



NEWTOWN NEIGHBOURHOOD CENTRE INC

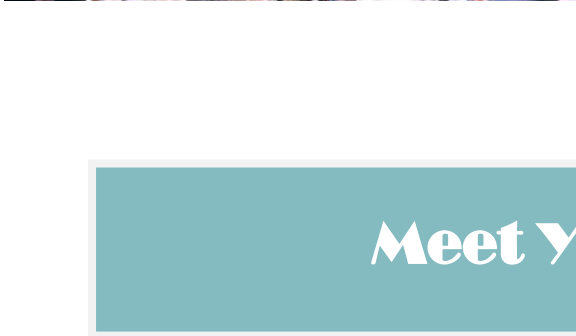
NEWSLETTER

February / March 2012



**Newtown
Community
Market Launch**

**Will you apply
for a stall?**



Meet You At The Markets

A just community that includes and acts

Centre News

Happy New Year to you all!!

I hope you had an enjoyable festive season and are looking forward to 2012. Nearly all staff have returned to work and programs have either started or are just about to resume. We are looking forward to working in partnership with you to develop programs and activities that meet the needs of this community.

There have been some changes at the front counter to ensure that we can meet the increasing needs of the community. Our front counter is often an extremely busy place with many people requesting assistance, others needing information or referrals to other services. Our front counter has a great bank of resources and information sheets that can assist people.

Unfortunately some people attending the front counter need much more assistance than we have the resources and capacity to provide. So we need to spend some time with them to assist them to find the right assistance that can best address their needs.

Thanks to the funding from Community Builders of the Human Services and Community Services and the funds we raise at the Newtown Festival we have been able to employ a full time Community Development Worker. The role of this position is to maintain the front counter as well as facilitate all the extra unfunded programs and activities that the Centre has developed. So please understand why we have to move some services around like the phone cards. The phone cards will now only be available on Thursdays at our One Stop Shop.

Currently at the One Stop Shop we have representatives from Centrelink and Housing, though we are looking to expand this great community resource. Some of the ideas we have had suggested to us are more health, legal, financial, educational and employment

support. If you have ideas of services or other support organisations you would like to see at the One Stop Shop, please let Katie know at katie@newtowncentre.org or call 9564 7333.

I would like to thank the many individuals and organisations who have contacted me regarding the viability of the Newtown Festival. In the last edition of the newsletter I informed you that the Festival was in doubt this year due to increased overheads and reduced sponsorship opportunities. From the letters I have received it seems that many of you love the festival and would hate to see it stop. There seemed to be confusion in that some people were not aware that the Newtown Neighbourhood Centre ran the Festival to begin with. Some could not understand why the Centre needed to make a profit at the Festival. I must explain that all money from the festival goes back to the community via programs and activities.

At the Centre we receive government grants to facilitate certain programs like the shopping service and aged day care services etc. So if the festival lost money the only way we would be able to cover the loss would be to take money from these services. I'm sure you can all understand this is not an option for us. We have a legal and of course a moral obligation to ensure government money is used appropriately. Currently we are still having talks with various stakeholders to see what is in the best interest of the Centre. I hope to bring you more concrete information in the next edition of our newsletter.

Also recently we have been talking to Marrickville Council about the Centre facilitating the markets outside our building. The community market will be held every Saturday from the first week in March. All proceeds will assist in raising much needed funds for our programs and activities. We thank Marrickville Council for giving us opportunities where the Centre can become more self reliant. For more info about these markets please see page 4 of this newsletter.

Cheers
Lisa

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Room Hire Update

Renovations are complete and Room Hire is back up and running.

We now have a lift which allows easy access for all the community and we also have an online booking system. Please go to <http://tiny.cc/crmuz>

NNC has 2 rooms for hire:

Main Hall



Upstairs Room



Room Hirers Must Have Their Own Public Liability Insurance!

For more info contact Shashanka on 9564 7333 or email: shashanka@newtowncentre.org

A Community Market for Newtown

We are delighted to announce that we will host a weekly market in Newtown Square commencing Saturday 10th March. The purpose of Newtown Community Market is to raise much-needed funds to support the Centre.

