

Your **FREE** Newsletter from South Eastern Community Connect



# South Eastern *Families* Connect

JUNE '21

Community  
stories,  
just for you



*Connection, wellbeing and quality of life.*



South Eastern  
Community  
Connect



# PROGRAMS FOR FAMILIES

## WHATS ON?

### **Mascot Playgroup**

\$3, Mondays 10-11.30

### **Eastlakes Playgroup**

FREE, Tuesdays 10-1130

### **Mothers Group (0-12 months)**

FREE, Tuesdays 130-230

### **Kensington Playgroup**

\$3, Wednesdays 10-1130

### **It Takes a Village**

FREE, Wednesdays 1-2

### **Tote Park Playgroup**

\$3, Thursdays 10-1130

### **Messy Playgroup (1-3 years)**

\$3, Fridays 10-1130

**CPR & 1st Aid for Babies and Toddlers**  
(online) FREE 31st May

**TERM 2  
2021**

**FOR MORE INFO  
AND BOOKINGS VISIT  
[bit.ly/SECCprograms](https://bit.ly/SECCprograms)**



0415 783 558

hubadmin@secc.sydney

1007 Botany Road, Mascot 2020



South Eastern  
Community  
Connect

# PROGRAMS FOR YOUTH

## WHATS ON?

**Tutoring for High School Students**  
FREE, Wednesdays 4 - 530pm

**Youth Picnic**  
FREE, Fortnightly on Fridays 230 - 4pm  
starting Friday 30th April

**Movement for Wellbeing**  
FREE 5 Week Program 4-5pm Thursdays  
starting 27th May

**Community Kitchen**  
FREE, Various Wednesdays (May 5th,  
May 26th, June 16th)

### REACH US AT:

0415 783 558

hubadmin@secc.sydney

1007 Botany Road, Mascot 2020

## TERM 2 2021

**FOR MORE INFO  
AND BOOKINGS VISIT  
[bit.ly/SECCprograms](https://bit.ly/SECCprograms)**



## In this issue

- 5 Community news
- 6 A place for parents
- 7 SECC News
- 8 SECC stories

And much, much more...

## Contact us

SECC Community Hub  
1007 Botany Road, Mascot

Tel: 0415 783 558

Reception:

Mon-Thu 9.30AM–3.00pm

Fri 9.30-2.30pm

Newsletter enquiries:

Alison Leader—02 8338 8506

hubadmin@secc.sydney

www.secc.sydney



## Welcome!

2021 is marching on at record speed. And despite the lingering uncertainty, we have so much to be thankful for in our little corner of Sydney.

Due to rapid lockdowns and strict quarantine rules, we have freedoms other countries simply don't have.

While much of the world still struggles to get outbreaks under control, Sydney residents are mostly back to enjoying restaurants and movie outings.

We've seen plenty of days with zero cases.

We've felt safe and free.

We celebrate while others commiserate. At the same time, there's also an uneasy dread the virus will return. We can see the pandemic isn't over.

But in the meantime, we seize the day. We keep 'doing' community. We keep meeting. We live as though we really are safe and free. And we give what we can to our neighbourhood—and to countries like India which haven't fared so well.

If you'd like to donate groceries to SECC, who gives to south-east Sydney people doing it tough, call us on **0415 783 558**. Thank you for all your love.

**Alison Leader, Editor.**



## Meet the team



**Emily Simpson: Admin Support Officer**

### Say hello to Emily.

If you press the doorbell at The SECC Community Hub in Mascot, the first face you'll see is Emily's.

Emily is our Reception and Administration Support Worker at The Hub in Mascot. She does a great job keeping everything – and everyone – organised.

# Community news

## Fresh call for urgent social housing expansion

**The Council to Homeless Persons (CHP) has launched a campaign aimed at urging the Federal Government to commit more funding to social housing.**

The homelessness and housing affordability crisis has ramped up in recent months, and the Everybody's Home campaign addresses this.

Incomes have also decreased since the end of JobKeeper and the reduction in JobSeeker. The CHP is asking people to sign a petition to Treasurer Josh Frydenberg, urging him to expand social housing in order to balance the market.

### **Did you know...?**

More than a million low income Australians are in housing stress.

A small blow like a rent increase can push those households into homelessness.

The most common reasons people seek the help of homelessness services are financial or housing crisis, or because they are fleeing family and domestic violence.

