups that offer assistance to those living in this type of accommodation. In June some of the local managers and owners joined the meeting to learn more about the support offered and to learn about what the group offers. The common interest is to support the residents in knowing what programs such as meal on wheels, transport, social support and groups are available locally and to work with the managers and owners around tenancy issues.



With many thanks to the Balnaves Foundation a small group of Boarding House residents took off for a night out to the Opera House to see this wonderful extravaganza.

The delights started with the spectacular sights outside of the Opera House. Phyllis was taken by the Harbour Bridge aglow with lights and Henry's eyes spied what he thinks was a maintenance crane busy at work on the famous icon. We hear the stories of the continual painting of the bridge; Henry's theory is that they were about half way through the bridge that night.

Inside, the opera theatre was a buzz as this stage show, from the wonderful 1980s movie, hit Sydney for the start of its sell out season. With much anticipation and a touch of patience we sat ready to be delighted as the final touches were being made to the colourful and artistic set. Then the curtain rose to a dazzle of music, movement and a talented cast of about 28 people dancing and singing. The group enjoyed a wonderful

position about 6 rows from the front of the stage, maybe not close enough for Denis who was tapping his toes (all 10 of them) and did a bit of chair dancing. A few sessions at the gym and maybe he could keep up to speed with the fit and energetic dancers and take to the stage that night.

Phyllis thought the music was "very good" and that the acting was "excellent" and John sitting quietly had a great grin and eyes of wonder as the sets seemed to magically change. All the dancers looked to be loving their job (lets hope those girls in the heels get a foot bath after all this!) and many of the colourful and cheeky costumes wouldn't be out of place in Newtown or at a county 50s fair.

The second act had more action and even more surprises, topiary trees with fairy lights, even better dancing and of course the love story. But the finale was something else; snow fell, covering all of the audience in those forward rows and left us wondering if this was life in a snow dome. As we walked out with the white foamy stuff starting to melt there were plenty of smiles and memories to take home.

Our group, and many others, were there that night due to the generosity of the Balnaves Foundation who supported us via very cheap tickets. This program is a way to access the Opera House and experiences there that many on pensions cannot normally dream of or consider.

The next event will see new boarding house residents explore their taste at a cultural experience.

If you who would like to know more about the Open House Program please call the Balnaves Bookings Line at the Opera House on 9250 7799.



## Shopping Service News

It's been "all change" on the bus with a number of staff changes.

We've welcomed Kerry Muldoon back as the new Shopping Coordinator replacing Gavin, who left a short while ago. Kerry was covering the post last year during Gavin's extended leave, so she's not entirely new to the service. Her first task has been to catch up with the reporting requirements we need to give to Home and Community Care (HACC) at the end of each quarter. So if you haven't had the chance to meet Kerry yet, you will once all the background administration has been caught up with!

By now most of the bus service users will have met our new bus driver Robin Wicks. Robin has been in the post for a few weeks now, and is familiar with all the different routes. It was all going very well, but the last couple of weeks we've had problems with a flat bus battery causing the bus to run late a couple of times. Hopefully by the time you read this, the bus will be back to its normal self.

We've also been trying to appoint a new bus assistant, -and a big thank you to Margaret and Kate who helped us by joining the recruitment panel. Unfortunately the panel couldn't find the outstanding person we're wanting for this very important job, so we'll have to review how we advertise for staff. But in the meantime we've been lucky to have the services of some fantastic temporary staff. Many thanks to Jacqui who was covering the post for a while, and now we have Trent, whose been enjoying himself on the bus and brings an 'air' of youthful exuberance! You might also have had the chance to see me, Paul, on the bus a couple of times, and Nick a regular centre volunteer has also helped out in the past period.

Mirjana our assisted shopper driver, for people who aren't able to use the bus, hasn't moved. So for people who use the car service or have a list shop done, there will be relief that some things have stayed the same. Mirjana has remained happy and positive during all the changes to her staff team, and as those of you

who have met her will know we're very lucky to have her remain on board.

There are some spots on the bus still available, so please let your neighbours know if you think they would benefit from the service.

It's also that time of year when we ask service users if they would like to join NNC as a member. Membership of service users helps to keep NNC strong and focussed and allows you to stand for the management board, and vote at our Annual General Meetings, so please look out for the membership applications forms, and fill them in!

In the meantime "Happy Shopping", and please remember that we are always keen to get your feedback on the service, so let us know if you have ideas for improvement, or have a suggestion!

Paul Adabie  
Programs Manager

### **Hello from the Shopping Coordinator**

I would like to take this opportunity to introduce myself, my name is Kerry and I am the new permanent Shopping Coordinator. Some of you may remember me from last year, while I filled in as Shopping Coordinator whilst Gavin was on leave.

I must have enjoyed it as I am back and have received a warm welcome back from staff.