We will aim to make this market a true reflection of Newtown's unique and free spirit. People who live in our immediate area and who make what they sell will be given first priority for stalls. To add diversity, people who live in other areas and who sell good-quality products that complement the market will also be given stall sites. We will reserve a small area so that locals who want to sell their pre-loved treasures can be part of our community market.

NNC supports social development and enterprise, so if you are trying to establish yourself in a new business and think a market stall is a good place to start, call us!

We will aim to keep a site available each market for a community group. If you want to use the market to raise awareness of your work in our community, call us!



What products & services might you find at Newtown Community Market?

- High quality, locally made art & craft
- Handmade clothing & jewellery
- Massage & healing
- Face painting
- Pre-packaged foods like jams, chutneys & spices
- Vintage clothing
- Decorative art
- Books & DVDs
- Bric-a-brac

If you have any other ideas for products or services you would like to sell, call us!

Please note: under the terms of our licence from Marrickville Council, this market cannot sell any food for consumption onsite. Our suburb has many great food outlets & coffee shops, so be sure to check out the culinary splendour of Newtown when you visit.

For further info about how you can book a stall, please contact Barbara on 9564 7306 or email barbara@newtowncentre.org

Events this year at NNC

We have an exciting year ahead of us and plans are already underway. This year we will focus on 4 key areas:

Health & Wellbeing

Education

Leisure & Recreation

Community Services

Are you part of an Organisation?

If yes, then don't forget to subscribe to our monthly eNewsletter and keep up with what's going on at the centre.

Email: emily@newtowncentre.org

We have started putting together our yearly events guide and will be covering key issues each month. Some of the issues we will be covering include:

- Mental Health Month
- Men's Health Week
- Homelessness Awareness Week
- Closing the Gap
- Youth Week
- Adult Learners Week
- Law Week

Is there a topic or issue you think the Centre should be supporting?

If so let us know, if we can't cover it this year we can certainly add it to next years plan

We will be running our monthly issue based BBQs at the Centre starting with our Valentine's Day BBQ to promote sexual health and healthy relationships.



Tues 14th Feb 11am-1pm

Valentine's Day BBQ

@
NNC

For more information about upcoming events and to have your say contact Emily (02) 9564 7310

BHOP UPDATE

NNC's Boarding House Outreach Project (BHOP) has now been running for 6 months and below is an overview of the projects and activities to date.

The project has had engagement with 93 Clients. Of these around 15% are women reflecting the invisibility of women in homelessness figures and also that many Boarding Houses exclude women.

During casework engagement periods we sometimes find people move from one Boarding House to another, or have spells of rough sleeping and access emergency crisis accommodation or sofa surfing which reflects the unstable nature of Boarding House accommodation.

Referral sources include Centrelink, Housing NSW, Community Housing providers, Local Members and politicians, other community sector providers, hospitals and mental health teams.

We have run Outreach Clinics in two locations:

- Redfern Centrelink
- Burwood Community Welfare Services

We will be reviewing the usefulness of carrying out Outreach Clinics over the next few weeks.

We are working across 5 Local Government Areas:

- City of Sydney
- Marrickville
- Ashfield
- Burwood
- Canterbury

We have met Council officers in each of the above LGA's. All but one has expressed concerns regarding Boarding Houses in their area. Common concerns include issues around lack of knowledge of Boarding Houses operating in the area and the unmet needs and marginalised nature of occupants.

We hope to extend our activities to Leichhardt this year. I estimate we have recorded over 350 Boarding House addresses in the areas in which we work. We are also seeking to work closely with operators and have developed some good relationships with both individual operators and real estates who manage properties. In a recent innovation we worked with a realtor and secured a two bedroom unit to be rented to two individual women, each with a tenancy. Each paying rent of \$180; this is less than the previous Boarding House rent they were paying of \$190. We are keen to explore how we can expand this way of working, which has a number of benefits for different stakeholders.

But the overriding desire of many of the people we work with has been to leave the Boarding House sector. This should not come as a surprise to anybody familiar with the conditions of Boarding Houses, where there is no legal protection, often poor conditions with no minimum standards and high rents that leave people trapped in poverty.