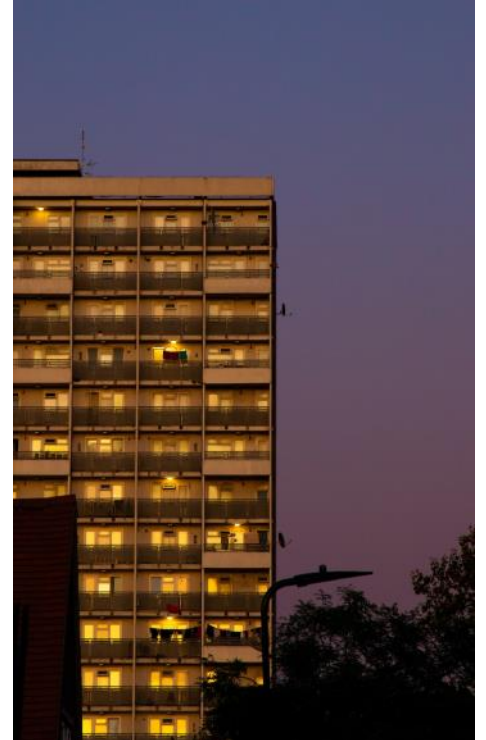
This issue impacts hundreds of

thousands of Australians and their families. 290,500 Australians sought help from specialist homelessness services in 2019-20.

Building social housing will mean everyone will be able to stay housed when they hit tough times and the ability to bounce back from a setback, according to the CHP.

With homelessness expected to rise by nine per cent this year, they say immediate action is necessary.

To make your voice heard, you can sign the petition at [www.everybodyshome.com.au](http://www.everybodyshome.com.au)



# A place for parents

## Make toy-borrowing a way of life

Our online **Toy Library** allows you to look at over 500 toys in 19 categories in the comfort of your home and then email what you want to hire for the next day (pick-up at Mascot). The Toy Library allows your little one to enjoy new toys without you having to buy them, saving you money and space.

For more info head to: [bit.ly/toylibrarymascot](http://bit.ly/toylibrarymascot)



## Expert tutoring for teens in the Hub

Our **Tutoring for High School Students** program has been established to provide a safe space for young people in our community who need support with their studies. We run our Maths and English programs on Wednesdays from 4pm during term time in Mascot.

Book now at [bit.ly/SECCprograms](http://bit.ly/SECCprograms)



## Get mindful and move your body more

Why not join our one-hour **Movement for Wellbeing** class on Thursday afternoons from 27th May to 24th June? These yoga-inspired sessions will help you to stretch confidently and carry what you learn into everyday life.

Where? **1007 Botany Rd, Mascot**

Book at [bit.ly/SECCprograms](http://bit.ly/SECCprograms)

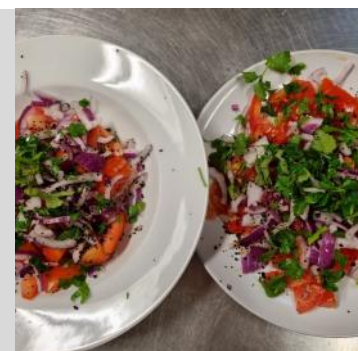


## Serving up love from our Mascot kitchen

Our **Community Kitchen** aims to explore diverse cultural cuisines that will keep dinner time exciting and delicious. Meet new people, learn kitchen skills and immerse yourself in a different world. Come to our next session at 1007 Botany Rd, Mascot on **Wednesday 16th June**.

When? **From 5.30pm to 7.30pm**

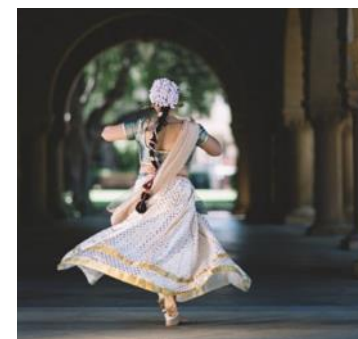
Book at [bit.ly/SECCprograms](http://bit.ly/SECCprograms)



## Dance up a storm in the winter months

Join our Mascot-based **Dance for Wellbeing** program for an hour filled with fun and laughter with people in your community. Each session helps you tune into your body, finding rhythm, before you learn a short, choreographed dance. We meet on Tuesdays at 4.30pm for an hour.

Enquiries: email [hubadmin@secc.sydney](mailto:hubadmin@secc.sydney) or call **0415 783 558**.



## Community Hub gets full marks for DCJ submission

**A** big congratulations to our SECC Hub Manager Michael Hawthorne (right) and his team on achieving a rating of 'Excellent' for their program logic submission to the Department of Communities and Justice (DCJ).

