



Newtown Neighbourhood Centre Newsletter

October / November 2009

Centre News

Hi All

Recently the Centre held its Annual General Meeting and when I wrote my report for the annual report I realised what an extremely successful and productive year we had. This year again we have increased the services we offer to the community. A couple of the new services that the Centre introduced were twice a week Housing NSW clinic and an Arabic speaking class. We also received funding from the City of Sydney to fund a part time housing worker for one year and produce a Housing and Services Directory. Department of Ageing Disability and Home Care funded the Centre to facilitate an extra Greek Day Care Service.

With the Annual General Meeting also comes the election of our board of management. I would like to say a thank you to all members of the Board of Management who work really hard behind the scenes leading, organising and guiding the Centre. They are all highly skilled, totally dedicated and hard working individuals. They are a great asset to the Centre and NNC is privileged to have their calibre of expertise and commitment on the board. We farewell two of our long term board members Terry Murphy and Matthew Bowden who has been extremely generous with his time and commitment to the Centre. Matthew will be greatly missed for his kindness and his knowledge of all things community and his strong support for service users. Terry has been our longest serving board member and a special farewell to Terry can be found on page 3 of this newsletter.

With farewells come new people on the board and the Centre would like to welcome Wayne Tynan. Wayne who works in the banking sector seems the perfect fit to be the Centre's treasurer. For more information regarding the skills and strengths of our board please page 5 of this newsletter.

Housing and homelessness has continued to be a big issue for us here at the Centre and with our funding for the housing worker coming to an end at the end of 2009 we were concerned as to how we could keep offering this service. The Centre has been fortunate to obtain a small grant from Petersham RSL Club Ltd. to extend this project for a few more months. At the end of this project NNC is comfortable that there will be other local housing services that will assist with supporting the needs of people experiencing homelessness.

As some of you might be aware NNC has always had a problem with office space with people and volunteers sharing desks and the Centre not being able to take on extra volunteers or students to offer more service. Recently we received some exciting news from Marrickville Council. We were successful in our tender to lease a room at St Peters Town Hall, so some of our field staff will be setting up office there soon. As a result of Marrickville Council support we will have more office space and refurbished premises including a lift. So a big thank you must go to Marrickville Council for their on going support and commitment to NNC.

The NNC vision is *a just community that includes and acts*. The Centre hopes to

achieve this vision by helping to build an inclusive, resilient, self-reliant and creative neighbourhood. On the 9th October NNC will be showcasing local activities that support this community. We will also be launching our report looking into the community needs of people with a mental illness. It would be lovely to see as many of you as possible at this event so check out the program in the newsletter for the list of our activities. Also the following week we will be running free activities so people “can try before they buy”, so if you have ever been interested in Tai Chi, gentle exercise, and meditation come along and check out the diverse programs we run.

The weather is starting to warm up, we have been receiving parcels with CD's in them and I have spotted new people working in our crowded offices. This must mean that its Newtown Festival time and that means the Centre's main fundraiser is about to take place. So please if you have not enrolled to volunteer please consider it because your Centre needs you. Don't forget every cent that is raised goes back to the community via programs, activities and our community development projects.

Lastly, I would like to pay tribute to this community for the support they have always shown to the Centre. Thank you for wanting to get more involved with your community by becoming a member of NNC, volunteering, attending a group or just being interested in the Centre. Our membership numbers are growing all the time and I invite you all to get more involved with your community by becoming a member of the Centre please see page ... of this newsletter for more information about membership.

Thank you all for making NNC so successful.

Lisa Burns
Executive Officer

THANKYOU

Thankyou to the Hon. Carmel Tebbutt for the government grant we received from the Department of Ageing Disability and Home Care (DADHC) that was presented at our Annual General Meeting



The Hon. Carmel Tebbutt Bec, MP at the NNC AGM

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Farewell to our Living Legend

We would like to say an extra special thank you to Terry Murphy who has decided to step down from the NNC Board of Management after nine years of outstanding service.

Terry we thank you for the commitment, dedication and support you have shown NNC. You have been an advocate and an activist for both NNC and the community.



Terry was a member of the NNC Management Committee from 2000 till 2009. Eight of those years he served as President. He has also served his community by being on the board of Inner Sydney Regional Council and as the Chairperson of South Sydney Community Transport. He is a patron of Alexandria Boys Scouts. Member of South Sydney Council Traffic Committee and Alderman of South Sydney Council.

Terry has been a strong advocate for improvements to open space in his local area and successfully lobbied for improvements to Sydney Park, Perry Park and Erskineville Oval.

The Individual Medical Transport service, which transports the frail aged to hospital and medical appointments, was going to close due to lack of funding. Terry lobbied government to receive a grant to keep the service open.

Many years ago NNC was another organisation that could have closed down. Terry was invited to become President and with the hard work of some others has enabled the Centre to grow into the thriving place it is today. Thank you Terry you are indeed a living legend.

The Not Time Consuming Newtown Neighbourhood Centre Community Survey



The Newtown Neighbourhood Centre wants to know your opinions and ideas and suggestions. What sort of activities do you want out of your Neighbourhood Centre? What do you think is needed in your community?

We have a brief (we promise) survey for you to complete. It will be very helpful to us in planning new services and meeting the needs of the community. Besides that, if you leave contact details, you will be eligible to win free movie tickets at the Dendy in our lucky draw for all of you kind enough to complete our survey.

You can fill in the survey, included with this newsletter, and return it to us. You can also do it online, simply go to www.newtowncentre.org and click the link saying "Newtown Neighbourhood Centre Community Survey" at the bottom of the home page.

Thank you to Dendy for supporting our survey and thank you so much, your opinion is important to us!!

