



SENC Newsletter 40

A COMMUNITY PUBLICATION

ISSUE 40 - AUTUMN & WINTER EDITION 2015

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and many more...



Welcome to a new year with SENC Family Support Team!

This year we will be having excursions, educationally supported playgroups and fascinating new parenting programs to look forward to!

Our playgroups are on Monday from 10am-12pm at Gardeners Road Public School and on Tuesday at Eastlakes Public School from 10am-12pm.

During playgroups this year we will be doing a lot more interactive activities and games. We will be doing a letter of the alphabet every week and be learning how to sign that letter using Key Word Signing, after we have gone [Continued on page 3](#)

SOUTH EAST NEIGHBOURHOOD CENTRE

Shop 68 Evans Ave, Eastlakes Shopping Centre Eastlakes NSW 2018

Ph: 8338 8506 Fax: 8338 8502 Email: senc@senc.org.au Website: www.senc.org.au www.facebook.com/SENC.Eastlakes

STAFF

Aged & Disability Support Workers: Nick Belitsis, Beatriz Londono
Centre Coordinator: Julie Gray
Community Transport Coordinator: Lili He
Community Worker: Ashrafur Rahman
Executive Officer: Kate Melhopt
Family & Multicultural Manager: Vida Tebyani
Family Support Workers: Bronwynn Jursik, Maryam Farjood, Ruming Yang
Food Services Workers: Mark Hawkins, Karen Phillips
Food Services/Volunteer Coordinator: Lili He
Information & Support Officer: Viviana Berasain
In Home Respite Care Workers: Michael Attia, Angela

Castillo, Carmen Correa, Franca Scalici, Martha Fiero Pino
Multicultural Community Coordinator: Mila Acevedo
SMOOSH Coordinator: Rekkha Moda
SMOOSH Workers: Stacey Bahram, Kohinoor Chowdury, Lina Teran, Mariko Nader, Mia Apostolatos, Sabina Rashid, Sebastiana Woolridge, Shawna McNab
Social Support Coordinator: Irene Trovato
Social Support Workers: Debra McDermott, Raelene Bathis
The Cottage Day Centre: Amy Drewe, Carmelo Castorina,
Transport Workers: Duc Cuong, Francis Hemming, Julie Faleta, Volodmyer Perederiy
Toy Librarian: Annie Tomlinson



Editor's Letter

Welcome to the first edition of our SENC newsletter for 2015!

The year is already flying by so fast. It didn't feel that long ago that we were busy with Christmas and now Easter is just upon us.

I have found that time has passed so fast for me personally as well and have managed to fall into the trap that many of us fall into: not appreciating the time that we have on this earth and the people around us. The years have gone into a cycle of "blink and you miss it" as the old saying goes. I have made changes to my life to reflect this thinking and my health is all the better for it. The lesson? Never take anything for granted.

SENC as usual has been very busy over the festive period through till now. This issue is packed with reports of what everyone has been up to and events coming up as well. In addition this newsletter celebrates 10 years in July - and it has been a wonderful job to watch it grow and change with each edition!

Till next time!

Catherine

Editor

DISCLAIMER

All possible care has been taken in the preparation and compilation of the report, statistics and the collection and the collection on information in this publication. However, the South East Neighbourhood Centre expressly disclaims any liabilities for the accuracy and sufficiency of the information and under no circumstances shall be liable in negligence or otherwise in or arising out of the preparation or supply of any information aforesaid.

Newsletter Credit- newsletter graphic design by Erica Huang



Continued from page 1 through all the letters in the Alphabet will be singing the Alphabet Song using Key Word Sign. As well we will be learning numbers and incorporating them into our circle time.

We have a Mums' English Class with childcare on Fridays which is only \$15 per term and we will start going on an excursion once a term. This term we are looking to go to the Royal Botanic Gardens! Remember to let us know if you can't make it to English class by 9am Friday morning on 8338 8506.

We have an exciting new line up for this first half of the year including a new parenting program. The parenting groups we are running are all free with limited childcare, charged at \$10 per child per session.

In March we are running Wise Choice Kids, for parents with children aged 2-12 years. This program is for parents to reflect upon the day to day play of their children and learn about their communication style and personality in order to effectively guide their behaviour and promote emotional resilience.

Play Power in March is for parents with children aged 0-3 years. This program helps children's brain development when play ideas are incorporated using everyday items. This program offers parents a unique opportunity to ask questions and share their experiences.

Baby Shed, will also be running. This is for first time dads with children aged between 0-6 months and it goes for 3 weeks on Saturday mornings in March. It contains

practical information regarding feeding, sleeping, communication and play, along with normal newborn behaviour and development. Baby shed will be held on again during 3 weeks in May on Wednesday mornings.

In early May there is 1,2,3 Magic and Emotion Coaching is for children aged 2-12 years, this being for parents to understand the nature of discipline to help them get better results with less effort and stress when dealing with difficult behaviour. This particular seminar series will be run in Mandarin.

There will be a 2 CPR and 1st Aid for parents, one in February and the second in May. This is a must for all parents, book early as spots get filled out very quickly!

In June we will be running Triple P Stepping Stones for children aged 2-12 years old, which is about building good communication skills, appropriate behaviour, discipline and setting ground rules to build positive relationships for parents with children with special needs.

For those of you that want some energetic action during the school holidays we run a kids' program where there are fun arts and craft activities as well as games held in the BKK Shopping Centre.

Don't forget to like us on Facebook at South East Neighbourhood Centre to be the first to know about our exciting programs, news and changes!



Harmony Day



2015_HarmonyDay_ashraf

General Manager of Botany Bay Council addressing the community



SENC Staff Mariko showing origami and volunteer henna artist Aziza Afrose creating henna for community member.

Harmony Day is held every year on 21 March to coincide with the United Nations International Day for the Elimination of Racial Discrimination. The message of Harmony Day is “Everyone Belongs”. It’s a day to celebrate Australia’s diversity – a day of cultural respect for everyone who calls Australia home. Botany Bay Council, The Deli Women & Children’s Centre and SENC jointly organised Harmony Day on Tuesday the 24th March 2015 at L’Estrange Park Mascot. Sydney MCS, Carers NSW and Sports Fundamental also joined the event. There were interactive Aboriginal Story Telling, welcome speech from the Botany Bay Council, Children activities from different organisations (like hair spray, face painting, origami, jumping castle, temporary tattoo & stickers and sports), and other highlights such as Henna art, home cooked nibbles, mobile coffee van, fresh fruit for



2015_HarmonyDay_ashraf

Aboriginal elder uncle Larry performing interactive Aboriginal story telling.