Paul Adabie
BHOP Manager

Community Linking Project Update

In early December, residents from Denroma and Carinya in Marrickville, Ellis St in Merrylands plus Union St in Merrylands met at the beautiful parkland grounds of Ashfield Bowling Club for a day-time disco. About 120 people came from a variety of disability service providers across the inner-west. The Mary MacKillop Centre created a fun day with a funky DJ, musical chairs, food, dancing and dress-ups. Let's just say staff and residents had a ball!



In mid-December, ALI residents ventured out on Christmas Lights tours around Ashbury, Marrickville and Stanmore. Residents were treated to Christmas Carols, mince pies and other delights. Some residents were very keen to go

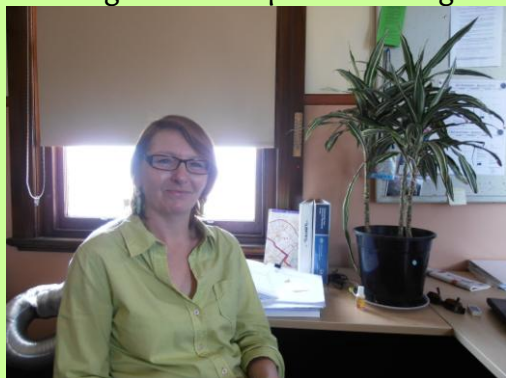


In late December, Tom Foster Community Centre was home to a wonderful CLP client Christmas party. Residents from all 4 residential centres came together, along with friends from Weroona (Mary St Lilyfield). All up, over 60 residents enjoyed a band, slide show of 2011's ALI and CBA pictures, traditional Christmas lunch, games and bubbles! It was a very successful party.

At the end of December, the team bade farewell to Julia Phillips, Locum CLP Manager. Julia's creativity, skills and knowledge were important to the development of CLP throughout 2011 and we all wish her well in her future endeavours

A New Year and a New Face at CLP

One of the first tasks I was asked to undertake as the new Community Linking Project Manager was to write a few words for the NNC newsletter to introduce myself. Firstly, I would like to acknowledge the warm welcome I received from NNC staff and the support given to assist me in settling into the position. I'm delighted to be part of an organisation that has worked long and hard for a just community.



The idea of a *Just Community* has been at the heart of my work and personal life for most of my adult life. I've been fortunate to have had access to education and employment opportunities that have enabled me to gain a wealth of skills, knowledge and experience as a community development practitioner both in the UK and Australia over the last 17 years. My job roles have been diverse, I've had the pleasure (and sometimes the challenges) of working with various people, and while I may have changed jobs, organisations and even countries, what has never changed is my commitment to the values and principles of social justice.

As the CLP manager, I have the responsibility of providing support and direction for the CLP staff as we embark on another year of delivering quality, responsive services for the ALI and CBA clients. I find myself feeling fortunate to be working with people who have skills and experience, and crucially *care* about what they do, which is sure to make shaping the CLP direction for 2012 an informed and creative *team* effort. Together **Everyone Achieves More** and I look forward to being part of the CLP and NNC Teams.

Carol Hamilton
CLP Manager

WRAP WITH LOVE - KNITTING GROUP UPDATE

The "Wrap with Love" knitting groups make blankets for emergency relief. These are shipped to disaster areas and those in trauma in Australia and all over the world.

The Newtown Neighbourhood Centre's Wrap with Love group is a social group of knitters who get together on a voluntary basis at different times during the week to create the hand knitted wraps.

Clients from the Greek Speaking Day Care Centre are also actively participating in knitting or donating wool in order to continue making blankets for people in need. The Wrap with Love outreach program for the Greek Speaking Day Care Centre is held on Tuesday and Thursday mornings.

Currently we have a shortage of essential materials, which were initially donated by fellow knitters. In order to continue this worthwhile project, we would greatly appreciate any financial contribution or donation of wool (ply 8, 5, 3) and/or knitting needles (size 8) to assist the project.

If you are able to assist and support this project or would like to become a member of the group please contact Katie or Marie at Newtown Neighbourhood Centre on 9564 7333.