I have worked as a Shopping and Transport Coordinator also in the Northern Sydney region for over 4 years and have been living in the inner west for 20 years. In the position of Shopping Coordinator I hope to provide an efficient service for local residents to access their shopping needs.

I am available on Tuesdays, Thursdays and Fridays if you have any queries and I look forward to meeting you all in the near future.

Kerry Muldoon  
Shopping Coordinator

## Room Hire At NNC

### Multicultural Neighbour Aid Greek Update

The Greek Speaking Men's Group provides assistance and support to Greek speaking men over 55.

New members are welcome.

The following dates have been organised for activities and outings to be held in August and September.

**Venue:** Herbert Greedy Hall  
79 Petersham Rd  
Marrickville

**Time:** 12noon - 2.00pm

#### AUGUST

Herbert Greedy	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> August
Outing	28 <sup>th</sup> August

#### SEPTEMBER

Herbert Greedy	4 <sup>th</sup> , 18 <sup>th</sup> 25 <sup>th</sup> September
Outing	11 <sup>th</sup> September



Please note that you must register prior to attending any groups or classes.

Registration is free although a small contribution is requested towards some of the services provided.

Please ring George at the Newtown Neighbourhood Centre on 9516 4755 or Freeda Economidis at Marrickville Community Health on 9562 0511.

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

As our first floor is not a 'sprung' floor we are no longer able to host activities of a vigorous nature this means that any activities that include dancing, martial arts, running or jumping can no longer be held here at NNC.

For more information on our facilities and room hire please see our website [www.newtowncentre.org](http://www.newtowncentre.org) or email Shashanka [finance@newtowncentre.org](mailto:finance@newtowncentre.org) or call during office hours on 9516 4755.

Please see below for details on two of our regular room hirers.

### Dynamic Meridian Yoga

Dynamic Meridian Yoga works to open, stretch and strengthen the meridians, or energy lines, of the body. It is a highly accessible form of yoga so no yoga experience is necessary. This yoga also changes when the seasons change, so we work different meridians each season and consequently we change with the seasons too.

**Time:** Thursdays 6.00 - 7.15pm,

**Where:** Main Hall 1st Floor

Newtown Neighbourhood Centre

For more information please call Justine on 0419 471 915.

### Amnesty International

Amnesty International meets on the 2<sup>nd</sup> Tuesday of each month at Newtown Neighbourhood Centre at 7pm.

The meeting includes letter writing on various issues on concern. All welcome.

For more information please contact Marc on 0410 054 756.



## 2008 Newtown Festival Celebrating 30 years

The 2008 Newtown Festival will be held on Sunday 9<sup>th</sup> November and this year it will be our 30<sup>th</sup> anniversary... so get ready to join in the celebration, its going to be an outstanding festival.

Presented by the Newtown Neighbourhood Centre as a fundraiser, the festival has been celebrating the eclectic nature of the community in Newtown and promoting community awareness since the mid 1970s.



Having played host to the Whitlams, Evermore, Sarah Blasko, Blue King Brown and the Herd the 2008 Newtown Festival line up will not disappoint. Stay tuned for this years line up announced in September. Expect a diverse music program of rock, roots, reggae and some of Newtown's quirkier experiences.



Some key features of the 2008 Newtown Festival includes four music stages, a Writers Stage, huge Kids area, an Eco Zone, Vocal Local Village, 280 market and food stalls and the infamous Dog Show.

This free community event attracts upwards of 80,000 people, making it a prime opportunity for performers to gain exposure and for stallholders to sell their wares. So if you make something original or make some delicious food and want to take out a stall at the festival please get in contact with us soon. Likewise if you are an artist or performer and interested in being part of the festival go to our website [www.newtowncentre.org/festival](http://www.newtowncentre.org/festival) and fill in an application form.

Each year we have an amazingly dedicated team of volunteers – without them the festival would not happen! If you are interested having an awesome experience volunteering at one of Sydney's premier events, visit our website and fill in an application form.

Put the 9<sup>th</sup> November in your diary and start working on your best party outfits for this will be Sydney's best birthday bash of the year.



For patron safety the Newtown Festival is a **no glass on the grass** and **no byo** festival. Entry is FREE, but we would really appreciate **note or coin donations** – 100% of the proceeds go to the Newtown Neighbourhood Centre for programs for the disadvantaged in our community.

Festival queries and application forms:

[www.newtowncentre.org/festival](http://www.newtowncentre.org/festival)

Tina Demetriou or Sue Andersen

Festival Co-Directors

02 9516 4755

email: [festival@newtowncentre.org](mailto:festival@newtowncentre.org)

or email: [festival2@newtowncentre.org](mailto:festival2@newtowncentre.org)

# VOLUNTEERS

Newtown Neighbourhood Centre relies heavily on the good work of volunteers and students to run the number of services that it does.

