



Newtown Neighbourhood Centre Newsletter

June / July 2009

Centre News

Hi All

We have some exciting new events happening at the Centre. Firstly I would like to welcome our new Community Development Worker, Cyril comes to us with extensive experience working with the homeless and asylum seekers both here and overseas. So please come in and say hello to our newest worker and make him feel welcome.

As I talk about every newsletter the homelessness and housing crisis continues to affect many of the people who come to see us at the front counter. Well, we have some good news the Centre with the assistance of Housing NSW and Inner City Homeless Outreach Support Service we will now be able to offer housing advice and information clinics three times a week. These clinics will be held on Monday, Wednesday and Thursday from 2.00 to 4.00pm. We would like to thank our local member Carmel Tebbutt for her assistance in this project.

Recently we received funding from the Mental Health Coordinating Council to look at the community needs of people with mental health problems. Currently the Centre is sourcing opinions from people with mental health problems as well as their families and carers. So please can you help us shape the future of community support for people with mental health problems by visiting our website www.newtowncentre.org and fill out our survey. Or if you would like to be part of a one of our focus group that will look more closely at these important issues, please call us.

The Centre is also inviting service providers to also become involved in this project. They

can also visit our website and fill out a survey or we are inviting them to attend a scenario planning workshop on the 8th July at Petersham Town Hall.

In the last couple of years the Centre has increased many of the activities and programs we facilitate. That is why I have also included in this newsletter a copy of the Centre's new brochure. Please check out all the different activities we host and maybe see if your family, neighbours or friends might be interested in joining one of the centre's many activities.

As the weather is starting to get colder we say goodbye to some of our warmer weather activities. We will be hosting our last BBQ this May. With each bbq we try and bring to light a different issue. For May's BBQ we will be highlighting information about Hepatitis C So please if you have ideas for issues or information that we could highlight please let us know.

Since its Volunteer Week I would also like to take the time to thank all the volunteers and students who continue to support the Centre with their skill, dedication and time. Recently a couple our long term volunteers have left the Centre due to them finding employment. I would like to say a big thank you and wish them all the best in the future. I know we are currently needing some extra volunteers in Bingo, Shopping Service and the Boarding House so if you have any spare time please call Cyril.

Cheers
Lisa
Executive Officer

Welcome to Cyril



Dia Dhuit a chaire agus tá súil agam go bhfuil sibh go maith. Tá an áthas orm go bhfuil mé ag obair sa Newtown Neighbourhood Centre.

Hi Everyone, I hope you are well. I am delighted to be working at the NNC. My name is Cyril O'Connor and I come from Ireland. I have been living in Australia for nearly 18 months now. I originally came over to study a Masters in Social and Community Development at UNSW. However, at the end of last year I had a decision to make. The greens of the Emerald Isle or the beaches of Sydney. The glorious sunshine was too difficult to leave and the thoughts of long cold wet Irish winters meant Australia was always going to be the winner.

In Ireland and also in the UK, I worked a lot with the homeless in transitional housing projects and also set-up and ran an Asylum Seekers Support group. I also played in Hurling teams and coached a youths Hurling team for 8 years. Hurling is the traditional sport of Ireland and is the oldest and fastest field game in the world. It is one of my passions.

Since coming to Australia I have worked with Mission Australia Centre as a homeless persons caseworker and with NSW Ecumenical Council as their Refugee Programs Coordinator. I also volunteer with the Asylum Seekers Centre in Surry Hills. Helping vulnerable people access and achieve their rights is a primary motivation for me and I feel every person is entitled to respect and to realize their universal human rights.

Another major passion is working with communities in developing countries and I have spent time working in Nepal, India, Sri Lanka, Japan and Vietnam. I currently run a

small NGO in Ireland and Australia with a number of friends which funds educational projects in Uganda, Sri Lanka, Indonesia, and Nepal & Vietnam. Examples of the projects include building libraries, a nursery school for AIDS orphans, a school transport scheme.

I look forward to getting involved with all of NCC's activities and programs and to meeting everyone that uses the Centre. Please feel free to come in and say hello or even Dia dhuit and if I can help anyone in anyway please do not hesitate to call or come in to the Centre.

