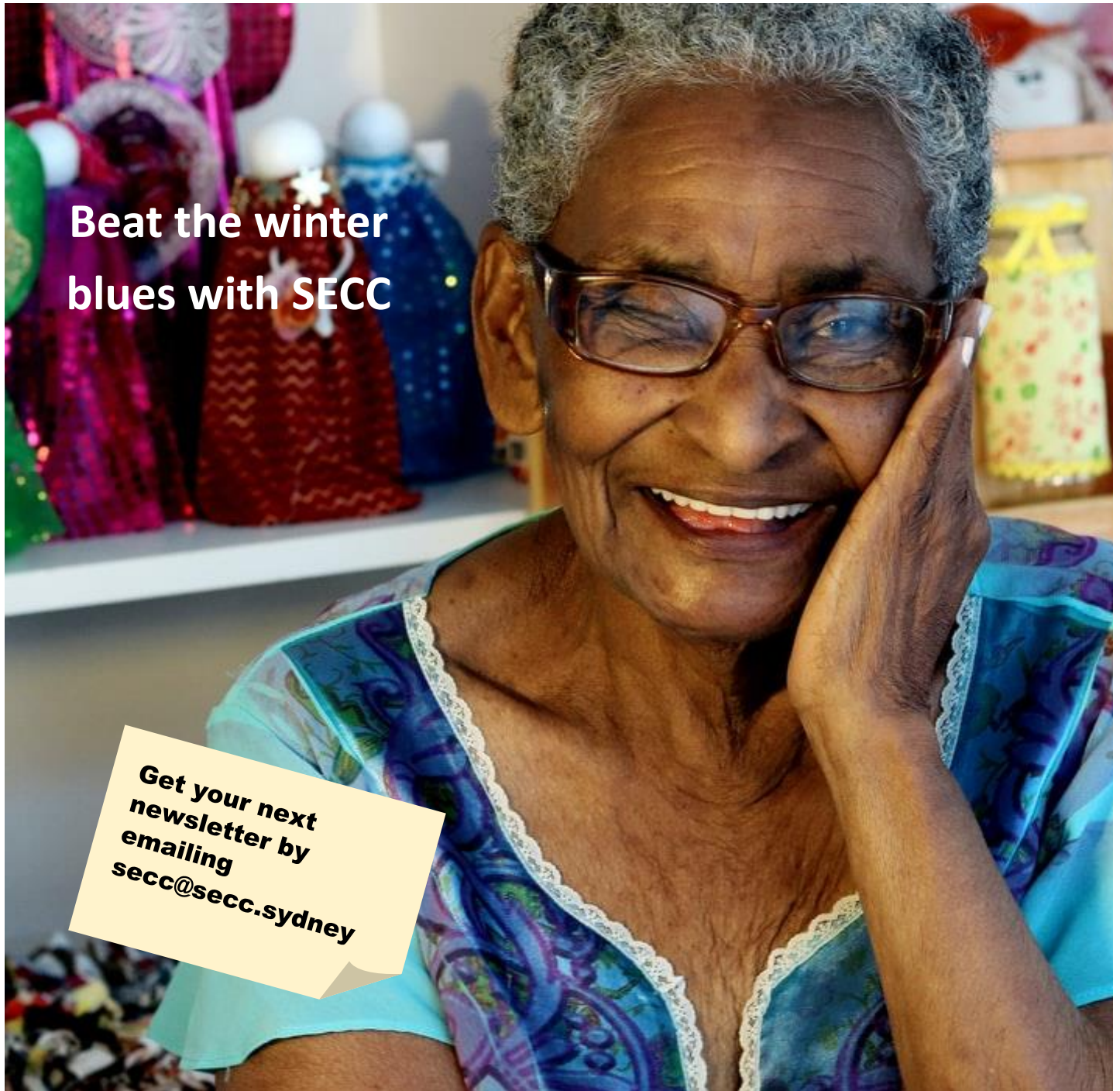


The **FREE** Newsletter of South Eastern Community Connect



# South Eastern *Seniors* Connect

June '21



Beat the winter  
blues with SECC

Get your next  
newsletter by  
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**Connection, wellbeing and quality of life.**

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without waitlists

Website: [www.secc.sydney](http://www.secc.sydney)

Head Office: 21 Vernon Ave,  
Eastlakes NSW 2018

Visit us: 1007 Botany Road,  
Mascot NSW 2020

### Contact us

8338 8506 (Eastlakes)

0415 783 558 (Mascot)

Mon-Fri during school  
hours

E: [secc@secc.sydney](mailto:secc@secc.sydney)



Follow us on  
Facebook:

[www.facebook.com  
/secc.sydney](https://www.facebook.com/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.



