

2010 Issue 1
February 2010

CHATS Newsletter

LMNC

33 Hope St
Blaxland 2774

Opening Hours

Monday – Thurs
9 am to 4.30 pm

Friday
9 am to 1 pm

Phone:
02 4739 1164

Volunteer Home Visitors
02 4739 8169

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*The newsletter of the Lower Mountains Neighbourhood Centre
Building a caring community*

Contemplating happiness

A recent article in the Sydney Morning Herald (25 January 2010) discussed the Sydney Festival's World Café discussion on happiness.

Professor Geoff Gallop, director of Sydney University's Graduate School of Government, former West Australian premier, and sufferer of depression, was quoted as saying: 'I don't think you can legislate for happiness, but there's a public policy element for happiness. A free society without poverty that encouraged its citizens to engage with their

community and had a framework to care for the mentally ill was a good start'.

This article prompted me to think not only about what 'happiness' means to us as individuals (for example, does it mean contentment? Or absence of anxiety or pain?), but also what 'happiness' means for us as a community, as a neighbourhood.

This time last year CHATS invited our readers to celebrate the possibilities of hope; this year we invite you to think about what makes a 'happy'

community, a 'happy' neighbourhood, whatever the words 'happy' and 'happiness' mean to you.

Neighbourhood centres are all about people engaging with their community, and we hope this engagement contributes to the happiness and wellbeing of the people in our community.

Let us know what you think about what makes a happy community – by letter, phone or email to manager@lmnc.org.au
In the meantime, we wish you all a very happy and peaceful New Year.

Peta Williams, Manager

LMNC Volunteer Transport Services for Seniors

Medical Transport Service

This service is for older people who are either frail or for people with a disability who have difficulty getting to medical appointments and accessing public transport.

At least **3 DAYS** notice is necessary as we cannot handle emergency requests.
Client bookings: 4739 1164.

Note: all first requests for medical transport will be assessed by GREAT Community Transport (GCT) – please phone

4759 2403. They will then refer your needs to LMNC Front Desk volunteers, who organise a local volunteer driver suitable to your appointment.

Fortnightly Shopping Bus

Shopping bus service on Pension Thursdays, alternatively to Blaxland and Lennox centres. Sixteen seats available with 2 hosts assisting. Cost \$9 per person or \$12 per couple.

Spaces available – **BOOK NOW! Bookings 4739 1164.**

Next dates are:

Blaxland: Thursday 4 March, 1 April, 29 April, 27 May

Lennox: Thursday 18 February, 18 March, 15 April and 13 May.

We will miss Win Bolden, a dear Shopping Bus participant. Rest in peace.

One-to-One Shopping Service

Part of our Volunteer Home Visitors program, this service is for people not able to physically access the bus service. Please phone us on **4739 8169** to access this service.

The 'Thanks and Appreciation' Column

Donations

Thank you to all those individuals who have made donations to us since the new financial year.

Government Support

NSW Department of Human Services

(a) Community Services under the Community Services Grants Program (CSGP) for our general operations, services and community development programs

(b) Ageing, Disability and Home Care (DADHC) under the Home and Community Care program (HACC) for the Volunteer Home Visitors service

NSW Office of Fair Trading for the administration of NILS®

Blue Mountains City Council for supporting the production of the CHATS newsletter

Other Support

National Australia Bank (NAB) for NILS® capital

Glenbrook Panthers for the music playgroup 'Play and Sing'

John Godfrey from **Artful Fundraising Pty Ltd** for the donation of his new book, 'Artful: Major Gift Fundraising' (www.artfultraining.com)

Legal outreach clinic begins at LMNC

The Elizabeth Evatt Community Legal Centre comes to the Lower Mountains

Elizabeth Evatt Community Legal Centre (EECLC), located in Katoomba, is bringing its services to the Lower Mountains community with a free legal outreach clinic opening in late March.