Slán agus Beannacht libh go léir,
Bye and best wishes,

Cyril

BIG THANK YOU

To Cheddi and Mick from Bon Doi

I would like to take this opportunity to say on behalf of our clients from the Boarding House Project an enormous warm THANK YOU for your wonderful donation. Your gift will certainly put a lot of smiles on their faces! Also To the mystery woman about 2 weeks ago who paid for my client's shopping while shopping At Woolworths at the Metro. A big warm heartfelt THANK YOU to you!!!!

As you said (Mystery Lady) it certainly restores my faith in humanity and I just want to say so do you.!!!

Gwendalyn Thomas
Boarding House Project

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Multicultural Neighbour Aid communities from Former Yugoslavia seniors celebrated

Seniors Week 2009 Live Longer, Live Life Marrickville Seniors Expo



With support from the NSW Department of Ageing, Disability and Home Care, the Marrickville Aged Services Interagency hosted an expo of activities in Marrickville Town Hall on Thursday 19 March 2009. Activities include scrap booking, jewellery making, Wrap with Love knitting demonstration, Years Ahead (NRMA presentation, tai chi demonstration and participation in, Older Persons Legal Advice, Digital Switchover for television, dancing demonstration, family history databases and much more!



The expo attracted approximately 25 stallholders and an estimate of about 150-200 people went through the event. This was a great community event with lots to see and participate in.

Other activities that our seniors took part in included Premiers Gala Concert at Sydney Entertainment Centre and Seniors Concert/High Tea at Petersham RSL Club.

Gentle Exercise Class

Our gentle exercise class continues to have fun and a good work out each Thursday morning at Newtown Neighbourhood Centre. The participants of the gentle exercise class during the month of April had a change of an instructor and a taste of Pilates. The change was welcomed and enjoyed, however things are back to normal and we hope to see you all there and those who would like to join us feel free to come and see what we do and have a go.

Wrap With Love knitting Group

Wrap with Love knitting Group that meets on Mondays are now in full swing creating colourful squares joining them into a wonderful much needed blankets/ wraps for those in need.

Others knit at home and as many of our knitters tell us as the days are getting shorter and nights longer this is a great time to get creative and make the time pass quicker while at the same time supporting this great cause.

You too can support the wrap with love program by joining the knitting groups at Newtown, knitting at home or donating any unwanted wool for our knitting groups.

Our wonderful Volunteers

National Volunteer week 11-17 May 2009

Our chance to acknowledge and thank our volunteers everyday people with extraordinary contributions to our Day care Centre program, Wrap with Love knitters and community at large. Our volunteers assist the frailer members at the day care centre, assist with preparing of the morning tea, serving lunches, cooking our very popular BBQ's on group outings, visit the sick at home, in the hospital or in nursing homes

Volunteers contribute their free time to assist and support others in their community and many find their contributions extremely rewarding and personally satisfying. The Multicultural Neighbour Aid Program is able to do so many of its activities thanks to your valuable contribution.

NNC Events and Activities



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
12th & 26th June
10th & 24th July

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, CDs and more.

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

★ Street Soccer



When: Every Wednesday 1:30 – 3pm

Where: The Debbie & Abbey Borgia
Community Recreation Centre
531 Illawarra Rd, Marrickville.

★ Gentle Exercise Classes

Open to Men and Women over the age of 55



When: Thursdays 10am – 11am

Where: Newtown Neighbourhood Centre

Cost: \$3 per session regulars
\$4 per session casual

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

★ Homeless Persons Legal Service (HPLS)

NNC 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: Fridays 1:30 - 2:30pm

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

So if you need legal advice, please come down and chat to our friendly lawyers.

★ Housing Assistance & Referral Service (HARS)

Assisting people to find secure, affordable and appropriate housing

- This is a free service
- You do not need an appointment

Where: Newtown Neighbourhood Centre,

When: Wednesdays 3:00 – 4.30pm

HARS is a joint initiative of NNC and the Inner City Homelessness Outreach and

Support Service (ICHOSS). For more info call Paul or Marianne on 9516 4755.