DENDY
261 KING ST • NEWTOWN



There Is Movement At The Station

Newtown station, that is! The Member for Marrickville, Carmel Tebbutt, announced that RailCorp had lodged an application with the Heritage Branch of the NSW Department of Planning, outlining its proposal to upgrade Newtown station. The plans include the construction of a new concourse over the station with lift and stair access, new ticket office, extended platform canopies and a new public entrance to the station. Construction will commence on the upgrade in May 2010 with is expected to be completed in 2012.

This campaign has been a very important issue for the local community and it has shown that when people work together much can be achieved. All of us here at the Centre would like to thank the community for raising this issue especially local residents, Carmel Tebbutt, Penny Sharp, Glen Redmayne, Marrickville Council, Marrickville Access Committee and Marrickville Senior Reference Group, South Sydney Herald and the Inner West Courier.

If you are interested in seeing a copy of the information brochure please drop in or email us and we will send you a copy.



NNC Annual General Meeting

NNC recently celebrated its Annual General Meeting (AGM). The AGM is an opportunity for NNC to talk about the events and achievements that have occurred throughout the year. It also allows NNC to celebrate its achievements and highlights as well as thank the outgoing Management Committee and elect the incoming Committee members. For an introduction to our new Board of Management Committee members please see page 5 of this newsletter.

At the AGM we also launched the Annual Report for 2008-2009. If you would like to read our Annual Report please visit the Publications page of our website at www.newtowncentre.org.

On the night we had entertainment from local group The Offcuts, who kept everyone tapping their toes with their traditional Irish music.

The President, Executive Officer and Managers spoke about staff, volunteers, projects and general business conducted throughout the year.

We also had guest speakers who spoke to local issues and areas of community concern. We extend many thanks to the Hon. Carmel Tebbutt MP; and to the Mayor of Marrickville, Councillor Sam Iskander for taking the time to attend our AGM and speak to the local community.

Thanks as well to all the members of the community, representatives from other organisations and NNC members for your attendance and for making the evening a successful reflection on the past year.



What does the NNC Board of Management do?

Good governance creates a strong future for an organisation by continuously steering towards a **vision** and making sure that day-to-day management is lined up with the organisation's goals. At its core, governance is about **leadership**.

The role of the NNC Board of Management is to govern the organisation within the approved budget and in accordance with NNC stated objectives and policies and procedures. The NNC Board should ensure at all times that it is fulfilling its role and responsibilities.

The NNC Board of Management has specific responsibilities, a nomination procedure for Board positions, Board member roles, an orientation process for new members, a code of behaviour and an outline for Board meetings and keeping of minutes.

The Board of Management has 4 main areas of responsibility – legal, policy & planning, financial and other.

1) Legal Responsibilities

The Board needs to ensure that NNC operates in line with the Constitution; the Associations Incorporation Act; and Funding Agreements.

2) Policy and Planning

The Board needs to ensure that NNC has clear goals; and plans are developed and evaluated on an annual basis.

3) Financial

The Board needs to ensure that NNC has an approved budget for the year; that NNC has sufficient income to meet the budget requirements; that the conditions of the Funding Agreements are followed; that funds are properly accounted for and that an audit is completed every year.

4) Other Responsibilities

The Board also has a key role in representing the organisation; appointment of the EO; and to support and work closely in conjunction with the EO.

Our Board Of Management

We would like to introduce you to the 2009/10 Board of Management of the Newtown Neighbourhood Centre.



*David, Gabe, Amalina, Karen, James and Wayne
The NNC Board of Management*

Karen Walsh - President

I first visited Newtown in late 1994 when I arrived from the UK, and I have had a strong affinity and connectedness with the place ever since. I joined the Board in 2007. I am a qualified social worker and I also hold qualifications at Masters level in Social Policy and Public Administration. I have worked in human services for over 23 years, in both the community and public sectors, in the UK and Australia - in a range of roles, which, in the earlier years included youth work, community development, disability services, child protection, case management, and organisational planning and development for the NGO sector.

More recently my roles have been at the Department of Community Services, the Aboriginal Housing Office and Housing New South Wales in policy and strategy, service improvement and development, organisational change and development, and project management. I am committed to social justice and community development. My involvement on the Board of NNC has taught me a lot, and I am always amazed by the achievements and commitment of the staff and volunteers, and the diversity of projects to respond to the needs of disadvantaged and marginalised groups. I am honoured to work with such committed people and also enjoy the challenge of volunteering on the Board. I am also an active member of a number of other non-government organisations in Sydney.

James Thomas – Vice President

James has been volunteering with NNC for 10 years, initially through his involvement with the Newtown Festival, and then as a Board member. He joined the board in 2003, following requests from a number of NNC employees, who felt his extensive experience in the private sector could bring the Board some specific expertise. He has served on the board in many capacities including President, Vice President and Sponsorship Specialist. James also plays a leading role in the Newtown Festival sub-committee. He has also assisted NNC on a voluntary basis with recruitment support and various functions for clients.

Amalina Wallace - Secretary

I have worked with people of diverse backgrounds, including prisoners, refugees and people in need of housing, for the last thirty years, both within government and for NGOs. In 1987 I worked as assistant to Aldo Gennaro, the occupational therapist, helping with art and drama therapy workshops for people with a range of disabilities. As a housing worker at ARCH I helped develop co-ops for Vietnamese, Arabic, Tongan, Filipino, and Chilean tenants, co-ops for people with disabilities and for single mothers and their children. I was a union workplace delegate in DIAC for some years and worked as a cartoonist and illustrator in the late 80s, for a number of unions and community organisations, through Breakout Press. I currently work in the Prison Servicing team, Centrelink.