All Targeted Early Intervention (TEI) service providers are required to develop a program logic within their first year of service delivery to provide evidence of their alignment with the goals of DCJ.

"It was a massive undertaking and I'm so proud of how Mike led the team," SECC CEO Kate Melhopt said. "This outcome reflects how engaged everyone was the whole way through. This is a new rating process, and to achieve in the first year of it being implemented is a great honour."

Well done, Michael and the Hub team, for your passionate commitment to the community and this exceptional result.



**Subscribe now to our e-news at [bit.ly/SECCenews](https://bit.ly/SECCenews)**

## Kindness shines brighter in the dark: Marna's story

When you've lost everything, the people you meet make all the difference.

**She had lost everything – her job, her best friend, her marriage...**

Even her kids were siding with her ex-husband. A series of events, each worse than the last, piled up and up...

She wished she had a magic wand to wave over all her life choices so far.

She longed for a fresh start.

Maybe if she hadn't trusted that guy back in school, things would be different.

They were together for 26 years – and all she had to show for it were bruises.

She leaned into the slatted seat outside the community centre.

Her back was aching.

*Marna?*

She looked up at the sound of her name.

*Marna – we met last week?*

It took her a moment to wipe her eyes and register the person coming closer.

Laura-with-the-badge.

Sweet, smiling Laura.

*I'll bet she's madly in love. Never had a beating in her life.*

But Marna liked her smile.

One thing she did know to be true:

Kindness shines into the moments of despair, offering hope.

And Laura was one of the kind ones.

*How was your week?* she said, genuinely wanting to know.

Marna sighed as she put her buttered roll aside.

She told Laura about everything, from the rental company hounding her day after day, to the rude

messages from her teenage children.

And she just listened.

It felt good to have her gentle eyes on her.

It felt even better to be heard, and seen.

Laura offered to help with some of the phone calls Marna needed to make that week.

She knew she'd be OK, but it was good to know someone cared.

*Thanks Laura, Marna said.*





# SECC Stories

*It means a lot.*

And they agreed to meet next week – same time, same place.\*

*\*Names, characters, places and incidents either are products of the author's imagination or are used fictitiously in this story. Any resemblance to actual events or locales or persons is entirely coincidental*

When we're feeling at our lowest and most despondent, kindness shines like a beacon on a hill. Kindness stops and takes a moment to hear someone's story.

Kindness is a dish of food, a warm hot chocolate, a song if you're lucky...

Kindness is a hug, a blanket, a teddy bear to cry into.

Kindness is a text message, a phone call, an invitation to walk.

Kindness shows us its value when we start walking it out.

Kindness is:

Profound in its simplicity.

Powerful in nature.

And the attribute we most want to cultivate.

Be kind. Always.

Kindness and the work of SECC

Kindness is key at South Eastern Community Connect (SECC).

If we aren't kind to ourselves, we can't be kind to our staff.

And if we aren't kind to our staff, it's hard to be kind to our community.

Kindness starts at the top, and trickles down.

Not that we're perfect at it, but our goal is to cultivate kindness in all we do.

For example, this week we had a senior client who experienced a house fire.

Our case manager was able to get him settled into temporary accommodation while Social Housing looked into what to do with his home.

Our client is missing a number of household items, and with the help of our team at the Hub in Mascot we are helping him get back on his feet.

We're also supplying him with a number of meals to keep him going.

Kindness is practical.

Because when we hit our lowest point, it's the little things that matter most.

Work with us. Learn with us. Connect with us.

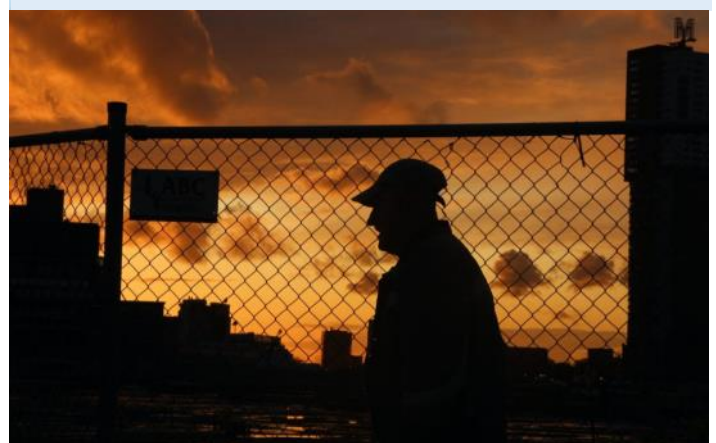
What are some practical ways you can support the work of SECC locally?