★ Housing NSW Outreach Service

- Living in, or trying to get into, public housing with Housing NSW?
- Need help filling out forms?
- Is it difficult to get to Broadway?

Then come along to the Housing NSW Outreach Service at NNC. Workers from Housing NSW Broadway branch will be available to assist you with your housing needs.

When: Every Monday & Thursday 2.00 – 4.00pm

Where: NNC (opp Newtown Station)

★ Wrap With Love

NNC has two ‘Wrap with Love’ knitting groups, one that meets on Thursdays and is open to the general community, and the other is on Mondays and is part of the Day Care Centre for Communities of Former Yugoslavia.

All are welcome at our Thursday group. If you cannot attend and would like to contribute you can knit squares at home. We can provide you with wool and specifications for knitting squares. We also need supplies so if you have spare wool (ply 8, 5, 3) or knitting needles (size 8) or want more info contact Dushanka on 9516 4755.

When: Thursdays 10.45am to 12 noon.

Where: NNC - 1 Bedford St. Newtown

★ Tai Chi

Tai Chi a Winner at Newtown Neighbourhood Centre

Tai Chi is one of the ‘soft’ martial arts developed by the ancient Chinese. It is

practised increasingly in the West as a means of stress management and exercise.

Tai Chi is a series of slow, controlled movements or postures designed to exercise the body and clear the mind. Scientific studies have found Tai Chi to be particularly helpful in treating stress related disorders.

It is reported that Tai Chi can help to improve a range of disorders, including:

- Anxiety
- Arthritis
- Balance and coordination
- Fatigue
- Joint stiffness
- Muscle tension
- Poor posture
- Stress.

Tai Chi classes have been running at the Newtown Neighbourhood Centre for the past 18 months. The group is made up of new and old members who have been coming since it started. We recently carried out a survey of the Tai Chi class members and here are some of the findings:

-Most group members felt their health and well being had improved with Tai Chi

-People noticed improvements with their balance, memory, and felt more relaxed.

-There was overwhelming satisfaction with the instructor.

-It was a great group to join!

Where: Main Hall

Newtown Neighbourhood Centre

When: Tuesdays 1-2pm

Cost: \$2.50 unwaged and \$5 waged

Wear: Comfortable clothes & flat shoes

An enrolment form needs to be filled out prior to class; these can be collected from NNC or completed on the day.

Instructors are from Tai Chi Fitness Australia.

All are welcome!

**Greek Multicultural
Neighbour Aid
Recently launched -**

**GREEK SPEAKING DAY
CARE CENTRE**

**This will provide additional services
- for the Greek speaking frail,
elderly and their carers in the
Marrickville Municipality**



**The launch of the GREEK SPEAKING
DAY CARE CENTRE took place on
Thursday 26 of March at Herbert Greedy
Hall in Marrickville.**

The expansion of the service is focusing on meeting some of the needs of the Greek speaking elderly population in the Marrickville area. Priority is given to residents living in the area that are frail, elderly or in a caring role. Transport is provided to residents in the area if unable to access public transport in order to get to the day care centre.

The service operates on a weekly basis, which includes recreational outings, activities, guest speakers, morning tea and a visit to the local club for a traditional Greek Meal. There is a small charge towards some of the services provided.

**Please ring Newtown Neighbourhood
Centre on 9516-4755 for more information.
This service operates in partnership with
Sydney South West Area Health Service /
Migrant Health Team Freeda
Ecomomidies. This new service is funded
by Australian Government and the NSW
Department of Ageing, Disability and
Home Care under the Home and
Community Care Program.**

*** Please note a waiting list applies for the
Tuesday Day Care Centre Group, which
also includes door to door transport.**



I would like to take this opportunity to highlight the role of volunteers in our communities and to say thank you to many volunteers who provide a vital service to our society and to our community, many organizations rely heavily on Volunteers for support and assistance. Volunteers contribute their free time to assist and support others in our community and in return find their contribution extremely rewarding and as described by many being able to - **give something back to the community**

I would like to take this opportunity to thank all our wonderful volunteers for their great contribution and for taking on the additional tasks in order to support the newly established Thursday HACC Group. Their contribution to the day care centre is greatly appreciated and valued by all. The Volunteers support the day care centre in various roles, which include: assisting frail members, helping with activities and events that take place at the day care centre, preparing and serving morning tea and also assisting with the weekly transport service.