Wayne Tynan - Treasurer

I am currently a Tempe resident and have lived in the Newtown/Erskineville/Tempe area for the past 5 years. I have been a Bank Manager in Newtown and worked briefly with NNC as Fundraising Coordinator before moving to Westpac as a Branch Manager. I am now with Westpac in Surry Hills and have been with Westpac for the past 4 years.

I have been in Sydney since 2001 after moving from Brisbane where I was involved with many charity and community organisations such as Radio Lollipop in the Royal Children's Hospital Brisbane and Meals on Wheels. While in Sydney I have

supported fundraising at NNC and the Festival and worked on various committees for New Mardi Gras.

My interest in joining the NNC Board stems from a desire to build stronger connections within the community I live. I find that the NNC is a fantastic organisation with very dedicated staff and volunteers.

Gabrielle Jones – Ordinary Member

I've been living in the inner west for five years, and have enjoyed participating on the NNC Board of Management since November 2006. I have served as both Secretary and Vice President at different times. I am very interested in good governance practices and contributing my experience around non-government organisations in my local community. I am a Social Worker, and have been working in the human services field for 21 years. For the past 11 years I have worked to support, network and resource non-government disability organisations at National Disability Services NSW. I believe NNC is a vital resource for the inner west community and value the work of the staff and management.

David McGuire – Ordinary Member

I am currently a Redfern resident and have lived in the Inner West area since 2003. Newtown however has felt like my spiritual centre of Sydney since I 'discovered' it in 1996, shortly after arriving from North Queensland where I grew up. My background is in teaching and learning and I have worked in the community sector for about 12 years - in both NGO and also Government Roles. The roles include as a Youth Worker collocated in a Neighbourhood Centre through to ones focused on funding administration and capacity building with community services.

My interest in joining the NNC Board stems from a desire to build stronger connections with where I live and also wanting to stay grounded with the realities and challenges of strong community organisations like NNC. The thing that excites me most about NNC is its commitment to marginalised and forgotten groups and taking real actions towards creating a just community that includes and acts.

Social Justice Conversations

Anti poverty Week - a time to reflect

The Meaning of Poverty

The 2nd week of October is Anti-Poverty week. It is a chance for us to reflect on the continuing poverty in our world, both global and local. There are different ways to define poverty. The World Bank considers a person to be in absolute poverty if his or her consumption or income level falls below some minimum level necessary to meet basic needs. This level is typically applied to Developing Countries and refers to Absolute Poverty. It can vary between US\$1-\$1.25 and US\$2 a day.

In Industrial or Developed Countries such as Australia however, people in poverty often don't look poor in this Absolute sense. Therefore, poverty is more often measured in relative terms, where a family's income is low relative to that of other families or the general community. The minimum level of income against which income is considered is called the poverty line and is typically 50-60% of the median income. It considers exclusion from participation in society and from activities considered norm for their society e.g. social activities like going to the cinema, having to buy second hand clothes, unable to heat your home, or eat healthy food.

The following are some thought provoking statistics that many people in the Developed World remain, intentionally or unintentionally, unaware of.

Global Poverty

- Over 2.4 billion people survive on less than \$2 a day.
- 1 Billion on less than \$1 a day meaning they are in chronic poverty.
- Almost none of the countries where these 2 billion people live have a social welfare system, an adequate health or education system.
- Approx. 115 million children do not have access to basic education; more than 60% of these are girls.
- 11 million die of hunger or preventable diseases due to poverty every year. 30,000 children every day or one child every 4-5 seconds.

Why does global poverty exist?

The high standard of living in Australia is the product of years of technological and social development. Developing countries remain under-developed and this gives developed economies unbalanced political and economic power.

Many developing countries were under Western colonial rule well into the 20th century and were exploited for labour and resources in the interests of their colonial rulers. Very little was done to ensure people's wellbeing, with the exception of well-connected Elites, and the economy and living standards declined in these countries. Today this injustice continues.

How are wealthy countries helping to cause poverty?

Global trade and aid policies have long had disastrous consequences for the peoples of poor nations. These policies often destroy traditional ways of life and balances within communities that people in developing countries rely on to avoid the worst effects of poverty.

For example imports of food from a rich country into a poor one can destroy local agriculture and trade. The imported food is often subsidised by a Developed Country's government so it is cheaper, meaning that locals can't sell their produce at a price that will support them. The Developing Country government in order to get Aid Loans and Foreign Currency is forced to reduce tariffs and open up its markets. While the Developed Country often maintain its own trade barriers or advantageous trade agreements.

The UN Millennium Development Goals are a global attempt to address poverty. They are falling well short of their 2015 targets and only 4 countries currently are meeting their funding commitments to help achieve the 8 MDGs. Australia is not one of the four. (*Why not look up the MDGs at <http://www.un.org/millenniumgoals/>*)

Indigenous Poverty

It may not be commonly realised but a comparable level of absolute poverty experienced in Developing Countries is also experienced within Australia, among Indigenous communities.

- In Australia the average income is **\$585** per week, the average for Aboriginal people is **\$364 per week** and in remote communities it is **\$267** per week.
- Aboriginal and Torres Strait Islander children have a death rate three times higher than all Australians.
- Whilst only 20% of Caucasian Australians die before 65, 70% of Indigenous people do.
- The gap between Indigenous life expectancy and the rest of the population in Australia is approximately double the gap between Indigenous and rest of the population in NZ, USA and Canada.

Local Poverty

Did you know there are 2.2 million Aussies living below the poverty line! Though more pervasive in Developing Countries or Indigenous communities, poverty is not exclusive to these communities.