Children enjoying the jumping castle



Sports Fundamentals playing with children



Parents are waiting for their children's face painting

everyone to enjoy and information tables about different services and programs in the area. The event started at 10am & finished at 12pm. These t two hours were jam packed with activities that everyone enjoyed a lot. We got many positive feedbacks from CALD communities. It was another good way to mix & mingle and for everyone to share aspects of their culture and feel connected to their local community. It was also a great way for likeminded organisations to collaborate together and the team effort by all partners made the day a huge success.

**Ashrafur Rahman,
Community Worker**



International Mother Language Day 2015



SENC celebrated International Mother Language Day on 20th February 2015 at BKK Eastlakes Shopping Centre. It ran from 10am till 12pm. The Junctions Neighbourhood Centres Community Capacity Building Coordinator for the Aboriginal community Katrina Ross welcomed everyone with the Acknowledgement to the Country.



There were Bangla, Japanese & Filipino poems, Bangla songs, Chinese opera, Farsi presentation on language, Matraville Public School children performance on history of International Mother Language Day. With all the cultural performances, CALD communities were encouraged to practice their own mother tongue. Nearly one hundred people from all walks of life enjoyed the event. SENC acknowledged and appreciated all those volunteer performers who travelled from different parts of Sydney to make the event a success.

**Ashrafur Rahman,
Community Worker**



Iranian New Year

On Friday 27th of March, SENC celebrated Iranian New year also known as Noruz at Eastlakes shopping centre. The celebration started with a welcome by Maryam Farjood, SENC Family Support Worker who also talked about SENC services including parenting information sessions for Farsi speaking parents. She acknowledged the importance of volunteers and took the opportunity to thank Ahmad Reza who has been teaching Farsi since the beginning of the 2014. The Farsi class for children has been running by SENC over the last 7 years.

Ahmadreza then gave a power point presentation about history of Noruz and also showed a video of Farsi class children reciting a poem.



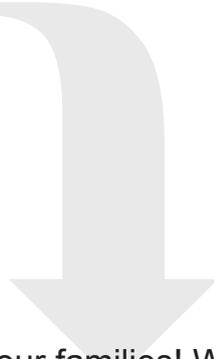
It was a great night attended by around 50 people from Iran and some other countries. The Haft Seen table as seen below is a traditional table which includes seven items all starting with the letter (S) or sin in the Persian alphabet – each item is symbolic and represents the bringing of good things for the year ahead such as good health, prosperity and abundance etc. Everybody enjoyed Iranian music and food including Ash Reshteh, Kask Bademjan, Sholeh Zard and special Iranian drink called Doogh.



Noruz in Iran is an opportunity for everybody to visit their family and friends and celebrate the coming of the new year together. As many Iranians living here may not have any family or relatives, running such an event was a good opportunity for them to spend some time with other people who speak the same language and culture and to make new friends.



SMOOSH News



Happy New Year to you and your families! We hope you had a great Christmas and enjoyed the school holidays.

We've definitely heard about some lovely experiences the children have had over the break. We are looking forward to another great year of SMOOSH in 2015!!

We offer a high quality recreational programme in a safe setting. Indoor and outdoor activities are intentionally planned for the children to experience and to develop their creative, dramatic, fine and gross motor and coordination skills. Our programme is designed to enable the children to grow in their life skills and build friendships.

This year SMOOSH had 19 kindergarten children start. They have settled in very well and are enjoying the opportunity to participate in all these new activities and experiences

January Vacation Care was crammed full of fun activities and excursions. These included favourites such as Luna Park and Manhattan Bowling. Our ever popular Ten Pin Bowling day was well attended with a number of children beating their previous best scores. Other popular excursions were Movies at Hoyts, laser siege, Galaxy world, Rock climbing and Marrickville Steel water park.





Luna Park, Hamster balls and rock climbing activities during Vacation care



The children also enjoyed a fun and exciting new Sydney Harbour cruise, played lots of water sports and games, rode bikes and had a disco. We also had “Games 2 U” truck come to SMOOSH, where they did laser tag. We also had an electronic day and learnt about New Zealand culture and food on New Zealand day. There were some new activities introduced such as a Glee Club workshop, a magic workshop as well as a hip hop dance workshop, which the children really liked and found very entertaining. This year we also took all ages to Sky Zone indoor trampoline centre which ended up being the favourite activity over all.



The beginning of the school term was a busy one with the start of a new sports program provided by “BM Sports.” Every Monday, Tuesday and Thursday the children will be taught different skills for tennis, rugby league and soccer.

Cooking club has also started up again with the children cooking something different with staff member every Wednesday.



Muharram Ayer installing the mosaic artwork





Sack race, weaving on a bike wheel and fire engines at SMOOSH



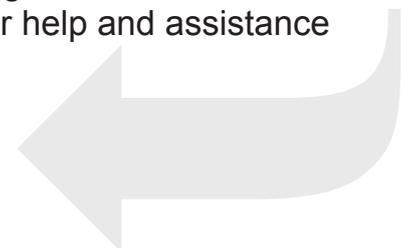
SMOOSH mosaic artwork which was created by children over the school holidays last year was finally installed on 6/3/15 by Muharram Ayer (SMOOSH parent)!! YEAH! SMOOSH would like to say a big thank you to him to find the time from his busy schedule to help install the artwork. We plan to build around this artwork with more mosaic individual artwork done by children on a garden theme as this is displayed right in opposite to the SMOOSH garden.



SMOOSH garden launch during Children's week was highlighted in the Network news letter (December 2014) and SMOOSH was congratulated for creating an inspirational space, teaching children about sustainability and enhancing children's wellbeing by exposing them to nature. Also there was special mention about "creating a haven in a concrete jungle". Thank you to network and its representatives-Pauline and Melanie for being a part of our garden launch celebrations! If you would like to read more and you can ask for a copy of the newsletter from an educator of SMOOSH.