The **Lower Mountains Legal Outreach Clinic** will operate each Tuesday fortnight at the LMNC in Blaxland between 1.30 pm and 4pm. The fortnightly clinics will alternate between a general legal advice clinic and a specialist tenancy clinic.

EECLC Principal Solicitor, Chris Grant, will take clinic appointments in most areas including family law, law for older people and general

civil law. This includes advice on debt and consumer matters, discrimination and neighbour disputes. The clinic is not able to provide legal advice in criminal, commercial or immigration matters.

EECLC's Tenant Advocate, Linda Grady, will be offering assistance with tenancy problems such as rent and bond disputes, repairs and maintenance, termination notices, landlord's responsibilities and Housing NSW appeals. She can also represent tenants in the Consumer, Trader and Tenancy Tribunal.

To make an appointment, please call EECLC direct on

4782 4155 and ask to speak to the receptionist. Make sure you ask for an appointment at the Lower Mountains Legal Outreach Clinic and state whether you want general legal advice or tenancy advice. A conflict of interest check will be required to ensure that EECLC has not given legal advice to the other party in your dispute.

Lower Mountains Legal Outreach Clinic at the Lower Mountains Neighbourhood Centre, 33 Hope Street, Blaxland. Tuesday 1.30-4pm, every fortnight **commencing Tuesday 23 March 2010**.

Bookings essential.

Phone 4782 4155

Farewelling Susan Maples

This month we sadly say farewell to Susan.

For the past 5 years Susan has been the driving force behind our Home Visitors Service. With her dedicated team of volunteers she has provided support, comfort and friendship to so many people in our Lapstone to Warrimoo area. In doing so they have allowed their clients to remain in their homes far longer which has enormous benefits not only for them but for society in general. It's an incredibly important and valuable service and one to which

Susan has brought her own unique touch.

Always with the wellbeing of her clients and team uppermost in her mind, Susan's caring and considered approach to matching has resulted in many firm friendships being established. Equally her focus on communication and training has ensured a strong, stable team is ready to take on new clients as they are referred.

On behalf of everyone at LMNC may I say how much we will miss Susan as she



leaves us for pastures new, carrying with her our very best wishes. And we'll miss her poetry ... no one presents an annual report quite like Susan!

Warwick Fuller
LMNC Chair

Community Notice Board

The Community Notice Board is a service we provide for activities of other groups and organisations as well as LMNC activities. We are not affiliated with the activities of other groups and organisations unless otherwise stated.

Lower Mountains Family Support Service

Parent Groups – 4739 5963

'Kids & Confidence' Part 1

How parents can encourage confidence and resilience in kids. Wed mornings from 10 March to 31 March, 10 am to 12.30 pm, Uniting Church Hall, 70 Old Bathurst Road, East Blaxland.

Cost \$40 (4 sessions).

'123 Magic'

A behaviour management program for 2-12 year olds. Wed evenings from 10 March to 24 March, 7.15-9.15 pm. Winmalee Public School, Leslie Street, Winmalee. Cost \$30 (3 sessions).

Mountains Outreach Community Service (MOCS)

Young Parents Play Group

A free play group in the Lower Mountains for young parents up to the age of 24 years and their children.

Meet other people who know what it's like to be young and parenting.

10 am-12 noon Wednesdays during school term at the Blaxland Community Complex, 33 Hope Street, Blaxland. Contact Kathy at MOCS on **4758 6811**.

GREAT Community Transport offers services to Nepean Cancer Care Centre

If transport to your treatment is a problem, then GREAT Community Transport (GCT) may be able to help. Transport is door to door in comfortable vehicles.

You are welcome to have a friend or relative to accompany you; just ask GCT at the time of booking.

To find out more, contact GCT on **4759 2403**.

Koori Playgroup

Free playgroup for little ones aged 0-6 years and their parents or carers.

Wednesdays 10.30 am-12 noon during school term, Wentworth Falls School of Arts.

Transport available – pick-up to and from the playgroups. Ring Ruby at Connect on **4758 9966**.