- There are over 105,000 people who are homeless or at risk of homelessness on any one night in Australia.
- The proportion of people living in poverty has grown from 9.8% in 2003-04 to 11.1% in 2005-06.
- Australia is ranked 14th out of 18 OECD countries on the UN Human Poverty Index, behind most of Western Europe.
- Housing affordability is worse in Australia than in any other English speaking OECD country.

Poverty transcends local and global borders. It is worth thinking about what we can do to help the fight against poverty to build a world with respect, dignity and a future for all its citizens, global, local and black and white.

The above information was taken from:

- *The End of Poverty* - Jeffrey Sachs
- *Social Policy for Development* – Anthony Hall & James Midgeley
- www.actnow.com.au
- www.antipovertyweek.org.au
- www.aboriginalrights.suite101.com/article.cfm/aboriginal_poverty_statistics#ixzz0R3c6EvHa
- www.australiafair.org.au/public/News.aspx?ArticleID=3518
- www.un.org/millenniumgoals
- www.ncca.org.au/departments/natsiec/advocacy/indigenous-poverty
- www.homeless.org.au/

A Letter from Honduras

Rosie Wong has volunteered with the NNC for two events and was set to become a regular volunteer when the democratic situation in Honduras was threatened. Having spent many trips working in El Salvador and Guatemala, Rosie felt the need to go to Honduras with an organisation and observe and report on the Human Rights situation in the country. This is a letter from her.

Military Coup in Honduras?

The democratically-elected president of Honduras Zelaya was violently removed from his home on 28 June 2009 by the military and flown to Costa Rica. He has since been trying to return, but to date the de-Facto regime has not allowed this to happen. This coup is tragic news for Central and South America neither of which had seen a 'successful' military coup since 1989. It was thought and hoped that these dark times were over.

Zelaya was elected as a centre-right candidate but was responsive to some poorer people and grassroots demands and implemented changes such as raising the minimum wage, not giving more mining concessions. He initiated a survey to ask if Hondurans wanted to vote in November on whether they want to elect a National Constituent Assembly to reform the constitution. The ruling Elites of Honduras and foreign (especially North American) interests were upset by such actions and feared loss of power with a new constitution.

Since 28 June, many human rights violations including killings have been committed by the military regime. Despite this repression resistance is being organised and is on-going. The resistance demands that there cannot be an election until after the return of Zelaya, because under the current de-facto regime it is impossible to have a transparent and fair election. A global fast for Hondurans' struggle for democracy, peace, justice and sovereignty in Honduras was held on 15th September. For more info see www.fastforhonduras.net or email hondurasayuno@gmail.com.

Fighting poverty and injustice with Fair Trade

How enjoying a coffee or a bar of chocolate can make a difference!

Every year throughout May, the focus across Australia and New Zealand turns to equality for workers throughout the world during Fairtrade Fortnight. But it is worth thinking about Fair Trade during Anti-Poverty Week also.

So during Anti-Poverty Week why not **Give Fair Trade coffee a shot.**

Small-scale coffee farmers are paid around 30% less than what they made 15 years ago, with less than 3c from each \$3 take-away coffee making its way to producers and farming communities.

Asking for Fair Trade Coffee is an easy way to help eradicate poverty. The Fair Trade system supports better working conditions, more environmentally sustainable farming practices (better for the planet too!) and improved community services.

Sydneysiders drink approximately 1 million cups of coffee a day. If all of those cups of coffee were made from Fair Trade certified beans we could make a huge difference to the lives of coffee producers and their families.

Ask for Fair Trade coffee at your local café and buy Fair Trade coffee at the supermarket, see www.fairtrade.com.au for suppliers.

Visit the Fair Trade Café in Glebe, which not only sell Fair Trade products but also is non-profit and uses its profits to fund overseas development volunteers for Palms Australia.

Visit the non-profit shop The Trading Circle in Summer Hill which sells a range of Fair Trade community crafts from developing countries including knitted goods, toys, wooden crafts, pictures and

foods. Oxfam shops also sell a large range of Fair Trade products.

And remember Fair Trade is not just about coffee, you can get jams, juices, biscuits, spreads, toys, crafts and yummy yummy chocolate!

Fair Trade is one of the most delicious & easy forms of social activism.

Start small – A few simple steps:

1. Ask in your local café or shop for Fair Trade products.
2. If they don't sell them then find out which stores do.
3. When you are at the supermarket buying chocolate or coffee, always look for the Fair Trade logo. If they don't supply Fair Trade, please share your view with the local store manager.

The power for change is really in our hands.

For more info visit: www.fairtrade.com.au

Sourced from www.cityofsydney.nsw.gov.au/Newsletters/livegreen



Poetry & Literary Corner

Our poetry section began last issue and we are still seeking more poems from all you inspired people. Today we have a poem written by my father, a reader in Ireland. That's two issues with two Irish poems...come on Australia.... Remember a poem can be your own or by a favourite poet – Cyril

To submit your poem please contact Cyril at community@newtowncentre.org or come to the front counter and we will see if we can print it here.

A Vase of Flowers

Perhaps we are cruel in our own kind
way?

Why should they be standing there,
On a table for all to stare, in
a vase or a watery grave?

Yet their beauty is beyond compare,
their fragrance seems to fill the air
and in the morning when you rise,
they always greet you with a smile.

Oh how dull the world would be,
without their joyful company.
For they always seem to look so gay
In their short and pleasant stay.

And now their work is near complete,
I gaze on them with sympathy.
How sad it is to see them go
For on my table petals show....

Thomas O'Connor



Foyer Makeover

Thanks to the creative home makeover eye of our volunteer Jemima, the Front Counter area is undergoing a refurbishment. The walls have been scrubbed and de-blutacked (if that is a verb). We are making space for a whiteboard for NNC activities and a helpful map of Newtown. Order is being established in the former chaos of the noticeboard with areas for Upcoming Events, Groups and Activities, Health Information, Courses, Local Services and Personal Messages. Our hope is that it will help people find out what is going on in Newtown.