It is time now to recharge the batteries and look forward to the next holidays. Some of our tried and loved activities are on the program again. Remember places fill quickly so please book early. Phone to reserve your place or pick up a booking sheet from the office or go on our website-www.senc.org.au. Thank you all for your help and assistance over the period.





Welcome back to all our Toy Library Members

Welcome back to all our Toy Library Members. We hope you had a wonderful time with your families over the holidays.

While the Toy Library was closed we managed to get a lot of sorting out of toys done to get more into the library (an ongoing process)! During this time 25 new toys were catalogued onto the system for you to borrow. They have already been uploaded to our online catalogue which has the following link: <https://www.flickr.com/photos/54080199@N05/sets/>

Last year **145** new toys were added to the system and this year we hope to add a lot more for your benefit.

For those members who have not yet received their Toy Library Card, they are now available for you to pick up when you next come to the Toy Library.

Please remember to clean and check that the tags and all pieces of the toy are together before returning them.

Most of our toys have rechargeable batteries which we are happy to replace with charged ones if they run out. Don't throw any batteries out as we do not want you to incur the cost of replacing them.

We accept donations of toys as long as they are in good condition and working order.

We look forward to your continuing support through the coming year.

Just a reminder that the Toy Library hours are:-

Borrowing of Toys:

Monday, Wednesday & Friday 9.00am-4.30pm

Returning of Toys:

Monday to Friday 9.00am-4.30pm

Looking for a gift that keeps giving? Why not purchase a Toy Library Gift Voucher at only \$30 instead of buying one new toy and then have the benefit of 1,000 toys to choose from.

Annie Tomlinson
Toy Library Administrator



My Aged Care

On 1 July 2015, the transition to the new Commonwealth Home Support Programme (CHSP) will begin. The CHSP is one of the changes being made to help older people stay independent and in their homes and communities for longer.



Mon-Fri 8am - 8pm Sat 10am - 2pm



Australian Government
Department of Social Services

The CHSP brings together four programs:

- Commonwealth Home and Community Care (HACC) Program
- Planned respite from the National Respite for Carers Program (NRCP)
- Day Therapy Centres (DTC) Program
- Assistance with Care and Housing for the Aged (ACHA) Program

The new CHSP is a consolidated programme that provides entry-level home support for older people and their carers who need assistance with daily living to keep living independently at home and in their community. It is estimated the programme will provide support to 550,000 older people and their carers, every year. People currently receiving services under the existing programme will continue to receive the same level of support when the CHSP begins.

As of 1st July 2015 new frail older clients who make direct contact with SENC for aged care services will be directed to MY Aged Care on 1800 200 422 to be assessed for suitability and to be able to access our services. Additional support is available those who are hearing or speech impaired and anyone who may require an interpreter. Alternatively contact can be made through the My Aged Care website at www.myagedcare.gov.au



MyPost Concession Card

Eligible Federal Government Concession Card holders will continue to be protected from any letter stamp price rises, with the cost of a

domestic stamp to be frozen at 60 cents. To access you will need to apply for a MyPost Concession account at your local Post Office and will receive a free booklet of 5 concession stamps and be able to purchase up to 50 concession stamps per year at any Post Office. When buying concession stamps you must present your MyPost Concession card in-store.



Hi. My name is Amber Jones,



I am new at reception at SENC on Monday and Wednesday. I have a three year old son. I was my grandmother's primary carer before she passed 8 years ago at the age of 92. I have a heart for people and love to help where I can.

I'm a local, enjoy contributing to my community and have worked in many different Volunteer roles.

I love walking and playing with my son. I am blessed with creativity and enjoy museums, art galleries and learning.

I look forward to meeting you.



Friendship volunteers needed



The Compeer friendship program is looking for volunteers to be matched in friendship with someone of the same gender and similar age living with a mental illness in their local community. Volunteers receive training and ongoing support from Compeer staff. It's an enjoyable and rewarding volunteer opportunity, which only takes an hour of your time each week.

To find out more, head to the website www.compeer.org.au, email compeer.sydneycitysoutheast@vinnies.org.au or call 9568 0295.

"Compeer is a simple, meaningful way of making a difference." – Volunteer



Daylight Savings finish and Battery Up

Daylight savings finishes Sunday 5th April! This is also the time to change your batteries on your smoke alarm system to ensure it is working.

If you are unable to change the battery yourself the NSW Fire Brigade runs a smoke alarm and battery replacement for the elderly (SABRE).

The overall aim of SABRE is to reduce both the frequency and severity of fires in the homes of senior citizens who have limited domestic support, and are unable to change smoke alarms and batteries safely on their own.

If you would like to enquire about this service please contact the station officer at the following local fire stations.

Alexandria	9318 4320
Botany	9666 5440
Mascot	9667 3837
Matrville	9694 1146

The cost of the smoke alarms or batteries is the responsibility of the SABRE client or through agreed partnership sponsors.



SENC Annual Membership



Just a reminder that the South East Neighbourhood Centre membership fee of \$5 is due by 30th June 2015. A valid membership gives you four newsletters each year and the right to vote at the Annual General Meeting. This year's AGM is being held on Wednesday 14th October 2015 at Eastlakes Community Hall, Florence Ave, Eastlakes.

Current members will automatically receive a renewal membership form by May 2015 via bus assistants or in the post. All new members will have to fill out membership application forms which are available at the SENC office, SENC website or you can phone 8338 8506 to have one sent to you.



Senc Raffle Winners

THE SENC raffle winner were drawn on Tuesday 16th December with the lucky winner of the 2014 Souths signed football and cap being Nell Lee. The second prize went to Hedy Baxter, a handmade crochet rug and silk scarf, and third prize went to Anna Devcic who received a handbag and silk scarf. SENC raised \$320.00 with the proceeds going to support volunteer programs. Thank you to all who supported this and congratulations to the winners.



Does this compute for you?

We have just completed another successful term of the **SENC Seniors Computers classes**. Many thanks to our volunteer teacher, John Segal, who generously gives his time each week to help seniors understand how to use computers.

John provides one on one instruction in a small class environment (only 4 students per class) and his clear, simple and plain English explanation makes the learning much easier.

Term 2 will start in May and we already have a full class, but if you are interested, please come and put your name on the waiting list for the next course. There is no charge for this course.