We value volunteers and students and the contribution they make to the Neighbourhood Centre's programs and the broader community.

If you are interested in volunteering with NNC please contact Rebecca on 9516 4755 or drop in and speak to one of our staff at the front counter.

## Would you like to volunteer with the Shopping Service?



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

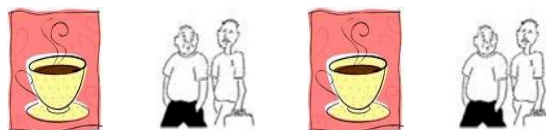
‡ The Shopping service runs on Tuesdays, Thursdays and Fridays.

‡ 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 detailed information on the shopping service and volunteer roles that are available please call Kerry on 9516 4755.

## Would you like to volunteer with the Boarding House Project?



**Do you have a few hours each week to contribute to the Community?**

Some ways you can assist:

- ➔ Indoor Bowling at South Marrickville every Monday 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 that suits
- ➔ Provide social support to walking groups Monday, Wednesday and Friday afternoons for an hour and a half.
- ➔ Volunteer with the women's group that meets on Fridays to support each other and have fun.

For more information visit the NNC website [www.newtowncentre.org](http://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.

If you are a volunteer and are interested in training **please call STARS on 9750 9344**. Training is free for new volunteers, however bookings are essential. Training is held at various locations in the Inner West area.

Training coming up in August & September:

### Friday 22<sup>nd</sup> August

Introducing Volunteering 10am -1pm

### Thursdays 11<sup>th</sup> and 18<sup>th</sup> September

Effective Communication 10am – 1pm

## Meet one of our Volunteers

### Jodie



*Jodie with a Boarding House resident from the KITES group*

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

About three and a half years

#### **What do you do as a volunteer at the Centre?**

I work with the Boarding House Project on three programs.

On Tuesday I volunteer with the Tom Foster Art program.

On Wednesdays with the Kites group, this group goes on outings sometimes or stays in and we do things like art and watch movies. Today we are going to the maritime museum, there is an exhibition on toy boats and souvenirs.

On Fridays I help with the women's group.

#### **What do you like about volunteering for the Centre?**

Helping other people, but I also get to do things that are fun. The work is in the area that I have trained in, I have done health science and community development. I was very impressed that this group existed, for people living in boarding houses who are disadvantaged. It's great to have a program that is about them enjoying themselves. The mission statement is to 'improve their quality of living'. It is great to see the way that happens, and to see people appreciate it and have fun.

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

I would probably go to the Kimberley's in Western Australia. I would like to find out about the way of life of the Aboriginal people in the communities there.

#### **What do you like to do in your spare time?**

I like seeing movies, singing, I am in a choir. I also enjoy writing and performing poetry.

#### **What is your favourite food?**

I love chocolate, we go back a long way.

#### **Where did you go for your last holiday?**

I went to Byron Bay and stayed in the rainforest surrounds. You could hear the sounds of the rainforest and it was a short walk from the beach and the river.

# Is Memory Loss Affecting the Life of Someone You Know or Care For?

A FREE FOUR PART INFORMATION & EDUCATION PROGRAM  
Especially designed for families & friends from multicultural backgrounds

PRESENTED IN ENGLISH—ALL WELCOME!!

**PART ONE:** Dr Helen Creasey, Consultant Geriatrician, Concord Hospital  
The Difference Between Dementia and Normal Ageing

**Tuesday 2nd September 2008**

5.45 pm for 6pm start (light refreshments served)

Session finishes at approximately 7.30pm

**WHERE:** Amenities Room, Petersham Town Hall, 107 Crystal St, Petersham  
Off street and on street parking available

There will be time for guest speakers to answer your questions

## Future Sessions on Wednesdays:

Part Two: 10 September Dealing with Legal Issues

Part Three: 17 September Caring for Someone with Dementia

Part Four: 24 September Caring Across Cultures & Generations

## RSVP for catering by Friday 29 August to:

Sophie/ Julie at Marrickville Council Ph: 9335 2143



A joint initiative of:

SYDNEY SOUTH WEST  
AREA HEALTH SERVICE  
NSW HEALTH

MARRICKVILLE  
council

Alzheimer's  
Australia NSW  
Living with dementia



You are invited to attend

# Newtown Neighbourhood Centre's Annual General Meeting



**Wednesday 24<sup>th</sup> September  
2008**

**Main Hall (Upstairs)**

**Light Refreshments will be  
provided**

**From 6pm**

**Guest Performance:  
Sydney Street Choir**

**Guest Speaker:  
The Mayor for Marrickville  
Councillor Dimitrios Thanos**

**RSVP 19th September 2008  
(02) 9516 4755**

**[admin@newtowncentre.org](mailto:admin@newtowncentre.org)**

**please note: mobility access is limited**