We have plans to put in a newsstand for the local papers, some new furniture and most of all, a new computer (after our second hand one proved second rate). We even plan to put in better lighting so you will actually be able to see all these improvements.

The Foyer area offers information sheets arranged by subject in five binders:

- General Community Services
- Accommodation
- Emergency Services
- Family Services
- Help with Drug and Alcohol problems

Within these binders you can find everything from local removalists to where the nearest Justice of the Peace is located.

The Foyer provides a free phone for local calls and a computer with internet access (when it is up and working). Faxing and photocopying are available. The price for faxes is 50 cents per page for up to three pages (maximum of 3 pages). Photocopying is 10 cents per page with a maximum of 10 pages.

Thanks to Jemima and Angela, our enthusiastic student placement, for driving this work along with their ideas (and effort).

NNC Counselling Services

Mondays 10 am- 1pm
(male counsellor - Darren)

Wednesdays 2pm – 5pm
(female counsellor & career counsellor - Janet)

Janet is a recently retired counsellor and careers adviser who worked for many years for the NSW Department of Education and for community agencies. She completed the M. Counselling (Distinction) at the University of Western Sydney in 2003. Her work in the careers field included policy, training and curriculum work as well as career counselling. Janet is a member and former office holder of the Careers Advisers Association of NSW.

Janet is pleased to offer counselling or career counselling to individuals. She and the client will discuss the client's goals for counselling, and decide together on the approach and time frame. Brief solution focused counselling is helpful for most people and is likely to involve 5-6 weekly sessions. Career counselling may require less time, usually 2-3 sessions.

Darren, an experienced clinician with a local private practice in Newtown, has been providing a counselling service at NNC on Mondays. Darren has qualifications in Counselling and Communication (Ad Dip ACAP) and has almost completed his study in psychotherapy at ACIS. He has been a counsellor for 5 years and has a range of experience working with individuals, groups and organizations in change management. Darren is pleased to offer both short-term solution focussed therapy and long-term therapy.

Please note counselling sessions are by appointment only, there is a small set fee and a Pre-Counselling telephone discussion for all new appointments.

The duration of the counselling session is 50 minutes.

Old Town Hall, Corner King & Australia Street, PO Box 19 Newtown 2042
Ph: 9516 4755 fax: 9519 2509 Email: admin@newtowncentre.org
www.newtowncentre.org

Meditation Classes

The Beginners Meditation is run by one of our volunteers Bee Meng Soh or Meng, who also participates in our Wrap with love Group who knit blankets for refugees and victims of trauma. Meng conducts classes in a very open and friendly learning style and encourages people to try methods and ask questions.

So far we have tried Relaxation, Love and Kindness and Healing meditation. We also had a guest teacher who did walking meditation.

Interest in the classes is good and people have different reasons for coming to class ...it maybe to relax, to learn discipline to seek compassion but whatever the reason you are very welcome. So why not give it a go!

When: 1-2pm Wednesdays

Where: NNC

Cost: Donation



Donations of Wool or old wool garments needed

Wrap with Love is a group of social knitters who meet Mondays and Thursdays at NNC. They knit blankets, which are given to refugees and victims of torture both overseas and in Australia.

In order to keep this wonderful cause going we need wool, and lots of it! Our knitters are getting quicker...so if you have spare balls of wool or an old wool jumper then please send it in to NNC.

Also people interested in joining the group are always welcome...just give us a call on 02 9516 4755.

Greek Multicultural Neighbour Aid

Welcome to Chrisanthi:

On behalf of the Multicultural Neighbour Aid Project I would like to officially welcome Chrisanthi Kandilas to the centre. Chrisanthi works one day a week on a Thursday and supports the Greek Speaking Day Care Centre. Her friendly approach and warm manner has made her very popular with our seniors and members of staff. Some of her duties include picking up clients from home, going on recreational outings and administrative duties.

Thursday Group Update:

If you would like to join our Thursday group we do have vacancies including door-to-door transport.

Where: Herbert Greedy Hall
79 Petersham Rd Marrickville

Time: 8.30am till 1.00p.m

Refreshments: A light lunch is provided.

Other activities that take place at the day care centre are:

- Guest speakers
- Home Library Service including Greek Videos and CDs
- Complimentary newspapers

For more information on the Greek Neighbour Aid service please call Marie on 9516 4755.



Multicultural Neighbour Aid Communities from Former Yugoslavia

The Multicultural Neighbour Aid Project provides opportunities for practical and emotional support for people from the Communities of Former Yugoslavia who are elderly, frail aged and their carers. The project enables people to continue to live independently at home, to socialise with others and to remain active and involved in their communities. The below services are available to people who live in Marrickville and surrounding areas.

Day Care Centre hosts weekly gatherings for social interaction, info sessions, games, morning tea and light lunch on Mondays.

Recreational Outings are organised each month to various destinations around the Sydney Metropolitan area.

Transport is available to the elderly who live in the Marrickville Municipality area to attend the Day Care Centre activities or go on recreational outings.

Communal Luncheons are held monthly at Tom Foster Community Centre in Newtown and include a traditional meal.

Home Library Service including books, audio books, videos and DVD's in community languages are available for loan at the weekly Day Care Centre.

Information and Referral Service to other agencies, including home care, is provided to assist people to manage their own affairs and to continue to live independently.

Knitting Group "Wrap with Love" where volunteers meet on Mondays or knit at home, create wraps that are sent to people in need.

Multicultural Fitness Classes for Seniors are aimed at improving balance and co-ordination, strengthening muscles, improving bone density and joint flexibility.