Here are some simple suggestions:

- **Talk about us!** Know someone who needs some grocery support? Invite them to give us a call on **0415 783 558**. Or maybe they're a senior wanting to get out and about more? Call us on (02) 8338 8506.
- **Give groceries.** We're always in need of emergency supplies for the community around Mascot. Call 0415 783 558 and arrange a time to drop in some non-perishable food and essentials to The People's Pantry kitchen cabinet.
- **Give time.** Call Sue on (02) 8338 8506 or head to our volunteering page if you are interested in volunteering your time to help us.



**Kindness takes many forms, but usually starts with a listening ear or a helping hand.**





# IT TAKES A VILLAGE

## ABOUT THE COURSE

The first two years of parenting is a wild ride!  
But you don't need to do it alone.

SECC has the tools to help you navigate them with confidence.

SECC is launching a 10-week course covering topics such as sleep, CPR & First Aid, choosing a day care centre, and much more. *Let us be your village.*

## LOCATION

SECC Community Hub  
1007 Botany Road, Mascot

## WHEN

Each Wednesday, beginning 21 April and finishing 23 June, 2021.  
1pm to 2pm

## COST

Free

**\*\*Sorry childcare is not available\*\***



South Eastern  
Community  
Connect

**ENQUIRIES: 0415 783 558**  
or [hubadmin@secc.sydney](mailto:hubadmin@secc.sydney)  
**BOOKINGS essential via:**  
[bit.ly/SECCprograms](https://bit.ly/SECCprograms)

# IT TAKES A VILLAGE

BOOKINGS ARE REQUIRED EACH WEEK

[bit.ly/SECCprograms](http://bit.ly/SECCprograms)

31ST OF MAY

**CPR &  
1ST AID**

WEEK 2  
28 APR

**BABY  
NUTRITION**

WEEK 3  
5 MAY

**SLEEP &  
SETTLE**

WEEK 4  
12 MAY

**MENTAL  
HEALTH  
SUPPORT**

WEEK 5  
19 MAY

**BENEFITS  
OF CHIRO**

WEEK 6  
26 MAY

**KNOW YOUR  
WORKING RIGHTS**

WEEK 7  
02 JUN

**POST BIRTH  
FITNESS AND  
EXERCISE IDEAS**

WEEK 8  
09 JUN

**BREASTFEEDING  
INFO AND  
SUPPORT**

WEEK 9  
16 JUN

**DAY CARE  
OPTIONS**

WEEK 10  
23 JUN

**SPEECH**



# TERM 2 PROGRAMS

**SOCIAL PAINTING GROUP**  
Friday 10am - 12pm DROP IN

**PLAYGROUPS**  
Various Locations, DAILY

**SENIORS COMPUTER CLASS**  
Join Waitlist

**1-2-3 MAGIC**  
Join Waitlist

**MOVEMENT FOR WELLBEING**  
4 - 5pm Thursday

**SENIORS SOCIAL GROUPS/EVENTS**

**DANCE FOR WELLBEING**  
Tuesday 4:30pm

**TAI CHI** DROP IN  
Monday 12 - 2pm

**ENGLISH CLASSES**  
Join Waitlist

**MATHS/ENGLISH TUTORING**  
Wednesday 4 - 5pm

**IT TAKES A VILLAGE**  
Wednesday 1 - 2pm

ONLINE **CPR & 1st Aid for Babies and Toddlers**

**TOY LIBRARY**  
\$40 for annual membership

**ART FOR WELLBEING**  
Join Waitlist

**COMMUNITY KITCHEN**  
Various Events on Wednesdays

DROP IN **YOUTH PICNIC**  
Fortnightly  
Friday 3 - 5pm

**JP SERVICE - FRIDAYS 1130 - 2**  
**FREE LEGAL ADVICE WITH KLC**  
VARIOUS WEDNESDAYS

**MOTHERS GROUP**

**FOR FURTHER INFORMATION ABOUT OUR PROGRAMS AND BOOKINGS**

**[www.bit.ly/SECCprograms](http://www.bit.ly/SECCprograms)**

**NOTE: BOOKINGS ARE ESSENTIAL FOR PROGRAMS UNLESS STATED AS A DROP IN PROGRAM**