Donations can be made at Newtown Neighbourhood Centre or at Herbert Greedy Hall at 79 Petersham Rd Marrickville.



*Marie Kostov
Multicultural Neighbour Aid- Greek Coordinator*



Our Thursday group went to Penrith at the end of November last year for the launch of AFFORD – The Australian Foundation for Disability. They are doing research in conjunction with the State Government & Sydney University regarding the transition of people with a disability into the community when they reach retirement.

Our group was visited by Nathan Wilson from Sydney University and Nicolette from AFFORD with J and her mentor T with the aim of introducing J to our group. J enjoys knitting and she also enjoys walking. Her mentors could not believe their good luck to find out that our group also walks with the NNC Walking Group before joining the NNC Wrap with Love knitting group.



The NNC Wrap with Love group

Over time T will attend less and less with the intention of J attending by herself. It is important that J feels at ease in our company and enjoys her time with us.

*Diane
Walking & Wrap with Love group attendee*

Shopping Service Update

Do you need assistance to get to Marrickville Metro and you live in Marrickville Council Local Government Area?

We may be able to assist you. The fortnightly Shopping Bus is available for the frail aged, people with disabilities and their carers. After a short assessment to gauge your eligibility for the service, you may be able to join our friendly bus driver Robin and the ever helpful assistant Paul who can help you on and off the bus and carry your groceries to your kitchen.

This is a Home and Community Care funded Project, jointly funded by Federal and State Government.

It costs \$5.00 for shoppers and carers are free if assisting the shopper.

For further information call Kerry on 9564 7333 or email: Kerry@newtowncentre.org

Kerry Muldoon
Shopping Coordinator

Activities for over 55's in Marrickville

Recently retired? Looking for something to do?

Join in some of the activities available for people aged 55 and over living in the Marrickville area. Marrickville Council offers a range of activities through its Seniors Activity Program.

There's music, art and knitting groups, keep busy at the Men's Shed or attend healthy ageing talks, book clubs, computer classes or an exercise group. All activities are available at a small fee or no charge at all.

For more info, to get a copy of the Seniors Activity Program or to receive updates call Marrickville Council on 9335 2143 or Neil on 9335 2191.

Pets of Older Persons (POOPs)

The Pets of Older Persons (POOPs) program assists socially isolated elderly people by offering assistance with their pets in times of crisis. POOPs aims to keep pets and their elderly owners happy, healthy and together in their own homes for as long as possible.

POOPs was established by the Aged Care Assessment Team (ACAT) at St Joseph's Hospital Auburn to temporarily care for the pets of elderly people who were admitted to hospital. The RSPCA became involved to provide assistance with veterinary care and emergency boarding.

POOPs is Sydney based but assists clients throughout NSW when possible.

POOPs services:

- Temporary foster accommodation and/or emergency boarding of pets should the owner need medical treatment, respite or other assistance
- Assistance with veterinary treatment at the RSPCA Sydney Vet Hospital
- Assistance with pet grooming
- Home visits to assist with basic pet care

Who is eligible for POOPs?

- People over 65 years of age who are socially isolated and require assistance with care of their pets
- Palliative care patients of any age who are socially isolated and require assistance with care of their pets

What does it cost?

Clients pay veterinary, grooming and boarding fees at the time of service. POOPs clients receive discounts on services and payment plans can be arranged if needed. All cases are assessed on an individual basis.

For more info phone: 02 9782 4408 or email: poops@rspcansw.org.au



NEW YEAR RESOLUTIONS

Every year I make New Year resolutions, along with millions of other people, but sticking to these resolutions can be hard and I often find myself making resolutions that always start with STOP!

STOP smoking, STOP eating chocolate, STOP being so unorganised.

Well this year my resolution is to STOP starting with STOP, this year is going to be a positive year with a positive start and you can't start something like that with STOP.

So here goes...

This year I will:

- Start saving \$20 per week (that's less than \$3 per day) but over the year I will save over **\$1000** - not bad really!
- Learn how to play touch rugby and join a team - this is a great way to meet new people and stay active.
- Start using my diary on my mobile phone - this will help me stay more organised, remember birthdays, attend appointments and make my life less stressful.