Please note there is a small charge for some services and waiting lists apply for some services.

For more info call Dushanka on 9516 4755 or via neighbour@newtowncentre.org

Shopping Service News

In this newsletter we are going to look at what is in season in the Fruit and Vegetable section of your supermarket and green grocer's. This information will help you to decide which fruit and vegies are the most appropriate to buy, will be at their freshest and most probably at their cheapest this time of the year.

Fruit in season this October and November include:

| | |
|--------------|------------|
| Bananas | Grapefruit |
| Lemons | Oranges |
| Mandarins | Pears |
| Apples | Cherries |
| Grapes | Nectarines |
| Strawberries | |

Vegetables in season this October and November include:

| | |
|-------------|-----------------|
| Artichoke | Asparagus |
| Bean Shoots | Beetroot |
| Broccoli | Brussel Sprouts |
| Cabbage | Cauliflower |
| Leek | Mushrooms |
| Rhubarb | Silverbeet |
| Spinach | Cucumber |
| Lettuce | Peas |

Below you will find a nutritious recipe that can be made with one of the seasonal items listed above.



*This information and the following recipe were gathered from the Better Health Website:
www.betterhealth.vic.gov.au*

Fish with Couscous, Spinach and Salsa



Ingredients

- 600g fish fillets, white (choose a firm flesh fish such as flathead)
- 2 tablespoons flour, plain (add a teaspoon of paprika if desired) for dusting fish
- 1 tablespoon olive oil
- ½ bunch SPINACH leaves, washed and drained
- 1 cup couscous, (make per packet instructions)
- ½ cup tzatziki, (optional)
- Pepper to taste

Salsa

- 1 avocado, ripe
- 2 tomatoes
- 1 onion, red (Spanish)
- 1 tablespoon lemon juice
- 2 quarters preserved lemon (optional) remove flesh, chop, pepper to taste

Method

1. Dice the salsa ingredients finely mix together. Put to one side.
2. Dust fish in flour
3. Heat olive oil in a frypan and cook fillets 2 to 3 minutes on each side, or until just cooked.
4. To assemble: make a bed of spinach leaves on each plate. Place fish on top and surround with couscous.
5. Top with salsa and a dollop of tzatziki.

Serve immediately

*Kerry Muldoon
Shopping Service Coordinator*

Boarding House Project News

Gee, where is this year going! It's goodbye to winter and welcome to the longer days, the summer clothes and thoughts of swimming. It also means the popular summer games & BBQs at Enmore Park are on the way.

ALI

We are very pleased to have signed another contract with DADHC to continue the Active Linking Initiative program for another 3 years. Across the state, the ALI program has undergone a review this year. Whilst there is yet to be an official report it is envisaged that there may be some changes in the future that reflect the changing demographics of the residents of Licensed Residential Centres.

Activities & Links

Sydney Street Choir is back in tune and on the boards after a break. They have come back with lots of new ideas, looking at joining a few of the summer BBQs & games to sing and share a snag. The choir will also be performing at the Mental Health Project launch outside the NNC on Oct 9th. Please see the back page of this newsletter for more information.

Bingo continues to be popular and for further skill development we are looking at residents doing the prize shopping, so bingo guys watch out!

The Women's group have had a visit from People With Disabilities Australia and talked about a new project they are facilitating around domestic violence. They have also enjoyed a trip to the beach, going to the Movies and doing exercises with George and Simon from Homecare.

Street soccer players have shown off their skills in a friendly match against NNC staff and students and have also welcomed new players from Aftercare ALI and a local PHAMS program.

Transport Assistance

It's good news that funds for transport assistance have been provided by Greater Inner West Community Transport for another year. These funds are to support

residents of Licensed Residential Centres to get out and about in the community, visit family & friends and access social supports. We use the funds for bus and driver hire for the ROOMIES art group, big days out, taxi transport to activities we facilitate, evening or out of the way locations for choir gigs, for residents to make family visits and reimburse public transport tickets.

New Project

BHP was successful in the recent 2009 Community Grants program and has commenced the project "steps to wellbeing". We welcome our long term volunteer Jodie to lead up this project that is looking at developing appropriate resources and peer learning opportunities around health issues such as asthma and diabetes and well being.

Students

We welcome 2 new students these last few months. Beverly is a TAFE Community Services student who has been working on the Boarders & Lodgers program around case management. Alex is a 4th year Occupational Therapy student undertaking her final placement with us. She is with us until the end of the year on Mondays & Tuesdays and is working on the "steps to wellbeing" project and a quality improvement project that will include a resident satisfaction survey/consultation.

ROOMIES

The ROOMIES artists have been busy with pieces being shown at exhibitions, working on an animation with the Pine Street Studios outreach program and one resident holding their first sole exhibition.

Upcoming events include:

- "What touched my soul" - a photo exhibition at the Chauvel Cinema in Paddington. Proceeds from this event are going to the ROOMIES art space. Opening night is Oct 6th. Visit www.spiritofsoul.com.au for more info
- "Art on King" are holding their student exhibition and have introduced a charity wall. They have kindly agreed to give proceeds of set price artworks to ROOMIES art space. This is a local event, so get down and support our local

shop and pick up a piece of art for your wall whilst making a contribution to ROOMIES. For more info visit www.artonking.com

- AART.BOX – several ROOMIES artists have had works accepted for exhibition at the Mori Gallery in November, then on Thursday Nov 5th some will talk about ROOMIES art space along with Natalie.
- ROOMIES tent @ Newtown Festival; look out for the big colourful tent and the surprise artistic pursuits that will emerge on Sunday Nov 8th.

Boarding House Assistance Group (BHAG)

Forums are taking place to support those involved in unlicensed Boarding Houses.