Alternatively, we are also running another course in conjunction with **City East College**. It is aimed at persons 15 -65 years of age and will cover using your PC, word processing, the internet, social media e-mails and shopping on-line. The course starts on 27 April and finishes on 22 June 2015.

The 2 hour course will be run on Mondays and, if we have sufficient numbers, 2 classes will be run – one at 10am and another at 12.30pm. There is a small charge for the course.

City East College may also run a future computers for seniors class – if you are interested in this, please leave your name on the list that SENC.



Ambulance Cover

South East Neighbourhood Centre (SENC) is informing our clients that should an accident occur when attending one of our programs that under our duty of care it is our responsibility to call an ambulance if one is required. It is not SENC's responsibility to meet the cost of ambulance transportation and any charges incurred will be charged directly to you by the ambulance service.

Some ambulance services are provided free of charge to people who are in receipt of the following benefit entitlements:

- Health Care Concession Card holder
- Pensioner Concession Card holder
- Department of Veterans Affairs Card holder
- Commonwealth Seniors Health Card holder

Without any form of cover you will be charged a \$290.00 ambulance call out fee and charged an additional \$2.62/km travelled in transporting to hospital. Individuals/ families with Health Insurance should be covered within their policy, alternatively Ambulance Cover can be obtained at a cheaper cost should the need arise.

Should you have any queries in respect to the above please discuss with your program coordinator.



PROGRAMS:

South East Neighbourhood Centre Program, South East Multicultural Program, South East Social Support Program, South East Community Transport Program, South East Day Care Program, South East Out Of Hours Respite Care Program, South East Bi-Lingual Workers Program, South East Food Services Program, Safe Multicultural Out Of School Hours Program (SMOOSH), Child & Family Support, Toy Library and South East Adult Education Program.



RESUME SUPPORT

DO YOU KNOW WHERE TO LOOK IF YOU ARE SEARCHING FOR A JOB?

DO YOU WANT TO LEARN HOW TO MAKE YOUR RESUME LOOK ITS BEST?

DO YOU KNOW HOW TO PREPARE YOURSELF FOR A JOB INTERVIEW?

- Resume Writing
- Cover Letter
- Interview Skills
- Other Tips

A volunteer with many years of HR experience will be working with you to create a well-written resume providing helpful hints for a smooth interview process.



South East Neighbourhood Centre

Shop 68, Eastlakes Shopping Centre
Eastlakes, NSW 2018

Please call for an appointment



8338 8506

www.senc.org.au

Computer Skills Course at Eastlakes

Come explore the world of personal computing in a supportive, friendly, fun environment

Learn how to

- ✚ Use your PC to do word processing and other basic computer tasks
- ✚ Use and search the Internet
- ✚ Use Facebook & Social Media
- ✚ Send and answer emails
- ✚ Shop online



Start Date: Monday 27th April, 2015

Finish Date: Monday 22nd June 2015

Time Class 1: 10.00 am - 12:00 noon

Time Class 2: 12.30pm - 2.30pm

No of sessions: 9 sessions

Cost: \$50*

*cost may be reduced if you are: in receipt of a Commonwealth welfare benefit, a person with a disability, Long term unemployed, or a migrant/refugee or Aboriginal/Torres Strait Islander.

Information & Registration Day:

Wednesday 15th April from 10:00 am to 12:00 noon

at MFO, Shop 31 Eastlakes Shopping Centre, Eastlakes (next to Chemist)
please bring your Passport to Register

In order to be eligible for this course, you must be

- an Australian/New Zealand Citizen or permanent resident or humanitarian visa holder
- aged 15 years - 65 years
- not at school
- living or working in NSW

A joint initiative between South East Neighbourhood Centre & City East Community College



For more information please contact
Ashraf or Mila 8338 8506
South East Neighbourhood Centre
Shop 68 Eastlakes Shopping Centre, Eastlakes



VOLUNTEERS AGED 70+ NEEDED FOR RESEARCH STUDY

STANDING TALL

Keeping you on your feet

**HOME-BASED EXERCISE PROGRAM
TO IMPROVE YOUR BALANCE**

FREE



Are you:

**70+ years and want to
improve your balance?**

* * *

**Are you concerned
about falling?**

NeuRA and the **University of NSW** would like to invite you to participate in an exciting new research study, called *Standing Tall*. We have developed a novel, individual and engaging exercise program for people over 70 years of age delivered conveniently through an iPad in your own home.

What does the *Standing Tall* study involve?

You will be asked to do balance exercises in your home, in your own time, using the *Standing Tall* program for 24 months. You do not need to own an iPad or have experience using one. We will give you an iPad for the duration of the study and visit you at your home to teach you how to use it.

What makes this balance program different from others?

Standing Tall has been designed especially for older adults to improve balance skills. Some of its key features are:

- ✓ *Standing Tall* is **convenient**: You can exercise in your own home, at your own time.
- ✓ *Standing Tall* is **individualised**: The exercises are tailored to your abilities and progressed at your own pace.
- ✓ *Standing Tall* is **motivating**: It gives you feedback on your progress and has a great variety of exercises specially designed to improve your balance!

For more information, please contact the *Standing Tall* Research Team on (02)9399 1888 or email us at standingtall@neura.edu.au



Is *Standing Tall* for you?

To join the study you must:

- ✓ Be 70 years of age or over,
- ✓ Be independent in your daily activities,
- ✓ Be able to walk 20 meters with or without a walking aid,
- ✓ You are NOT taking part on any other balance or falls prevention program that involves performing more than 30 minutes per week of standing balance exercises
- ✓ You do NOT have a neurological condition such as Parkinson's disease, Multiple Sclerosis or Dementia,
- ✓ You do NOT have an unstable medical condition that stops you from doing exercises.

If you are not sure if you meet these criteria, please do not hesitate to give us a call and we will help you to decide if *Standing Tall* is right for you.



When will the *Standing Tall* study start?

The study will start in February 2015; but you can join at any time.

What will happen if I join the study?

If you decide to participate in the study, a research assistant will call you to book you in for your initial assessment. During the assessment we will assess your fall risk, using measures of strength, balance, vision, reaction time, stepping and walking. You will be asked some questions about your general health, physical activities, medication use and falls history.

This is a research study, and we want to assess the efficacy of *Standing Tall*. This means we need to compare outcomes between people that perform the *Standing Tall* balance exercises with people that do not perform the *Standing Tall* balance exercises.