The Koori playgroup is open to all Aboriginal & Torres Strait Islander Community members. It is a project of ACRC with Connect Child & Family Services and the Family Links Project.

LMNC programs and services

Computer classes for Seniors

Our popular Computer Classes for Seniors are held regularly throughout the year. Courses include 'Computers for Beginners', 'Using the Internet & Email', 'Digital Imaging' and 'Tracing Your Family History Using the Internet'.

The courses are low cost and are conducted in small groups in a relaxed, non-threatening environment. Phone 4739 1164 for more information about class content and dates or to book. Information can also be found on our website: www.lmnc.org.au

Financial support

The **No Interest Loans Scheme (NILS)** provides no-interest loans to people on low incomes living in the 2773 and 2774 postcode areas for essential household items. For more information, call 4739 1164.

Free financial counselling is available at LMNC on Tuesday and Friday mornings for people who find themselves under financial stress, offered by Wesley Creditline Financial Counselling.

Phone 4725 9288 to make an appointment.

LMNC and TAFE – 'Together Again'

Connect to the Future

LMNC and TAFE continue their partnership in 2010 with a range of adult learning programs.

Connect to the Future is off to a good start again with the Statement of Attainment in Certificate 1 in Access to Work & Training (computer units only) course, which started in February, fully subscribed.

There will be other TAFE Outreach *Connect to the Future* courses coming up, including 2-day short courses, so call and register your interest and we will send details as they become available.

TAFE Wentworth Falls

LMNC is piloting a new TAFE initiative designed for people who want the 'next step' in computer literacy.

Called the Statement of Attainment in Certificate 1 in Information Technology, the pilot is now full.

However, we are taking names for future courses, so please call us and register your interest.

Phone: 4739 1164

Dreams

When your life unwinds at
the long day's end
and your mind lets go of
the way things went,
does a thought creep in -
that it's all pretend?
Is there room to feel life is
heaven sent?
Limitations there have
been set by you!

All it takes is faith to make
dreams come true.
Have you felt the peace of
a heartfelt dream,
as it wound its way to the
morning light?
On the downward trend of
a moonlit beam,
did you find your dream
had enhanced the night?
And when sadness came,
did the joy shine through,
to restore belief in what
dreams can do?

Dreams can help you
reach for the highest goal,
once you find that peace
and it fills your mind.
As a link is made to your
mystic soul,
all restriction felt can be
left behind.
When the night is dark,
faith can see you through,
till the light you shine is
your dream come true.

(c) Brian Bell 1997

Community Notice Board (continued)

Commonwealth Respite and Carelink Centre

To help older people live independently in their own homes, Commonwealth Respite and Carelink Centres provide free information about community aged care, disability and other support services.

Call 1800 052 222.

Assistance for Infirm, Disabled and Elderly Residents (AIDER)

AIDER is a one-off free service from the NSW Rural Fire Service for vulnerable people who have limited domestic support available.

The work provided might include clearing gutters, thinning vegetation, removing leaf and tree debris, trimming branches

from around the home.

AIDER will be delivered in areas of highest bush-fire risk.

Contact Tony Jarrett, AIDER Program Coordinator, NSW Rural Fire Service, on **8741 4955**.

Robyn's Chat Room Community Development news

Wrap With Love – We have been recipients of the generosity of some local friends of WWL and have given us some funds to purchase yarn. We have not been able to buy yarn since late 2009, so thank you to our neighbourhood friends. Without donations of time and yarn WWL would fade away and would truly be missed by the people who receive the blankets.

Clak'nYak. Don't forget this group meets every 3rd Friday of the month. New members are always welcome. First meeting for 2010 is Friday February 19.

Golden Years Bus Trips - Premier's Gala Christmas Concert, and next -Manly!

What a hit that trip was!! We are already being asked about "the next one". But, before that happens the next trip is to Manly on **Thursday February 25** for 'fish'n'chips on the beach. For more information call us on 4739 1164.