## STAFF SPOT

Emily Simpson

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 friendly Reception and Administration Support Worker at the SECC Hub on Botany Rd, Mascot.

# The CHP issues a 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 of JobSeeker. The CHP is asking people to sign a petition urging Treasurer Josh Frydenberg to expand social housing in order to balance the market.

More than a million low income Australians are in housing stress. The most common reasons people seek the help of homelessness services are financial or housing crises, or because they

are fleeing domestic and family violence (DFV).

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 stay housed when they hit tough times, with the ability to bounce back from a setback. With homelessness expected to rise by nine per cent this year, the CHP says immediate action is necessary.

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



# Life support

## 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 worst 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.

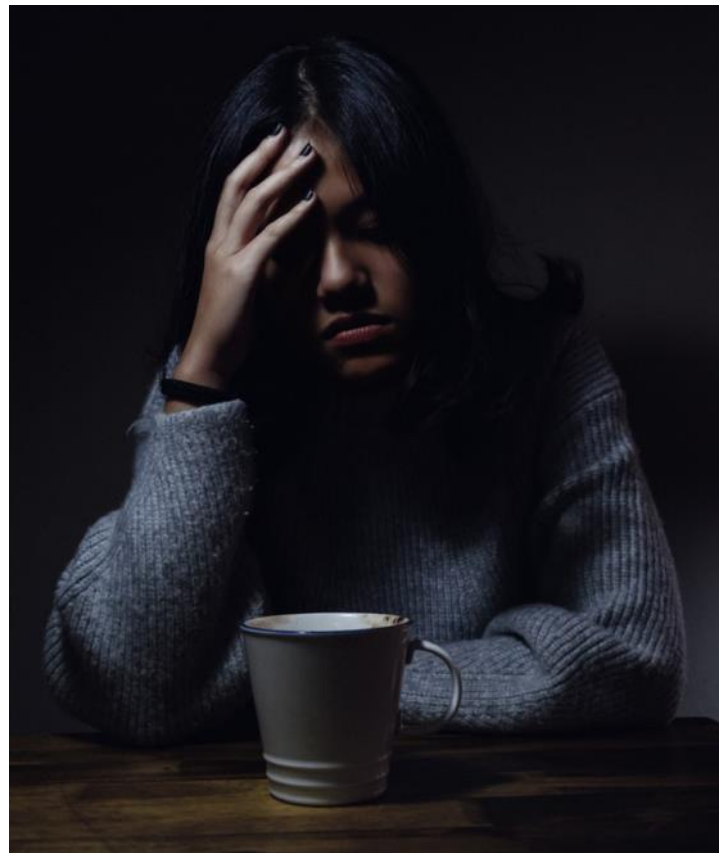
*Marna – we met last week?*

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.



# Life support

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.

*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... a hug, a  
blanket, a teddy bear to cry  
into...”***

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 culti-  
vate.

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.
- **Give us a review.** If we've been a support to you in any way, we'd love to know!

**Want to volunteer with SECC?**



**Call Sue on 02 8338 8506**



# *New Ideas* just for you

## **Cook with us in our community kitchen**

Looking for new, exciting and affordable recipes to try? Want to meet like-minded people in your local community? Then join our Community Cooking Club. We prepare, cook and share a healthy meal together as part of the night.

**Various Wednesdays, 5.30pm to 7pm at 1007 Botany Rd, Mascot**



## **Paint up a storm at the SECC Hub**

Keen to paint with others in your community and explore your creativity? We'd love you to join us. Book now by calling **0415 783 558** or email Emily at [hubadmin@secc.sydney](mailto:hubadmin@secc.sydney)

**When? Fridays 10-12 noon, 1007 Botany Rd, Mascot**



## **English classes for beginners and beyond**

While we are currently at-capacity, please let us know if you or someone you know would like to join our waitlist for English classes in the SECC Hub at 1007 Botany Rd, Mascot.