This means that after your assessment you will be placed at random (like tossing a coin) into one of two groups:

- **Exercise Group:** This group will receive an iPad with the *Standing Tall* balance program in it; and you will perform the exercises in your home for the duration of the study (24 months).
- **Control Group:** This group will receive an iPad with weekly informative newsletters on how to stay active and prevent falls, but **will not receive the *Standing Tall* balance exercises.** Instead we will ask you to continue performing your activities as usual.

You have 50% chance of being in the exercise group and 50% chance of being in the control group.

No matter which group you are allocated to, we will reassess you at 6, 12 and 24 months to see if your scores have changed over time. We will also ask you to fill in a weekly falls diary through the iPad for the duration of the study.

You will be able to contact us at any time throughout the study if you have any questions or need assistance. We will work together so that you get the most of this experience!

We look forward to speaking to you!

The Standing Tall Research Team

For more information, please contact the *Standing Tall* Research Team on (02)9399 1888 or email us at standingtall@neura.edu.au

خانه ی ایرانیان پاینده و جاوید باد تا که جاویدان زبان جاودان پارسی ست

مرکز علمی فرهنگی ادب از سال ۲۰۰۸ افتخار فعالیت در جهت آموزش خواندن ، نوشتن و مکالمه زبان شیرین فارسی در سطح مبتدی را داشته است. خدمات این مرکز کاملاً افتخاری بوده و توسط داوطلبان علاقمند به ترویج زبان و فرهنگ کهن پارسی اداره میشود و ویژه کودکان در سنین مدرسه میباشد. زمان: جمعه ها از ساعت ۴,۳۰ تا ۶,۳۰ بعدازظهر همزمان با ترم مدارس. جهت اطلاعات بیشتر با تلفن ۸۳۳۸۸۵۰۶ خانم مریم فرجود تماس بگیرید

ADAB Educational Centre offers language lessons in reading, writing and speaking in Farsi from beginner to intermediate level for school age children.

Course Duration: Fridays 4.30-6.30 pm during school terms

Course Fee: Free

Class size: 8-10 students

For more information please call:

Maryam Farjood on 02 8338 8506 or

email: familysupport@senc.org.au

Venue: Shop 83A BKK Shopping Centre Eastlakes : مکان



پارسی را پاسداریم





familiesNSW
supporting families to raise children

Monday Playgroup

**** NUT FREE ****

Term 1

Monday 2nd February 2015 -
30th March 2015

Term 2

Monday 27th April 2015
22nd June 2015

Welcoming families
with children 0-5 years



Where:

Gardeners Rd Public School

When:

Gardeners Rd Rosebery 2018

Mondays 10.00am-12.00pm

During school term

Cost:

\$2 per session & a piece of fruit

Enquiries:

SENC Family Support Team

Ph: 8338 8506

Email: familysupport@senc.org.au



Mums English Class with Childcare

Term 1

Friday 6th February—27th March

2015

Term 2

Friday 1st May—26th June

2015



NUT

FREE

Welcoming Mums/female Carers
with children 0-5 years



**SENC Family Support Team in co-operation with
The Deli Women & Children's Centre is offering
English Classes with CHILDCARE & activities during
school terms**

Private lessons included from 10:00am—10:30am

BEGINNERS Class: Friday 10:30am—12:00noon

**Including a special half hour of reading, songs and
activities together with your children.**

**Where: The Deli Women & Children's Centre
72 Maloney St Eastlakes NSW 2018**

Entrance side gate in Robinson St

When: Fridays 10:30am—12:00noon

During school term

Cost: \$15 per Term

Enquiries: SENC Family Support Team

Ph: 8338 8506

Email: familysupport@senc.org.au

**Please bring a piece of fruit (to share)
and a drink for you child**

**EASTLAKES
MULTICULTURAL PLAYGROUP**

****** NUT FREE ******

Term 1

Tuesday's

3rd February-31st March 2015

Term 2

28th April 2015-23rd June 2015



Welcoming families
with children 0-5 years



Where: Eastlakes Public School
Main Hall
Florence Ave, Eastlakes NSW 2018

When: Tuesdays 10am-12pm
during school term

Cost: \$2 per session & piece of fruit

Inquiries: SENC Family Support Team
Ph: 8338 8506

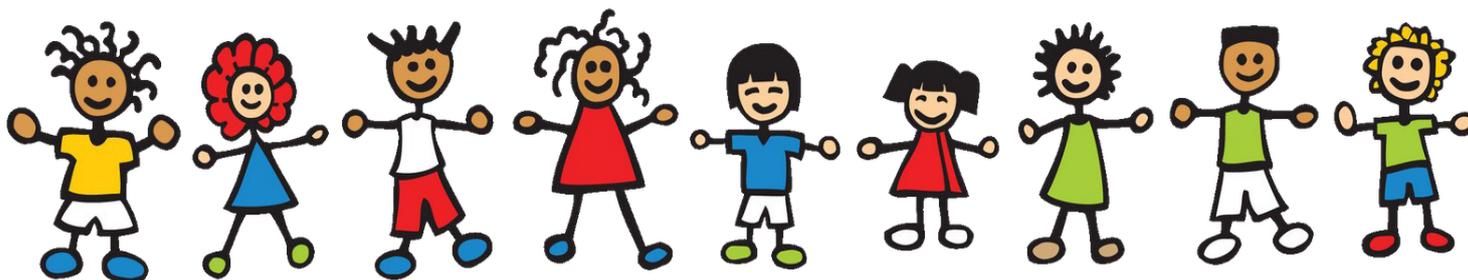


Eastlakes Public School
We Rise to the Challenge

familiesNSW
supporting families to raise children



...Heart of the Community



1,2,3 Magic & Emotion Coaching Parenting Program (魔法亲子育儿课程 1-2-3 和情绪辅导)

Please call to express your interest in attending this training in May.