Senior Migrant Group continues to meet on the 1st Tuesday each month; call Mary on 4759 2811 to book and arrange transport if needed. Members who went with us to the Gala Concert had a great time. Some of this group also attend events and activities at other Centres, including LMNC. One such member is starting Introductory Computing with us in February.

Cultural Awareness Training: Arab Australian Community

TRI Community Exchange presents a one-day cultural awareness workshop on **Tuesday 23 March** at LMNC, 9am-4 pm (lunch supplied).

For more information, or to book, call Leila Wright on **4732 6301**.

Tai-Chi. This has started to the enjoyment of all. Classes may continue after this program has finished; if you are interested in regular classes call us and put your name on the list.

'transitions' workshops for people who have experienced the loss of something or someone of value. The period following a loss is often called a *'transition'* and can be a very painful experience. We will be offering similar programs throughout 2010, so if you are interested please get your name on our enquiry list; we will let you have details when available.

We have many new and interesting events and activities planned, so keep your eye on 'CHATS'. Thanks to you all we had a great 2009 and I am looking forward to a repeat in 2010. Welcome back.

Robyn Stewart

Community Development

STOP PRESS

'Growing Old Disgracefully' – Wednesday 24 March – a morning concert celebrating Seniors' Week at the Joan Sutherland Performing Arts Centre. Bus transport provided. Details being finalised. Only 18 seats available – call **4739 1164**.

Blue Mountains Volunteer Home Visitors

Welcome to 2010 and our wonderful weather - one wonders whether it's time to get busy building Noah's Ark! You can, of course, name it after yourself and nominate those whom you wish to pull the oars☺. Not sure that we can put away our wellies yet but I am sure that our habitation is delighting in having a parched ground soaked with rain.

As you know I've been on holiday for 6 weeks and have had a great time in the snow. The moment we

touched down in Britain to our leaving the snow did not stop, therefore we had a wonderful white Christmas and New Year. A little different to the Aussie experience I believe☺.

My time at Volunteer Home Visitors is coming to an end and for the service new beginnings. I have thoroughly enjoyed the five years I have worked here and will cherish our professional relationships and take away many wonderful memories of this era. I send to you my best

wishes and grateful thanks that you have all endeavoured to make my life in VHV the best place to have spent the past five years. These memories are very dear to my heart.

I leave you with this sweet saying ... Each of us God's diamonds spreading their light - what a magical, magnificent sight.

*Susan Maples
VHV Coordinator*



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

Music playgroup brings music to little ears

'Play and Sing' - an 8-week music playgroup For 8 weeks in October-December 2009 the sounds of singing, drumming, guitars, squeals and laughter could be heard floating out of one of the rooms at the Blaxland Community Complex.

'Play and Sing' was a music playgroup facilitated by registered music therapist, Alison Creighton, who incorporated 30 minutes of delightful music, fun and play in the 2-hour weekly playgroup at the Lower Mountains Neighbourhood Centre held by the Mountains Outreach Community Service (MOCS)

for young parents up to the age of 24 years with children aged 0-5 years.

Funded by Glenbrook Panthers through the CDSE program, 'Play and Sing' was designed to provide new skills and ideas for young parents to use in their interaction with their children. In her evaluation of the project, Alison observed that over the 8-week period of the program, there was a significant growth in the children's confidence. They gradually began to suggest ideas for actions during the movement song and initiate their own actions. The families not only enjoyed the

playgroup but benefited from it. It was promising that even after a short period of time, families learnt new ways to use singing and music and were able to integrate these ideas with interaction and play at home.

The Young Parents Play Group is a project of MOCS supported by FamiliesNSW and the Lower Mountains Family Support Service. The music playgroup, Play and Sing, was a project of the Lower Mountains Neighbourhood Centre in partnership with MOCS, and funded by Glenbrook Panthers.

Art exhibition raises funds for LMNC!