A Residents Forum took place on 24th September at Petersham Anglican church. On October 15th from 6-8pm a Managers & Owners Forum will be hosted at Herbert Greedy Hall in Marrickville. For more info call Joel on 9516 4755.

Leigh Connell
Boarding House Project Manager

2009 STUDENT EXHIBITION & Open Studio @ ART ON KING OPENING NIGHT

**7th October Wednesday 6pm
Level 1, 199 - 201 King St Newtown.**

*This year ART ON KING are proud to offer support to **ROOMIES ARTSPACE** "a non-profit community art studio where boarding house residents and artists with mental illness or disabilities are able to attend workshops, work individually or work with volunteer mentors to develop as practicing artists." This is an initiative of the **Newtown Neighbourhood Centre**.*

*There will be a special 'charity Wall' of paintings donated by ART ON KING students, teachers and staff for sale on the night and all proceeds will go to **ROOMIES ARTSPACE** project.*

*It promises to be a great night, with prizes for the 'peoples choice award' and prizes just for voting! So come and offer your support for a great cause and see some creative student work. For more info contact **Art On King**
Ph:9516 2342ock*

2009 Newtown Festival **8th November 9.30am – 6pm** **Camperdown Memorial Rest Park**

Newtown Neighbourhood Centre's 31st annual fundraiser, Newtown Festival, will be held on Sunday 8th November 2009 in Camperdown Memorial Rest Park. Dust off your wildest hats and regalia, because Newtown's day of days is going to be spectacular.

Expect to see an amazing array of some of Sydney's best live acts across three stages. There will be a huge kids zone full of wild and wacky entertainers, workshops and amusement features. The Writer's Stage will also be a highlight at the festival as will the eco zone, Roomies Art Space and infamous Newtown Dog Show, which kicks off the day at 9.30am.

For those more inclined towards retail therapy or just getting organised before the mad rush of Christmas, there will be 260 market stalls selling everything from carnivorous plants, to locally crafted jewellery and clothes, sunnies and designer specialities. On offer also will be a vast selection of delicious international food to tempt the taste buds.



The festival is FREE to everyone and we ask that you donate generously to the gold coin or note donation at the festival gates. Show your support of the NNC and your appreciation of being part of Sydney's best community festival which provides over 8

hours of entertainment totally FREE, by giving big heartedly to the collectors.



Newtown Festival is a **NO BYO** and **NO GLASS** event, however there will be on site bars where you can purchase alcoholic beverages. Unsealed soft drink or juice bottles are not allowed to be brought on site. NSW Police has informed us that there will be a drug sniffer dog operation around the festival site and at the Newtown Railway Station on the day.

Newtown Festival is very proud to announce the following acts that will be appearing at the festival. A full program of events and highlights appears on the Newtown Festival website.

Main Stage

9:00am Dog Show Registration
9:30am NEWTOWN DOG SHOW
10:50am Acknowledge Country –
Traditional Owners of the Land
11:00am The Domestics
11:50am Dimity Clare and The
Bleeding Hearts
12:40pm Parades
1:30pm Barons of Tang
2:20pm Jill Barber Band
3:10pm Dead Letter Chorus
4:00pm KingFisha
4:50pm Hermitude

Essential Stage

10:00am Greenlight
10:45am Kyu
11:30am Ghoul
12:15pm Chase the Sun
1:05pm Fisherking
1:45pm Ships Piano
2:35pm Seekae
3:25pm Deep Sea Arcade
4:25pm The Crayon Fields

Vocal Local Village

Features 100% solar powered stages. The Vocal local village will once again highlight the best and most artistic local talent, from music to art, theatre and the bizarre. Expect to be thoroughly entertained.

Some of the Vocal Local Stage highlights: The Newtown Community Choir, The Laughing Club, Hobo Bordeauz, The Western Synthetics, Rumpunch, Monk Fly and The Crooked Fiddle Band.

Also in the Village...

- All Day - Your host, NNC
- All Day - Festival Information stall
- Roomies Art Space & art workshops
- The Bower – Sculptures & live furniture repairs
- Wrap with Love Knitting Group

Kids Zone

As usual will be crammed packed all day with amazing delights for the littlies and the young at heart.

There will be Aboriginal story telling, environmental shows, local music and dance groups, the fabulous Mr. Incredibubble, art and craft workshops, amusement rides, stalls, animals and so much more. Don't miss out on Newtown Festival's twist on a kid's zone!



Writers Tent

Presented by local booksellers Better Read Than Dead, The 2009 Writer's Tent is shaping up to be another great day of authors and books with two great Australian fiction writers underpinning the program. The stellar line-up of authors

includes Thomas Keneally, Reg Mombassa and Alex Miller. There are also authors who will amuse, enthrall and delight with their stories both fact and fiction.



Special Eco Events Around The Park

After the resounding success in 2008 **Planet Ark** and the **Watershed** will be hosting a **Clothes Swap Party** at the festival this year. Come along with all your unwanted clothes and swap them for some stylish numbers.

See oodles of worms gobbling up your biodegradable festival waste at **Graeme's Worm Farm**.

The Watershed your local Environment Centre will also bring you FREE 'green cleaning' workshops all day.

The Bower will be back with their eclectic selection of pre-loved items and info about this fabulous re-use, re-cycle centre including the Re-Use and Referral Service and the EcoLibrary. The Bower will also host an **eco-sculpture demonstration**, made from pre-loved items.

TOP tips to having a great day:

- No BYO, no glass, no unopened soft drink or juice bottles
- Bring a note or gold coin to donate to NNC
- Enter and leave with quiet respect for our neighbours
- Come with a smile on your dial and love in your heart

PS: doggies must be on a leash

Come early and register for the Newtown Festival Dog Show from 9:00am – 9:30am. Registration is \$4 per category entered. Payment is only possible on Festival day. All registration money goes straight back to the NNC.