如有兴趣参加此课程，请联系尽快联系SENC，我们需要参考报名人数而最后决定时间和地点

contact:
SENC family support
Ph: 8338 8506 or
Email: familysupport@senc.org.au

Where : **Gardeners Rd Public School**
(Gardeners Rd Entrance)

When: **Thursday 7th, 14th, 21st**
May 2015
3 weeks program

Cost: workshop **FREE**

Childcare: *****NUT FREE*****

\$10 per child Per Session.
Limited childcare Available



3x 2 hours sessions for families with children aged 2-12 years

The aim of this program is to increase your knowledge about what works in managing behaviour and what doesn't. To lessen your feelings of frustration. To get better results with less effort and stress when dealing with your child's behaviour.

每周2小时（共3周）

此课程针对家里有 2-12岁孩子的汉语普通话家长

此课程简单易学，结构合理并能够全方位地帮助家长们：

- 学习如何处理孩子的捣蛋行为，譬如发脾气，大喊大叫，动手打架，习惯顶嘴等...
- 获得如何既平静温和又坚决地管教孩子的知识，技巧和信心
- 教授孩子把握情绪适应的技巧
- 学到一些实用的方法，维护孩子的尊严，鼓励孩子的自信，保持家长和孩子情感控制的能力，也帮助家长从养育孩子的经历中获得人生的乐趣。

January to
June
2015

South East Neighbourhood Centre Family Support Services



Toy Library
Borrowing Mon, Wed & Fri 9:00am-4:30pm
Returns Monday—Friday 9:00am-4:30pm at the
South East Neighbourhood Centre.
BKK Shopping Centre, Eastlakes
Over 1200 toys for children 0-8+ years.
\$30.00 annual family membership fee.
www.senc.org.au to see our toys online!

familiesNSW
supporting families to raise children

for kids!!



School Holidays
Free and fun kids craft activities + games
Once a week during School Holidays
11.00am-1.00pm
At BKK Shopping Centre Eastlakes
For more info please contact family support on
8338 8506
Or email: familysupport@senc.org.au



For Families

Family Case Management Assistance Available

GRPS PLAYGROUP
Mondays
10:00am-12:00pm
Term 1, 9th Feb-30th March
Term 2, 27th April-22nd June
Gardeners Rd Public School
Gardeners Rd Rosebery 2018
Cost: \$2 per session



All Programs below are run
during school terms
Please call SENC Family Support on
Ph: 8338 8506
or email:
familysupport@senc.org.au
Parenting Programs are FREE
BOOKINGS ESSENTIAL
**LIMITED CHILDCARE—\$10.00 PER
CHILD PER SESSION**

Multicultural PLAYGROUP
Tuesdays
10:00am-12:00pm
Term 1, 3rd Feb-31st March
Term 2, 28th April-23rd June
Eastlakes Public School
Florence Ave, Eastlakes 2018
Cost: \$2 per session



FREE Parent Information Sessions & Groups
Farsi-speaking parents group Quarterly on a Friday Night
5:30pm-7:30pm at **BKK Shopping Centre, Eastlakes**
1st Aid & CPR for Parents
Wednesday 25th February & 13th May 2015
10am-12:00pm
Gardeners Road Public School
Gardeners Rd, Rosebery 2018

1,2,3 MAGIC & EMOTION COACHING 2-12 yrs
(Mandarin Language)
7th, 14th & 21st May, 10:00am-12:00pm at
Gardeners Rd Public School
Gardeners Rd, Rosebery 2018

**TRIPLE P Parenting SEMINARS—Wednesdays 18th, 25th
February & 4th March 5.30pm-7.30pm**
at **Gardeners Rd Public School**
Gardeners Rd, Rosebery 2018
TRIPLE P STEPPING STONES
(for parents with children with special needs 2-12 yrs)
Wednesday 10th, 17th, & 24th June
10am-12noon at **Gardeners Rd Public School**
Gardeners Rd, Rosebery 2018

The Baby Shed for Dad's
Group for Dads & babies ideally
under 6 months old - practical baby infor-
mation and infant
development.
Saturdays 14th, 21st & 28th March
9.00am-11.00am
Wednesdays 20th, 27th May & 3rd June
10:00am 12:00pm
Gardeners Rd Public School
Gardeners Rd, Rosebery 2018

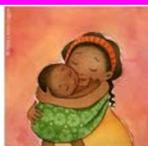
For Parents



For dads!



For mums!



Mum's English Class
with childcare
including an interactive
lesson with mums & children
Fridays 10:15am-12.00pm at
**The Deli Women & Children's Centre, Malo-
ney Street Eastlakes**
Term 1, 6th Feb-27th March 2015
Term 2, 1st May-26th June 2015
Cost: \$15 per Term

PLAY POWER for parents of children 0-3 yrs
Brain development and ideas for play activities using eve-
ryday items
Thursday 26th March 2015-10am-12noon at
Gardeners Rd Public School
Gardeners Rd, Rosebery 2018

**WISE CHOICE KIDS—Reflect upon the day to day play
of your children & learn about their communication
style & personality in order to effectively guide their
behaviour & promote emotional resilience.**
Wednesday 11th, 18th, 25th March & 1st April
10.00am-12.00 pm
Gardeners Rd Public School
Gardeners Rd, Rosebery 2018



SENC

South East Neighbourhood Centre



FOOD SERVICES

Fruit and Vegetables Boxes

Set price prepacked produce boxes. Items are brought freshly in bulk from local fruit shops then pack into fruit, vegetables, or mixed produce boxes. Home delivery once a fortnight on either Tuesdays or Thursdays afternoons. \$12 per box inclusive of delivery fee. A deposit of \$12 will be taken.

Grocery Boxes

Set price prepacked grocery boxes vary from basic everyday household food boxes, breakfast boxes, dinner boxes, and salad boxes. All available in economy, mid-range and deluxe varieties. Prices range from around \$10-\$25 inclusive of delivery fee. Home delivery weekly or fortnightly at service user's request.

List Shopping

Individualised to each service user. Items are purchased, packed, and delivered to service user's home for a \$5 service fee (non-inclusive of the cost of groceries). Individualised deposits (dependent on personal situation and grocery needs) will be taken to cover groceries cost. Delivery on Tuesday afternoon every pension week.

All fees are subsidised. To be eligible for the service a person must either be frail aged, have a disability that makes getting out and about difficult, or a carer. Please contact our Centre and we can discuss your situation.