An art exhibition and sale of original work by Lower Mountains artist **Margaret Bourne** (the former manager of LMNC) in December last year raised \$800 for LMNC.

Margaret kindly donated a percentage of sales to LMNC, and combined with a raffle and fund-raising refreshments, a total of \$800 in much-needed donations was gratefully received.

Our warmest thanks to Margaret for her generosity, to her husband Tom and her supportive family and friends for a fabulous weekend, and to Mark Bourne and **Cuttaway Wines** for the donation of five fine wines as the raffle prize.

To make your unconditional donation, see back page.

As the year opens, let us remember what we all know, which is that when people volunteer... 'No act of kindness, no matter how small, is ever wasted' - Aesop

From 'Beyond Just Words: 502 Inspirational Quotes for Those Who Serve', collected by Dr Judy Esmond
<http://www.morevolunteers.com>



Lower Mountains Neighbourhood Centre Inc.

33 Hope Street
Blaxland NSW 2774

PHONE:
02 4739 1164

FAX:
02 4739 4863

E-MAIL:
admin@lmnc.org.au

ABN:
23 468 704 495

Registered Charity
CFN 14546

We're on the Web!
See us at:
www.lmnc.org.au

Become a volunteer with your local neighbourhood centre!

Do you have some time on your hands? Do you have a whole lot of expertise and life experience that our community could benefit from? Are you interested in 'giving back' to your community? If so, we at LMNC would like to hear from you.

Opportunities currently available include working

at the Front Desk, becoming a Volunteer Home Visitor to provide social support with older people, helping people on our fortnightly shopping bus, or being a medical transport driver. We are also looking at a variety of opportunities involving small children through, for example, day-care centres.

But we are also interested in hearing from you – what do you like doing? What are you interested in? Let us know by email to admin@lmnc.org.au, or call us on 4739 1164 and ask for Robyn or Peta. For a Volunteer Information kit, please also ring us on 4739 1164.

How can you help LMNC? Donate now!

As a non-profit organisation with deductible gift recipient (DGR) status, any donations to support our local services are tax deductible and always gratefully received.

Send your unconditional donation to:

Lower Mountains
Community
Development Fund
33 Hope Street
Blaxland 2774

Diary Date!!

Thursday 20 May – 'Love Thy Neighbour' – legal workshop as part of Law Week presented by the Elizabeth Evatt Community Legal Centre on neighbour issues (noise, dogs, trees, fences etc). Coming to Blaxland! More details soon!!

About Our Organisation...

LMNC was formed in 1981. It is one of several neighbourhood centres in the Blue Mountains that all have a commitment to the enhancement of wellbeing within our community

through partnerships and collaboration with the wider community.

AT LMNC, our aim is to provide services in response to identified needs, and to provide opportunities for

people to share their wisdom and experience with others, through volunteering and participation in a variety of activities and events.

GREAT COMMUNITY TRANSPORT Phone 4759 2403

GREAT Community Transport offers the following services for people in the Blue Mountains.

All bookings and enquiries phone 4759 2403 for the following social outings for older people who are frail, people with a disability or their carers. Assessment determines eligibility. **Bookings & payment for bus 14 days in advance** to secure your seat.

Tuesday 23 February – Central Coast Leagues for all you can eat lunch (\$12.50 with Pension Card, \$13.50 without). Prepay bus \$25.

Tuesday 9 March – Manly – Prepay bus \$23

Tuesday 23 March – Brighton-le-sands – Prepay Bus \$25

Tuesday 6 April – Lithgow Workers – Prepay lunch \$18

Regular Shopping buses for eligible Lower Mountains residents - \$9. Phone 4759 2403.

Off- Pension Thursdays to **Springwood shops**; Pension Fridays to **Nepean Square & Penrith Plaza**.

ACKNOWLEDGEMENTS

This newsletter is proudly sponsored by the Blue Mountains City Council
Supporting the provision of community services information locally.

C H A T S Newsletter of the Lower Mountains Neighbourhood Centre