Meet our day care centre volunteers for the Tuesday and Thursday HACC group from right to left are, Maria, Nicky, Despina, Angela, Irene, Rena, Eleni, Sophia, Mersina and Irene. Absent, Harry and Lazaros.



Learn Maltese Language Now in City Location

Maltese language and culture classes now available with Skola Maltija Sydney adult class Newtown Neighbourhood Centre.

When: 9:30am to 11:30am
Saturdays during public school terms.

Term 2 first class - 2 May 2009, enrolments all year around, minimum 2 term or 1 semester booking, \$220.00 (18-20 lessons) discount students & concessions

NSW Board of Studies syllabus used and qualified teacher, native speaker.

Not for profit association-Akkadamja Maltija Ta' NSW Inc.

Contact Rhonda on 0414604495 or rhonda_balzan@yahoo.com.au

Boarding House Project News

OUT AND ABOUT WITH THE BOARDING HOUSE PROJECT

The days are getting shorter, the air a bit cooler and we are well into 2009.

We have had some people changes in both the boarding houses and the team here at NNC. We bid farewell to Dale (again) as she headed off to settle in New Zealand with her family and welcomed back Frances who has returned from maternity leave, she now has the joys of returning to her son after a couple of days work each week. Changes in the boarding houses have seen Michael take up residence in the area and new to the ALI program. Whilst it has been a sad note to say goodbye to Tony who recently has passed away.

Activities & Links

The Sydney Street Choir filling the hall here each Thursday learning new songs and sharing their stories. They have a full program of performances and events and recently returned from a weekend of singing and performing to the people of Grafton.

The women's group and KITES have been out spending their government bonus funds choosing their winter woollies and PJs, CD players and indulging in chocolates and treats. It is humbling to see the generosity that some residents have for others and their fellow housemates purchasing gifts for each other and hearing of one resident making a donation to their chosen charity. I think we can all learn something from these occasions of compassion and generosity.

Bing, bingo, bingo.....one of the NNC volunteers does a wonderful job calling bingo and this fortnightly activity that is a highlight for many residents and our own bingo queen Gwendalyn.

Working with Marrickville council we are promoting the Street soccer program as a way to keep active, develop skills and take up some more challenge matches against other workplaces. Each week Joel runs the players through training drills for skill and team development before some game practice. With the aim of increasing the numbers for this program it envisaged that some a team can be developed to participate and connect in local cultural and community competitions.

Students

Thy Occupational Therapy students Erin and Semray have finished their placements after 7 weeks of getting to know many residents, running programs and gaining experience in this community sector. It is invaluable to us to offer students a hand on opportunity for learning and development, and it is refreshing for us to learn of new ideas and be surrounded by their freshness and enthusiasm. Unfortunately for us we won't have OT students again this year, it appears that many agencies are offering placement this time round so we will have to wait until 2010.

What's happening at ROOMIES

We have the wonderful Seraphina Martin running printmaking workshops for the residents from June. Clarrice and Denise have been busy knitting lots of yellow for a gorilla knitting project Denise is doing in Taylors Square. Check her blog out for some inspiration
[www.dneese@blogspot.com](http://www.dneese.blogspot.com)

Leigh Connell
Boarding House Project Manager

Volunteers

We would like to welcome two of our valued volunteers Tony and Kamala. Tony is our extra pair of hands in the front office, helping out with administration and computer tasks. Kamala assists on the Boarding House Project with Roomies and artwork data entry. She is now also assisting with accounting and general administrative tasks.

Meet our volunteer Tony



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

For about one month.

What do you do as a volunteer at the centre?

I do mostly administration work and other office duties.

What do you like about volunteering for the centre?

It's very easy and I enjoy helping people out.