**More information: Call us on 0415 783 558 or email [hubadmin@secc.sydney](mailto:hubadmin@secc.sydney)**



## **NEW Connect with art in your own time**

Discover personal tools and grow awareness through creative art processes connected to natural settings. Join our Eco Art Journey and create art in your own time and space with assistance from Clio Doughty.

**Contact 0415 783 558 for more info.**



**For more information on Mascot classes call us on 0415 783 558**



## **NEW Dance for Wellbeing**

Do you want to learn something new? Do you want to move more, and connect with others? Join our dance program for an hour filled with so much fun and laughter you won't even realise the workout you've squeezed in! Enquiries: **0415 783 558**

**Where? 1007 Botany Rd, Mascot**



## **Free CPR and First Aid course for carers**

We are offering our two-hour CPR and First Aid course FREE via Zoom on Monday 31st May at 9.30am.

SECC and Dr Deborah Perkins from the Sydney Children's Hospital will present the course. Perfect for grandparents or carers.

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



## **Move more for your health and wellbeing**

So many of us suffer from physical tension. Our yoga-inspired sessions will help you to stretch confidently and build your knowledge to continue doing the things you love without so much body stress.

**Register for 'Movement for Wellbeing' at [bit.ly/SECCprograms](https://bit.ly/SECCprograms)**



## **Join one of our seniors' groups locally**

We have a range of groups for people wanting to connect socially with others in their season of life. Expect a warm welcome, good conversation and some of the best people you'll ever meet. Enquiries: **0415 783 558**

**1007 Botany Rd, Mascot**



## **Tai Chi classes offer a terrific time out**

Experience the many health benefits of Tai Chi with our experienced instructors. \* *Call Hector on 9052 5772 or 0412 865 063 for more info.*

**Advanced Classes:** Mondays, 12pm

**Beginners' Classes:** Wednesdays, 12pm (during school term)

**1007 Botany Road, Mascot**



**For more information on Mascot classes call us on 0415 783 558**

# Support for you - without waitlists



## Social bus outings for you

There's a seat on the bus waiting for you! Head out for lunch, enjoy great company, and get out and about with our transport service.

Our outings are always interesting, with a lot of different destinations and a great crew on the bus for every trip. Call **Kate Skinner** to see if this is right for you on **8338 8506**.

## Home Care Package help

Did you know South Eastern Community Connect is an approved Home Care provider? We provide personal care, social support, domestic cleaning, nursing, Allied Health services and massage therapy, exercise classes, access to our Seniors' Day Centre, and food and transport services. Call **Brooke** on **8338 8506** for more info.



## Fruit and vegetable deliveries

We always have room on the truck for an extra box of fruit and vegetables to travel fresh from the markets to your doorstep. Fruit, vegetables or mixed boxes are \$12 and are delivered weekly or fortnightly. We offer volunteers to help you with your shopping, as well as the transport to get you there. Meal prep services are also on offer.

Call **Tania** on **8338 8506** to find out more.



# Support for you - without waitlists

## Flexible transport service

With this service you can book door-to-door transport in a car, with one of our drivers attending your appointments.

We give priority to your medical appointments, but if we have vacancies we can take you to the hairdresser as well.

Call us to find out more and make a booking. Call **Kate Skinner** on **8338 8506**.



## Our Eastlakes office has moved!

After many years at Eastlakes Shopping Centre, we have moved our head office to a new home at **21 Vernon Ave, Eastlakes** (cnr O'Connor Street).

All our other contact details remain the same.

**Tel: 02 8338 8506**

**Web: [www.secc.sydney](http://www.secc.sydney)**

## Flexible respite on offer

Caring for someone can be both rewarding and challenging at the same time. Our flexible respite service gives both the carer and the person receiving the care a break from their daily routine. The cost for this service is \$20 for up to five hours, once a week.

Call **Irene** to learn more on **8338 8506**.



Please contact South Eastern Community Connect's friendly team to discuss your needs on 02 8338 8506.



South Eastern  
Community  
Connect

Have you got your bus licence?

# WE'RE HIRING DRIVERS

Work with South Eastern Community  
Connect to keep locals moving.

Volunteer and paid casual positions available.

[www.secc.sydney](http://www.secc.sydney)

**Call Kate  
Skinner now:  
8338 8506**