Address: Shop 68, Eastlakes Shopping Centre, Eastlakes 2018
Office Hour: 9am—4:30pm, Monday to Friday
Phone No: **8338 8506**



SENC

South East Neighbourhood Centre

DAY CENTRES



Beaconsfield Community Centre

Weekly group meeting consists of morning tea, lunch and bingo. For residents of the Botany Bay and City of Sydney LGAs. Transport available for door to door pick up.

The Cottage

Dementia specific day centre for the City of Sydney, Waverley, and Woollahra LGAs. Morning tea, lunch, and structured programs provided. Door to door transport.



All fees are subsidised. To be eligible for the service a person must either be frail aged, have a disability that makes getting out and about difficult, or a carer. Please contact our Centre and we can discuss your situation.

Address: Shop 68, Eastlakes Shopping Centre, Eastlakes 2018
Office Hour: 9am—4:30pm, Monday to Friday
Phone No: **8338 8506**





GROWING VOLUNTEERING COMMUNITIES



GREAT NEWS: the South East Neighbourhood Centre has been appointed the Timebanking auspice entity for the South Eastern Sydney District!

WHAT IS TIMEBANKING?

Timebanking is a community program that allows the voluntary exchange of services between members.

It's as simple as give an hour, receive an hour: by giving one hour to helping another member, you earn one hour of time credits which can be used to receive services that are of personal value such as dog walking, ironing, community gardening, massage, language tuition, painting, administrative assistance... you're only restricted by your imagination.

Everyone can be part of Timebanking as everyone has something to give.

HOW DOES IT WORK?

Once you become a Timebanking member, you are able to search through all the offers of assistance and requests for assistance made by other members.

If you see someone's offer or request that you could complete, or that you would find useful, you simply contact that person to arrange the completion of the service.

Following completion of the task, the person who provided the service logs onto www.timebanking.com.au and registers the number of hours it took. The system then completes the exchange of time between

the members involved. Of course, if any mistakes are made about the amount of time exchanged, your local Timebanking provider can correct the mistake.

Everyone has something to give, so have a think about what you could offer and what you could want. It may be housework, it could be guitar lessons, or even reading to someone, there are no limits!

HOW CAN I BECOME A MEMBER?

All you have to do is register on www.timebanking.com.au

HOW MUCH DOES IT COST TO BECOME A MEMBER?

Timebanking is free to join so sign up today!

I DON'T HAVE ACCESS TO A COMPUTER OR INTERNET – HOW CAN I JOIN?

Talk to us! There is a computer near our front counter for public use, and Lili the Volunteer Coordinator can help you if you have any problem signing up.

FUTHER QUESTIONS?

Again talk to us! You could also email hello@timebanking.com.au or call Timebanking on 1300 786 176.

Lili He
Volunteer Coordinator



Lost Property



SENC would like to remind its service users of the procedure that happens when we discover lost property.

At completion of each service, vehicles and venues shall be inspected to ensure that no items of lost property remain. All items of lost property identified shall be

removed from the vehicle/venue and returned to the SOUTH EAST NEIGHBOURHOOD CENTRE office.

The appropriate program coordinator shall be notified of lost property items and relevant details shall be entered into the SENC Lost Property Book.

Items of lost property shall be inspected only for the purposes of trying to establish the identity of the owner or to establish that no perishable or dangerous goods are contained. Perishable items shall be disposed of as soon as they begin to deteriorate. Dangerous goods shall be secured or disposed of according to the health and safety interest of team members.

If ownership of the items of lost property is established, all reasonable steps will be taken to contact the owner to inform them where the property is held and how they can arrange for its return.

If ownership of the lost property cannot be established, the item shall be retained for a minimum of two months.

After this time lost property shall be disposed of at our discretion (the local St Vinnie's Bin).



Volunteer Rights and Responsibilities

Volunteer Rights and Responsibilities

At the SENC we aim to treat all our volunteers with the respect and recognition they deserve. However, when working with us in the SENC as a volunteer it is important to know your rights and responsibilities as you interact with the greater community. Firstly and foremostly, entering into a volunteer relationship means recognising that you will not be getting salary, wages or any form of compensation in return for your time. However, there can be so much more to be gained from volunteering! It can be fun, fulfilling and a great life experience. The nature of a volunteer relationship is significantly different to an employee relationship, and we will outline how here:

Volunteering relationships are not compulsory or legally binding: As a volunteer within an organisation, you are not legally bound to your responsibilities and duties. You are free to leave the organisation and your role as a volunteer at any time, although as we at the SENC rely heavily on volunteers for our day to day running, giving notice is definitely preferred!

As a volunteer, you partake in activities purely at your own free will. Volunteering is a choice.

Everyone has a right to volunteer:

Everyone who wants to volunteer can volunteer somewhere – you will not be turned away. However not all roles are suitable for every volunteer, sometimes we might need a particular skill or demographic to work with particular groups in the community. However, if this is the case, we will try our best to find you an alternative volunteer role or refer you to another organisation that may benefit from your help and services more.

Volunteers have to undergo a screening process: Like any employee, all volunteers must undergo a screening process. As our volunteers will be working with vulnerable groups and interacting with the greater society on our behalf, it is important to put the community's safety first. However, we will never turn a volunteer away unless the screening process brings up something that will be relevant to your work in the SENC.



Volunteers have the right to a safe workplace and a responsibility to create a safe environment:

As a volunteer, you have the right to feel that you give up your time in a safe work environment. The SENC has a responsibility to make sure that all reasonable safety precautions are taken before undergoing any behaviour that might put you at risk. You have the right to decline participating in any activity if you feel unsafe, and you personally have the responsibility to ensure that you don't exceed the boundaries of your volunteer role. If you wish to go above and beyond for a client and act outside of your volunteer agreement at the SENC, you do so at your own risk and the SENC will take no responsibility for those actions. You also have the right to a volunteer workplace that is free from bullying, sexual harassment or discrimination, and a responsibility to contribute to a workplace environment that is free from bullying, sexual harassment or discrimination.

Volunteers have the right to review processes:

Volunteers have a right to a review process if any issues arise, such as complaints from clients. The SENC will not terminate a volunteer relationship as a

result of complaints before having a review meeting to discuss issues and address them through alternative methods.

Volunteering can be an incredibly rewarding experience for those involved. It can help bring the people together and strengthen your community from within. It can be your chance to give back

and make a difference, and help give non-government organisations like the SENC opportunities and man power to reach out and really make a change!