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

Greece, because I like history.

What do you like to do in your spare time?

I like to exercise and do other volunteer work.

What is your favourite food?

Cheesecake.

Where did you go for your last holiday?

I went on a cruise to Vanuatu and the South Pacific Islands.

Shopping Service News



Meet Catherine, one of our shopping service clients

How long have you been using the shopping service?

For me, I think 3 years.

Do you find it helpful?

Yes, very.

Would you recommend this service to others?

Yes I do. I say to people who have problems or live alone that it's very good.

Do you look forward to your shopping days? Why?

Yes because I come and do my shopping. I also meet friends and have coffee with them. It's very handy.

What do you like to cook?

Being Greek, I like to do a lot of Greek cooking. Like eggplants, I fry them. Or beans, potatoes and zucchini with a tomato paste-like a casserole.

What would be three things you have on your shopping list every fortnight?

I always buy food for my cat and parrots at Woolworths. I buy biscuits, chocolate and breakfast food at ALDI. I can buy it all at ALDI!

Room Hire at NNC

NNC has rooms available for hire at reasonable rates for self-help groups, social justice organisations, classes, public meetings, rehearsals, employment groups, fundraisers, etc.

We have three rooms available:



Main Hall / Meeting Room / Upstairs Room

Main Hall - 150 people capacity

Meeting Room - 25 people capacity

Upstairs Room - 60 people capacity

Newtown Neighbourhood Centre has wheelchair access on the ground floor and a disabled toilet.

Please note that the flooring of this building is not 'sprung' and as a result we are unable to hire out or host events or activities that present a heavy impact on the floor. This includes, but is not restricted to activities/events that involve martial arts, dancing, jumping, running.

Groups & Individuals Hiring Any Space Must Have Their Own Public Liability Insurance!!

If you are interested in room hire or would like further information please contact our Financial Administrator, Shashanka on (02) 9516 4755 or email accounts@newtowncentre.org.

Please note that application forms, terms of condition and further information for room hirers are available on our website www.newtowncentre.org.

Nosey in Newtown

Are you nosey about Newtown? Check out this amusing, inspiring and unusual website. www.noseyinnewtown.com. which, as the site says.

“is about what goes on right under your nose. It's curiosity about your habitat and engagement with your home. It's treading every footpath and delighting in every funny-looking dog and finding the beautiful in the familiar. It's about talking to the local shopkeepers and feeling connected with your community. It's about reclaiming the right to be a nosey neighbour. Not being invasive, or meddling, but sticking your nose around a few corners and sniffing around for surprising finds. Because what's going down in your neighbourhood is your business”

The site also has great links to many of the shops and services in the Newtown. Check it out – it's worth a visit!

With it seeming be the case that the term 'Choir' might have been the factor that made so many reluctant to come forward in the early days of formation for Veteran Soul, the group has now changed it's description to reflect the fact that they are in fact a 'Pop Chorus' and make this change to try and ensure that other Veteran communities who want to form their own Regional chapter of Veteran Soul will get off the ground with more speed. According to Veteran Soul founder/director & Francis Edwards, “We've learned that although individual desire to have a good sing is alive and well, the concept of joining a choir will more often balk anyone who perceives that they have less than a trained singing voice while the 'Pop Chorus' concept, which is what we are, makes people realize that in a group sound environment, their vocal capability and contribution is going to be there as part of the collective chorus and 'fine song art skills' are not required” Edwards went on to say the group would maintain the tag 'Choir' because that quantified it in the minds of the general public and helped non Veteran Community people place them for charity gigs.

PRESS RELEASE



***Sing Your Way to Better
Health, Happiness & Self Esteem***

Sing your way to better health, happiness and self esteem is just one of the mottos promoted by the members of Veteran Soul and including their leader, each one of them can vouch for the validity of that statement in this clarion call.

Why not start the ball rolling for your mates and their family members in your region by contacting Francis and volunteering to be your local area 'Veteran Soul' leader? Go on – Just do it! – He and others will help you all the way. You'll get him at either (02) 9660 2595 or 0458 993 268 or by email to franced@bigpond.net.au
Ends.