I've only chosen **3 things** this year as it's better to do fewer things well and have a real sense of achievement than do lots of things badly.

- ❖ **Don't** just set goals to stop doing or deny yourself things
- ✓ **Do** set achievable and positive goals
- **Measure** your achievements and reflect on how well you are doing.

Why not join a local group to meet new people, learn new skills and have some fun. Here are just a few of the things you could get involved with at NNC:

- Newtown Walking Group - every Thursday 8.30-10am.
- Our Space Women's Group - every Monday 11am - 1pm.
- 'Wrap with Love' knitting group - every Thursday 10.30am-12.30pm
- Computer Classes - every Tuesday 10.30am-1pm
- English Classes - every Tuesday 10.30am-1pm





For more info about getting involved contact the centre on 9564 7333.


Use a chart to record your achievements, pit it into weeks so you can focus on easier targets...


	Walk to work 3 times a week	Save \$20 per week	Go to 2 computer class every week	Learn a new song on the guitar
Mon	✓			
Tues			✓	
Wed	✓			✓
Thurs	✓		✓	
Fri				
Sat				✓
Sun		✓		
Weekly goal	☺	☺	☺	☺


You can break your resolutions into monthly targets so you only have 12 to meet over the year...


- January
Start saving \$20 per week
- 

February
Join a local walking group
- March
Learn a new skill (this can be anything)
- 

April
Use my savings to buy a guitar and learn a song
- May
Keep a diary recording a time you laughed or smiled each day
- 

June
Walk for half an hour 5 times a week
- July
Make contact with an old friend or family member I have lost touch with
- 

August
Volunteer
- September
Make time to read a book of my choice
- 

October
Go to computer classes and learn a new skill
- November
Join a local group
- 

December
Make handmade Christmas cards for my family and friends

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." ~ Mark Twain

Do remember to come and visit us in 2012, we look forward to seeing you soon.

Emily
Community Development Worker, Marrickville Grows

Short Story Contest – 2nd Place

David Orwell Biography

David Orwell grew up on the North Shore, but has lived in the inner west all his adult life, after moving there as a student in the 1990s. He met his wife Helen after she answered an ad he placed looking for a singer for his band. They now live in Stanmore with their two children. David works as a lawyer in Newtown and enjoys writing and playing music in his spare time.

The Gold Watch

As he held a \$50 note out over the bar and tried to catch the bartender's attention, he noticed her looking at his wrist. She could have been 45 or 65. She was wearing a shabby track suit. He figured she was from the housing commission flats further down Erskineville Road. It was pretty easy to guess who was.

"Nice watch", she said. He nodded, offering a half smile.

He knew it was a nice watch. He'd seen it in the window of the pawnshop on King Street a couple of weeks before. It was a gold Omega Constellation, the top of the range "Superlative Chronometer" model. The price was \$600 but he'd seen that model for up to \$1200 in the vintage watch shops in the city. When he looked at it, he turned it over in his hand and saw the words engraved: "G J McInerney, 6 August 1966". He knew that the engraving reduced the value, but he still thought it was a bargain. The guy clearly didn't know his watches.

He haggled him down to \$550 without much trouble. He already had four others, but he couldn't resist. Every job he'd had since uni had paid more money than the last, and he'd just got another new one. Even with the hefty mortgage on the loft, he could afford it. He liked to call it a loft, but it was in fact a small apartment on the second floor of a former metal works.

The bartender finally leant in to hear his drinks order over the loud chattering of the Friday night crowd. The woman was still looking at him, sourly.

"Can ya catch cancer off a watch?" she said.

Before he could react, she was halfway back to the pokie room. Stupid old drunk, he thought, carrying the drinks back to his friends.

She knew it was the watch. She recognised the elasticised metal band, like one of those men's shirtsleeve rings, with the finish slightly tarnished. When her mother died she had found it in one of her bedside drawers. She couldn't remember her grandfather ever wearing it. He probably thought it was too good.