Volunteering has increasingly become a pillar for the way non-government and not for profit organisations work in our society, so Volunteering Australia and the Australian government are working towards a new definition for volunteers so that we can create a clear understanding of volunteer rights and roles. We will keep you updated with any changes that may come about as a result of this and how this might affect your time at the SENC.

Elizabeth Newby



SENC Service User Rights and Responsibilities

Service Users Rights

- Every Service User has the right to receive a service that encourages and fosters their independence.
- Every Service User and/or (with the Service User's permission) their carer, has access to all information about themselves held by SENC.
- In cases where a Service User has a legal guardian or advocate appointed to act on their behalf, the rights of the guardian or advocate are to be acknowledged and respected to the extent stipulated in the guardianship or advocacy arrangements.
- Service Users and/or (with the Service User's permission) their carers, will be involved in decisions about their assessment and care plan. They will be made aware of all the options available, and any fees to be charged.
- Service Users will be made aware of the standard of service which they can expect. Services will be provided in a safe manner which respects the dignity and independence of the Service Users, is responsive to the social, cultural and physical needs of the Service Users and the needs of the carer.
- Service Users' access to services will be decided only on the basis of need and the capacity of SENC to meet that need.
- Service Users have the right to refuse a service and refusal will not prejudice their future access to services.
- Service Users have a right to complain about the services they are receiving without fear of retribution.
- Complaints by Service Users will be dealt with fairly, promptly and without retribution. The Service User may involve an advocate of their choice to represent his/her interests.
- Service Users' views will be taken into account in the planning and evaluation for SENC.
- Service Users can nominate an Advocate to speak on their behalf.
- Service Users' rights to privacy and confidentiality will be respected.

Service Users Responsibilities

- Service Users should act in a way which respects the rights of other Service Users and Team Members.
- Service Users need to take responsibility for the results of any decisions they make including the choice not to make a decision.
- A Service User should let the agency know if he/she is not going to be at home when Team Members are due to visit.
- Service User should respect the confidentiality of information about other Service Users and Team Members which they may obtain whilst using services.
- Service Users are to play their part in helping our Team Members to provide them with services.
- Service Users should inform SENC of any significant change in their circumstances.
- All effort will be made to ensure that a Service User, family member or Carer does understand their Rights and Responsibilities. Where needed contracts will be developed to ensure a clear understanding. If a Service User continually refuses to abide by their responsibilities they may be exited from SENC services.

SENC Responsibilities

- Provide clients with information about SENC services and a copy of the Rights and Responsibilities following the assessment
- Deliver efficient and effective services that meet client needs, according to available resources at SENC.
- Discuss privacy and confidentiality issues with clients and possible limits to confidentiality e.g. duty of care, data collection
- Allow clients to have access to any of their personal information held by SENC.
- Assess client needs and have reassessment when the client's needs change.
- Provide an advocate or assist any advocate of a client's choice to act on behalf of a client.
- Assist client in making complaints about SENC.



Charter of Rights Home Care

*Aged Care Act 1997,
Schedule 2 User Rights Principles Rights*

As a care recipient I have the following rights:

1 GENERAL

- a) to be treated and accepted as an individual, and to have my individual preferences respected
- b) to be treated with dignity, with my privacy respected
- c) to receive care that is respectful of me, my family and home
- d) to receive care without being obliged to feel grateful to those providing my care
- e) to full and effective use of all my human, legal and consumer rights, including the right to freedom of speech regarding my care
- f) to be treated without exploitation, abuse, discrimination, harassment or neglect

2 PARTICIPATION

- a) to be involved in identifying the home care most appropriate for my needs
- b) to choose the care and services that best meet my assessed needs, from the home care able to be provided and within the limits of the resources available
- c) to participate in making decisions that affect me
- d) to have my representative participate in decisions relating to my care if I do not have capacity

3 CARE AND SERVICES

- a) to receive reliable, coordinated, safe, quality care and services which are appropriate to my assessed needs
- b) to be given before, or within 14 days after I commence receiving care, a written plan of the

care and services that I expect to receive

- c) to receive care and services as described in the plan that take account of my lifestyle, other care arrangements and cultural, linguistic and religious preferences
- d) to ongoing review of the care and services I receive (both periodic and in response to changes in my personal circumstances), and modification of the care and services as required

4 PERSONAL INFORMATION

- a) to privacy and confidentiality of my personal information
- b) to access my personal information

5 COMMUNICATION

- a) to be helped to understand any information I am given
- b) to be given a copy of the Charter of Rights and Responsibilities for Home Care
- c) to be offered a written agreement that includes all agreed matters
- d) to choose a person to speak on my behalf for any purpose

6 COMMENTS AND COMPLAINTS

- a) to be given information on how to make comments and complaints about the care and services I receive
- b) to complain about the care and services I receive, without fear of losing the care or being disadvantaged in any other way
- c) to have complaints investigated fairly and confidentially, and to have appropriate steps taken to resolve issues of concern



7 FEES

- a) to have my fees determined in a way that is transparent, accessible and fair
- b) to receive invoices that are clear and in a format that is understandable
- c) to have my fees reviewed periodically and on request when there are changes to my financial circumstances
- d) not to be denied care and services because of my inability to pay a fee for reasons beyond my control

Responsibilities

As a care recipient I have the following responsibilities:

1 GENERAL

- a) to respect the rights of care workers to their human, legal and industrial rights including the right to work in a safe environment
- b) to treat care workers without exploitation, abuse, discrimination or harassment

2 CARE AND SERVICES

- a) to abide by the terms of the written agreement
- b) to acknowledge that my needs may change and

to negotiate modifications of care and service when my care needs do change

- c) to accept responsibility for my own actions and choices even though some actions and choices may involve an element of risk

3 COMMUNICATION

- a) to give enough information to assist the approved provider to develop, deliver and review a care plan
- b) to tell the approved provider and their staff about any problems with the care and services

4 ACCESS

- a) to allow safe and reasonable access for care workers at the times specified in my care plan or otherwise by agreement
- b) to provide reasonable notice if I do not require a service

5 FEE

- a) to pay any fee as specified in the agreement or negotiate an alternative arrangement with the provider if any changes occur in my financial circumstances
- b) to provide enough information for the approved provider to determine an appropriate level of fee