Bike Sydney



BikeSydney is a not for profit volunteer organisation that aims to make Sydney a better place to ride a bike. It's a community group, pressure group, recreational cycling group all rolled into one.

Its free to become a supporter –just jump online at www.bikesydney.org.

Even if you don't want to join the organisation, this is a great resource website with lots of information for all cyclists.

WANTED: memories of the rat plague and life in 1950s Sydney for a documentary in development for the ABC

In the early 1950's rats plagued Sydney, leading the government to allow the sale of the potent poison thallium.

This resulted in a spate of murders and attempted poisonings of family members with the odourless and colourless poison.

1952- Mrs Yvonne Fletcher, a resident of Newtown, was convicted for the murder of her two husbands and sentenced to life in prison.

1953- Mrs Veronica Monty attempted to kill her son-in-law and lover, rugby league star Bobby Lulham with thallium.

1953- 63-year-old great-grandmother Caroline Grills killed four members of her family and attempted to kill three more by adding thallium to food and drinks.

These cases, and many more, sparked major interests with media and public alike.

Do you remember these cases?

Do you remember the rat plague?

Did you or someone you know live in the inner city or inner west between 1945-1955?

Do you remember what life was like, especially for women?

If so, we'd like to hear from you!

Please contact:

Imogen Semmler (researcher)

0413565253

icsemmler@gmail.com

SAVE OUR SCHOOL

Former Enmore Public School, 2 –

12 Metropolitan Rd, Enmore

LOCAL COMMUNITY RALLIES TO

SAVE PUBLIC SCHOOL SITE

SOS convenor, Alan Croker argues, "this valuable public asset is owned by the community and is still capable of fulfilling a vital role in the education needs of the area. Given the present severe shortage of places at local pre-schools and primary schools, and the increasing need for additional classrooms and studios at the Enmore Design College (TAFE), less than 250m away, it seems absurd that the Dept would even consider divesting itself of such a valuable facility."

"We need to plan for the education needs of future generations, just as previous generations have done. Instead our government is squandering our publicly owned resources for short term economics."

"Former Minister for Education, and local member, Carmel Tebbutt, has argued that the sale is necessary to provide funds for much needed education facilities in other areas, such as Western Sydney but we think this decision is based on outdated demographic figures which predate the current baby boom, and these facilities are now needed here.

The building houses 14 classrooms and large undercover areas." "According to the 2006 census figures, the number of birthing age

adults (25-39) in the Marrickville area is almost 10% higher than the Sydney average.

These working couples are now producing children and instead of moving to areas with larger open space, they are opting to stay close to the city and their work, and enjoy the benefits of the inner west. The Enmore community wants to know why Verity Firth's dept and Carmel Tebbutt have refused to acknowledge these facts. If they really do believe in public education, then their actions are working totally against it." "Residents in the same street as the Enmore school site are these days unable to get their children into the only pre-school in the area, which has reported an unprecedented level of enrolments and was booked to capacity from the beginning of this year". "When the Education Dept tried to close the nearby Erskineville Public School, the local community fought for its survival and know, only a few years later, it is highly successful and operating at capacity. The local community is again fighting to save another valuable school site from this short-sighted and opportunistic sale".

Contact: Alan Croker on behalf of the **Save Our School** group, and concerned residents of Enmore

Phone Wk: 9319 1855

Phone Hm: 9557 3310

Vivid Sydney - See the city in a different light

City of Sydney has partnered with Events NSW to present, Vivid Sydney, a new international festival of music, light and ideas.

Centered in and around the Sydney Opera House, The Rocks, Circular Quay and the city centre in May and June, Vivid Sydney will transform the city into a spectacular living canvas.

The Festival features four exciting new events:

Luminous

Presented by Sydney Opera House and curated by legendary musician and multimedia artist Brian Eno, *Luminous* connects diverse music acts with public talks and spectacular light and art installations.

Smart Light Sydney

Smart Light Sydney will showcase dynamic light art sculptures using smart technology with a free *Light Walk* from Sydney Observatory, around the Rocks and Circular Quay to Sydney Opera House with beautiful new works from both international and Australian light artists.