He'd worked at the Fowler's pottery factory in Camperdown for 37 years. She felt bad selling it, but it hadn't ever been much use to him, or her mum, and it was no use to her. And walking out of the shop with three crisp \$50 notes was a good feeling.

The money was gone now, and she'd stopped thinking about it. But seeing the watch on the young man, in his flash suit with his gelled hair and perfume, had brought a sudden rage that caught her off guard.

In the loft that night, he couldn't sleep. As the drinks wore off, he lay in the dark and thought about the woman in the pub. and what she'd said. He put the gold watch on Ebay the next morning.

NSW Oral Health Fee for Service Scheme

It is very important to look after our teeth and gums. The most common conditions related to poor dental health are:

*tooth decay and toothache
having a dry mouth*

*bleeding gums
mouth ulcers*

*dental erosion
bad breath*

Poor dental health is linked to many other health problems such as heart disease, diabetes, stroke and respiratory disease. However poor dental problems can easily be prevented or treated. If you cannot afford to have dental treatment find out if you are eligible for the Oral Health Fee for Service Scheme.

Under the Scheme, the type of dental care that can be provided includes emergency, general dental care, and dentures.

Who can get dental care through the OHFFSS?

All children who are younger than 18 years of age.

All adults who are more than 18 years of age and are current holders of one of the following Centrelink concession cards:

- Health care card
- Pensioner Concession Card
- Commonwealth senior's card
- Also anyone listed on your card

How do I get an OHFFSS voucher?

The first thing to do is to phone the Public Dental Service Call Centre on 9293 3333 and tell them about your dental issue. They will prioritise your dental problem depending on how urgent it is. They may offer you an OHFFSS voucher, give you an appointment, or place you on a waiting list, depending on your dental issue.

How long do I have to use the OHFFSS voucher?

Please note that your OHFFSS voucher has an expiry date. It is important that you make an appointment with a private practitioner within 10 days of receiving your OHFFSS voucher.

Will I have to pay anything?

There are no charges for the dental care shown on the OHFFSS voucher that has been authorised by the Public Dental Service. Any additional dental care offered by the private dental practitioner, which is not covered by the value of the OHFFSS voucher, should be discussed and clearly understood by you as this may result in fees **YOU WILL HAVE TO PAY**.

For more info about this Scheme please see:
http://www.health.nsw.gov.au/factsheets/general/fee_for_service.html

If you are not eligible for the above scheme and you have a chronic health condition such as asthma, arthritis or high blood pressure, you may be eligible for the Enhanced Primary Care which is a subsidised dental treatment. Your GP can refer you to this scheme. The Scheme will allow you to see a dentist in a private dental surgery for a range of dental services including extractions, fillings and dentures up to a certain value. See your local GP for more info about your eligibility.

Below are some tips you can follow to help secure and protect your personally identifiable information and ensure that your identity has not been compromised.

Shred Documents. If you are throwing out bills, bank statements, receipts or medical statements you may be leaving too much info lying about. Buy a personal shredder and shred all papers before disposing of them.

Secure your Letterbox. Make sure you lock your letterbox and keep it locked at all times. This will prevent easy access to personal details from your mail.

Lighten your Load. Only carry with you the cards you intend to use. Only take your credit / ATM cards with you if you need to use them.

Lock up your documents. Keep documents in a locked safe or filing cabinet. When buying items online make sure the business site contains a full statement on its privacy policy. Also check the site you are accessing is a secure site.

Watch over your shoulder. When entering a PIN or a credit card number at an ATM machine, or even on a computer, iPad or phone, be aware of who is nearby and make sure nobody is looking over your shoulder.

Destroy digital data. When you sell or get rid of a computer or hard drive you need to ensure the data is completely destroyed.

Check your bank statements. Make sure the entries match your records.

Create multiple strong passwords. Create passwords that someone would not be able to guess. Don't use something like your birth date, last name or pet's name. Use at least 8 characters with numbers and letters. Keep in mind that if you use the same password for everything and someone gets hold of it, all of your accounts are at risk. Change them regularly.