For **Dog Show Categories** see our website www.newtowncentre.org/festival



Festival Volunteers Needed

Would you like to have fun whilst doing something good for the community? Try volunteering at the Newtown Festival. Join a great team of people during the event. Contact: Cathy cathyawills@yahoo.com.au or call 9516 4755.

Festival Sponsors

Would you like to reach crowds of up to 80,000 in one day? The Newtown Festival and associated media coverage offers extensive and rewarding opportunity for sponsors.

Contact: festival@newtowncentre.org or call 9516 4755

Thanks To Our Major Sponsor

The NNC and Festival organisers would like to acknowledge Marrickville Council for its continued support to the Newtown Neighbourhood Centre and the 31st annual Newtown Festival. For more information on Marrickville Council please go to: www.marrickville.nsw.gov.au

Festival queries and application forms: www.newtowncentre.org/festival

Tina Demetriou or Sue Andersen
Festival Co-Directors
02 9516 4755
email: festival@newtowncentre.org
or email: festival2@newtowncentre.org

NNC Membership

You are invited to join the Newtown Neighbourhood Centre

Whilst our services are open to all, regardless of membership, your membership helps support the Centre that supports this community by representing and advocating for the interests of our members and the local community.

Membership offers you a chance to:

- Support the community
- Contribute to the welfare of the local community
- Participate at our Annual General Meeting
- Receive our bi-monthly newsletter
- Get involved in campaigns that affect the community
- Be active in local events and activities

To join simply fill out the **Application Form** included in this newsletter and mail it along with membership fee to:

Newtown Neighbourhood Centre
P.O. Box 19
Newtown NSW 2042

Membership fees are:

Organisation - \$25.00
Individual - \$10.00
Concession - \$4.00

Also if you know of anyone else who may be interested in becoming a member of the Newtown Neighbourhood Centre Inc. simply direct them to the Membership page of our website www.newtowncentre.org or simply drop into NNC and collect a form from over the counter.

Volunteers and Students



NNC relies on the good work of volunteers and students to assist the running of its services. We value the contribution they make to NNC's programs and the broader community.

If you would like more information about volunteering with NNC and its various projects please contact Cyril on 9516 4755 or community@newtowncentre.org.

Who's New

We would like to welcome the following new volunteers:

- Jane who is helping out at Front Counter
- Meng (a regular Wrap With Love volunteer) who is running Meditation classes.

Front Counter Students

We have two students on work placement helping at the Front Counter:

- Angela, who is here Tuesday through Friday
- Sweta who is here Monday and Tuesday.

Both of them are learning a lot but also helping us out so much....thank you!!

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

NNC is looking for volunteers for the following positions. So if you have some time to volunteer and are interested in any of the following, please contact us.

The Front Counter Team

- We are looking for a volunteer to support our Bingo group and also a volunteer to support our front counter for a few hours a week.

- If you have a car and would like to help drive clients to some of our programs then please let us know.
- Maybe you'd like to help out at our monthly BBQ's?
- We hope to form a panel of volunteers that will be interested and active in running Quarterly Social Justice forums either of a local, national or international dimension.

For info any of the above contact Cyril at the Front Counter or on 9516 4755.

The Shopping Service

We are currently looking for more volunteers for our Shopping Project; a crucial service to the frail elderly and people with a disability. Currently we are looking for:

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

We really need these volunteers to commit to 6 months with us - let us know if you think you might be able to help.

For more info on the shopping service volunteer roles call Kerry on 9516 4755.

The Boarding House Project

Currently we are looking for volunteers to assist with the following Boarding House Project programs:

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

For more info on the BHP volunteering positions please call Leigh on 9516 4755.

Meet our student Angela



How long have you been with NNC?

I'm on work placement for my social work degree. I'm 2 months into a 3 and half month stay.

What do you do as a volunteer at NNC?

It feels like a lot! Updating resources, helping organise events such as the Mental Health Forum and Newtown Neighbourhood's Community Survey, working at the front counter, accommodation board, tai chi, bingo etc

What do you like about volunteering for NNC?

Technically this is study and part of my degree but I'm really enjoying meeting new people, working with a positive team and enjoying all the activities I have been doing.

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

To Lebanon to see my family and to a tropical island in Greece, so I can go to the beach and drink cocktails.

What do you like to do in your spare time?

I like to go out with my friends and family, read, watch movies, go to the beach and shopping.

What is your favourite food?

Sushi and Thai food

Where did you go for your last holiday?

Seven months ago I was in Thailand for my honeymoon, it was amazing. The people were so nice, the food and the beaches were beautiful.

"Building Resilience and Well Being"

Newtown Neighbourhood Centre Mental Health Week Event

Friday 9TH October, Between 3:00pm-6:30pm
Outside the Centre at 1 Bedford Street, Newtown
(Opposite Newtown Station) Phone: 9516 4755

WHAT'S HAPPENING:

Mental Health Report and DVD Launch!!
5:00pm

Free BBQ
4:00pm

Face Painting
3:30pm

Sydney Street Choir
3:15pm

Music by the band 'Off-Cuts'
5:30pm



Information Stalls by:

**Black Dog Institute, Compeer, Grow, Nema/PHAMS,
ACON, Headspace, NNC & Counsellor.**

Demonstrations by:



Wrap with Love Knitting Group 3.00pm

Tai Chi 4:30pm

Gentle Exercise 3:45pm

Meditation at 3:15pm



**Come a long to learn more about mental health and wellbeing
or just to enjoy the fun!!**



A just community that includes and acts!