Creative Sydney

Running for three weeks at the Museum of Contemporary Art in Circular Quay and at The Roxy in Parramatta, *Creative Sydney* offers a provocative discussion and events program showcasing the city's creative talents.

Fire Water

A free event recreated over three nights of flame, food and spectacle in Campbell's Cove, *Fire Water* interprets the fiery demise in 1814 of the convict transport ship 'Three Bees' in Sydney Harbour.

For the full program and further information visit the website.

When: Tuesday 26 May – Sunday 14 June

Where: Various locations across Sydney

City of Sydney is proud to present Vivid Sydney in partnership with Events NSW.

(Further info Go here:

<http://www.cityofsydney.nsw.gov.au/Newletters/whatson.>)

Mental Health 101

1 in 5 people will develop a mental illness in their lifetime and most of us will experience a mental health problem at some times in our lives.

What types of mental illness are there?

There are eight different types of mental illness:

- ◆ Mood disorders (including bi-polar and depression)
- ◆ Anxiety disorders (including Post-Traumatic Stress Disorder and Obsessive Compulsive Disorders)
- ◆ Eating disorders (including anorexia and bulimia nervosa)
- ◆ Schizophrenia
- ◆ Personality disorders (including borderline personality disorder)
- ◆ Substance abuse and dependency disorders
- ◆ Attention deficit (hyperactivity) disorder
- ◆ Suicide

What are the possible symptoms of mental illness?

Common symptoms include:

- ◆ Confused thoughts, delusions and/or hallucinations
- ◆ Extreme fears or anxiety that seem 'out of proportion' to circumstances or events
- ◆ Loss of interest in activities previously enjoyed
- ◆ Extreme mood swings
- ◆ Unexplained physical symptoms such as nausea, trembling, fatigue or headache
- ◆ Difficulty concentrating and/or sudden irritability
- ◆ Disruption to usual sleep patterns
- ◆ Talk or thoughts of suicide

What if I, or someone I know is experiencing these symptoms?

Symptoms may vary with the individual but if you have changes in mood and/or behaviour that persist beyond two weeks you should see your doctor. This way they can rule out any physical causes for

these changes and refer you to a mental health professional.

You may feel frightened or uncomfortable to talk about these symptoms, but you are not alone and the sooner you seek help, the sooner you can make steps to feel better.

What causes mental illness?

There is no single cause for mental illness and no one is to blame. People of any age, gender or race can be affected. Mental illness can be triggered by a combination of: a chemical imbalance in the brain, genetics and psychological and social factors (e.g. a traumatic life event).

Who can I call for more information?

Lifeline (24 hours)- 13 11 14

Centre for mental health (24 hours)- 1300 787 799

Alcohol and drug information service- 1800 422 599

(Sourced from mymentalhealth.ca)

Local Mental Health Contacts

Camperdown Area Mental Health

All mental health issues, 24 hr Crisis hotline, Youth support - **NO** aged care issues. 24 hour Acute Care Service

Areas covered: Annandale, Camperdown, Leichhardt, Lilyfield, Newtown (part only), Rozelle, Stanmore

Royal Prince Alfred Hospital
Level 5 and level 6 King George V Building, Missenden Road,
Camperdown 2050

Ph: 9515 9000

**Marrickville Mental Health
155 – 157 Livingstone Rd
Marrickville**

Information and support for family,
friends and carers.

Ph: 9562 0500

**Handy tips for surviving the
financial downturn**

- Buy second hand: great bargains to be had at Vinnies and Salvos
- Cook: Home cooking is cheaper and less expensive
- Garage Sales: Organise one with a few neighbours or go along and support a neighbour's sale.
- Join a library- free books, magazines DVD and music all for free.
- Conserve Energy: Wash in cold water, switch off unused appliances, use candles instead of lights.
- Walk instead of drive: and gain the great health benefits whilst saving money.
- Make gifts wrapping paper and cards can all be made from household recyclables.