Be Aware of Phishing Scams and Spam. Thieves are good at tricking people into thinking an email is legitimate when it isn't. An example is when you get an email that looks like it is from your bank requesting you to click a link to update account info. Never follow those links. Be wary of spam e-mail as they can have viruses that can get into your computer and access your info.

Secure Your Network. If you have a wireless network make sure you secure it. A hacker can gain access to anything you do over an unsecured network. If you look at the info for your wireless router, you can find out how to lock it.

Don't Put Private Information On Public Computers. If you're accessing a private account at the library or café, make sure to log out completely from your accounts. Never choose to save login information like your username or password on these computers.

Meet our volunteer June



How long have you been volunteering at NNC?

Approximately 3 months.

What do you do as a volunteer at NNC?

I assist with information and referrals pertaining to various support services, programs and local community activities. I update the Community Notice Board and front counter information folders.

What do you like about volunteering?

It's a very uplifting feeling, and I feel blessed that I have the opportunity to make a difference in people's lives, if only in a small way.

What do you get from volunteering?

Volunteering helps to change lives, including your own. It also provides a chance to share your skills and teach others what you are best at.

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

As I'm a keen traveller, I'd love to visit Antarctica for its sheer beauty and natural wildlife.

What do you like to do in your spare time?

I love to spend time relaxing with my husband and our two dogs Yuki & Shiro. We stop at a Cafe or two and enjoy long walks exploring our local area of Newtown. I'm also a keen exerciser who enjoys yoga, swimming and the odd "City to Surf" fun run raising money for animal organisations.

What is your favourite food?

Coming from an English background I must admit, I enjoy a good feed! I would have to say my favourite food is a good Italian dish or a simple bowl of freshly cooked prawns and crusty bread.

Easy Nicoise Salad

Prep time: 10 minutes

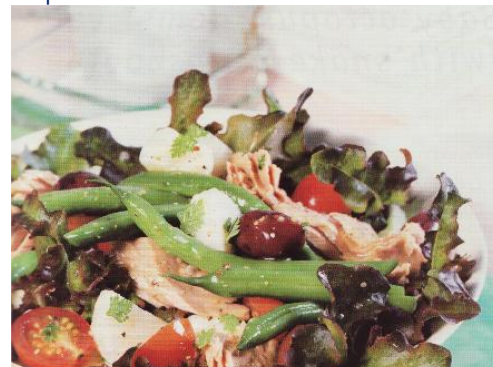
Serves 6

- 125g green beans
- 1 cos lettuce
- 250g cherry tomatoes, halved
- 1 cup black olives
- 410g can potatoes, drained and quartered (or steamed baby potatoes)
- 2 x 425g cans tuna, drained
- 1/2 cup low-fat French dressing
- 2 teaspoons seeded mustard
- 1 clove garlic, crushed
- 2 teaspoons fresh chervil leaves or herb of your choice

Place beans in medium heatproof bowl, pour boiling water over beans and let stand for 5 minutes; drain. Rinse beans under cold water; drain well. Break tuna into large chunks.

Line a large serving bowl with lettuce and top with combined beans, tuna, potatoes, tomatoes and olives. Mix dressing with mustard, garlic and herbs in a small bowl and pour over salad.

From The Australian Women's Weekly Cookbook "Fast and Fabulous: Meals for Busy People"



The Marrickville “DeSteel Café will be restarting for the new year.

Come and join us for morning tea at the

Marrickville “DeSteel” Café

A multicultural support group for people with dementia,
their family and friends



When: 2nd Thursday of the month. Dates for 2012 are as follows:
 9th February 8th March 12th April 10th May
 14th June 12th July 9th August 13th Sept
 11th October 8th Nov 13th December

Time: 10.30am – 12noon

Venue: Steel Park Café
 Debbie and Abbey Borgia Community Recreation Centre
 531 Illawarra Road Marrickville

Contact: Anne Tunks
 Inner West Dementia Advisory Service
 Ph.9378 1258 or 0428 676 427
anne.tunks@sswahs.nsw.gov.au

Cost: Free! (but a gold coin donation would be appreciated)

Take the opportunity to join others in similar circumstances, talk with each other and various health professionals, while sharing ideas and stories over morning tea.



A just community that includes and acts