Marrickville Council Events

Calendar June / July

Natural Personal Care Workshop

Tuesday 2 June, 6.30pm - 8.30pm

A free workshop hosted by The Watershed Sustainability Resource Centre.

Location: Newtown Library, 8-10 Brown Street, Newtown

Bookings: The Watershed, phone 95196366 or email watershedinfo@marrickville.nsw.gov.au

**Helping Learner Drivers Become
Safer Drivers workshop**

Tuesday 2 June, 6.30pm - 8.30pm

Are you planning to teach your teenager how to drive? If so, come to this free workshop, which provides parents and other supervisors of learner drivers with practical advice about supervising learner drivers.

The workshop is an initiative of Marrickville and Leichhardt Councils, and is supported by the Roads and Traffic Authority.

Bookings for the workshop are essential.

Location: Supper Room, First Floor, Leichhardt Town Hall, corner of Marion and Norton Streets, Leichhardt. Entry via Marion Street.

Bookings: Council's Road Safety Officer, phone 9335 2222

Safe Greywater Reuse workshop
Saturday 11 July, 9.30am - 12.30pm

What is greywater and how can you use it? Find out the risks to humans and the soil, how to manage them and how to meet the regulations at this free workshop.

Bookings are essential as places are limited.

Location: Greening Australia, Hut 1, Addison Road Community Centre, Addison Road, Marrickville

Bookings: Citizens' Service Centre, 9335 2222

Friends of Cooks River Valley Garden Working Bee

Sunday 12 July, 9.30am - 12.30pm

Volunteers take part in planting, weeding and mulching the native garden at Tempe Reserve, which was designed to showcase the indigenous plants of the Cooks River Valley Garden for local landscapers and residents. Working in the garden also gives volunteers the opportunity to be part of the garden's ongoing development.

Location: Tempe Reserve, Holbeach Avenue, Tempe

Safety Tips for Apartment living

1. Garage and storage areas are a target. Secure storage areas with quality locks.
2. Fire exists are a risk. Never leave doors unlocked or open.
3. Always lock up when you leave. Sliding doors and windows no matter what floor you live on.
4. Natural ladders are a risk. Don't provide easy access to upper balconies, for example wheelie bins, lattice & trees.
5. Install deadlocks. Fit your main door with high quality deadlocks. Keep spare key's in a safe location but not visible.
6. Never buzz strangers into a building.
7. Secure the main entrance. Ensure that security systems are working and restrict access to residents only.
8. Garage tailgating is a risk. When driving into your garage area never let anyone follow you through the garage entry door.

Information supplied by Crime Prevention Office

BE PART OF CHANGE FOR PEOPLE WITH MENTAL HEALTH PROBLEMS IN THE INNER WEST

Service providers in the Inner West Sydney Region continue to respond to the needs of people with mental health problems in what is sometimes a fragmented service delivery system. The NNC has found that in many instances people's needs are high and complex, and do not easily fit into service eligibility and delivery guidelines.

The NNC has embarked on a Project that aims to connect with people with mental health problems, their family and carers, and their service providers to specifically explore contemporary needs, and develop improved working solutions for the future.

If you are a person with a mental health problem, a family member or carer, a service provider representative or an interested member of the community, your input into developing solutions will be highly valued.

NNC is seeking people who are interested

- taking a quick, on-line survey
- organising a focus group discussion
- participating in an area wide, Scenario Planning Discussion Group on the 8th July 2009
- being part of filming a short production highlighting local needs and solutions

For further information and to take the survey visit NNC's website

www.newtowncentre.org

Alternatively please feel free to contact the Project Leader, Marika Kontellis on 0409 076708 or email

mkontellis@optusnet.com.au

NEED HOUSING ADVICE? WANT TO APPLY FOR PUBLIC HOUSING?

WE CAN HELP!

Where? Newtown Neighbourhood Centre

When? Every Monday and Thursday 2-4pm

Who? Workers from Housing NSW who specialise in working with both existing tenants of, and new applicants for, public housing.

We can help with: repairs, transfers, applications and tenancy issues.

☎ This is a free service.

☎ No appointment necessary.

