

Casework & Advocacy Service Receives Funding From Randwick City Council

Barbara Kelly
JNC Co-ordinator

From my desk....I write this as we wait for the "wash up" from the Federal Election and I hope we get the government we deserve to have. Only time will tell if our future is in the hands of a few Independents who could change the course of Australian political history. Many people think if this happened, it would be a positive move towards a better functioning and more democratic form of government. That is why we wait the outcome with so much anticipation.

Despite all of that excitement, life goes on as usual at The JNC. Though to tell the truth, there are quite a few things here to be excited about as well!

For starters, we have received recurrent funding over three years from Randwick City Council for our Casework and Advocacy Service. This funding greatly relieves the financial burden on The JNC and allows us to make a long term commitment to provide these vital services to people who are particularly vulnerable and marginalised.

This is the only service of its kind in the Eastern Sydney Area and until now, has been internally funded. We congratulate Council for acknowledging and recognising the huge need for this

"to tell the truth, there are quite a few things here to be excited about ..."

service in the local area. We also would like to thank our community partners in a diverse range of government and non government services who work with us each day

trying to achieve positive and successful outcomes for people in need.

We have recently extended our Outreach Services Project to include the **Family Relationship Centre** and we welcome Karen and Bei, who will work from The JNC each Monday and Friday, providing services to families who live in the local area (see page 10). This service dovetails nicely with other JNC Programmes, and helps us to provide a more holistic service, something we have been striving to achieve. (cont. page 2)



Members of JNC's 'Wrap With Love' knitting group that meets on Mondays. This multicultural group, numbering 30 women, come together for fun and friendship. More photos on page 11

Broadband For Seniors Get Connected For FREE!

The Junction Neighbourhood Centre now has a Broadband for Seniors internet kiosk.....we are providing training, so beginners are very welcome!

See Page 3

Managing Your Energy and Water Bills

If you are struggling to pay your bills and have a fear of disconnection the information outlined may help you find a way to better manage.

See Page 5

New Outreach Program 'Sydney City Family Relationship Centre'

"supporting people with any matters relating to strengthening relationships, helping families stay together, and assisting families through separation."

See Page 10

The JNC Workers March for Fair Pay Deal

(cont. from page 1)

JNC workers “stopped work” for a few hours on June 26th to rally in protest about pay inequity in our country. Women on average earn 18% less than men, and over a lifetime at work, this adds up to almost \$1 million. The issue is particularly relevant in the community sector as there is also a pay inequity between workers in different states.

At present, we have a court equity case being heard at the Fair Work Australia, the outcome of which is expected to lead to significant pay rises for community workers across the country. Historically, as a sector, we have been poorly paid and generally have poor working conditions, although this is not the case at The JNC, where we are paid well over the award rate, and have a long list of over award working conditions.



Our ‘Wrap with Love’ Group

The group deserves a warm and woolly thank you from us all – every Monday the group meets on Level 3, and the pile of knitted squares grows as if by magic, into a warm and colourful blanket for some lucky person

somewhere in the world. If you eavesdrop on the group you will hear the laughter and the conversation coming from many different cultures around the world.

Barbara Kelly

OPEN DAY 2010 - Celebrating Neighbourhood Centre & Volunteer Week



Another fabulous Open Day was held at the JNC on the 12th May. 80 people attended either at the Centre or on Level 3, and many did both.

The theme was celebrating Neighbourhood Centre Week and Volunteer Week. 35 people attended our volunteer information session and had the opportunity to chat to some people who already volunteer for us.

The friendliness and helpfulness of the team of workers here at The JNC was commented on so we are very pleased about that.



It was also great to have an opportunity to do some important community development work that often becomes the casualty of daily service provision in a busy centre like ours. It was pleasing to see a few workers from other services attend as well as some of our oldest clients. Over 30 people attended the Laughter Workshop (see photos below) which seemed to be the highlight of the day.

Joy Steele-Wood



JNC Welcomes...

We have two new staff members and a new management committee member at the JNC. Welcome to Michelle McKinney the new Aged and Disability Co-ordinator and Meryl Christian our new VAST Programme Support Worker. I'll leave them to tell you more about themselves.

Welcome also to David Gee who is our new Management Committee member. David is a Sales Director with Telstra. We are pleased to have someone with David's skills and experience on the JNC team.

Flexible Respite

In the past our National Respite for Carers Programme provided in-home respite to carers of frail aged people who are over 65, with low level care needs. In response to client feedback, we successfully negotiated an agreement with the Department of Health and Ageing which gives us more flexibility in the respite we can provide.

We are now able to provide in-home care in longer blocks including mornings and evenings, out of home respite, which can include short outings to the beach and parks in the local area or to shopping centres, and also outings in small groups. If this type of support is something you are looking for please contact Michelle our Aged and Disability Programme Co-ordinator on 9349 8200.

Tax Help

It's that time of year again and our Tax Help programme is up and running. Our volunteer, Joanne comes in on Thursdays from August to October to assist people with their tax returns.

To be eligible you need to be earning less than \$40,000. This is always a very popular service and there are not many places left. Appointments can be made by calling the JNC.

Kingsford Legal Centre

KLC provides an outreach service from the JNC and they have changed their service provision hours. They are now at the centre once a fortnight on a Thursday 10am-1pm. For appointments please call them directly on 9385 9566.

Joy Steele-Wood
Assistant Co-ordinator
Tuesday & Thursday

BROADBAND FOR SENIORS

Funded by the Australian Government

Get connected for free with your local Broadband for Seniors Internet Kiosk

We are pleased to let you know that The Junction Neighbourhood Centre now has a Broadband for Seniors internet kiosk.

The kiosk features two computers with broadband access for use by older members of our local community. We are also providing training, so beginners are very welcome! Broadband for Seniors is part of a \$15m Australian Government initiative to increase the skills of older Australians using computers and the internet.

The new internet kiosk offers the opportunity for older people to discover how the web can play a great part in helping them to stay in touch with friends and family, along with offering access to the wealth of information available online. This is their chance to find out what all the excitement is about.

So if you, or someone you know, would be interested in learning more about computers and the internet for free, please pay us a visit; or contact us for more information on training and kiosk access times.

More information on the Broadband for Seniors initiative can be found at <http://www.necseniors.net.au>

The Junction Neighbourhood Centre
is located @ Shop 2 669-673 Anzac Pde. Maroubra

KIOSK appointments available:

Mondays, Wednesdays, Thursdays
& Fridays

Commencing September 15th 2010

Please contact JNC on 9349 8200 or info@jnc.org.au

to book your kiosk time.

Please also advise if you require the assistance of a personal tutor.

Consortium partners:



Michelle Joins Ageing & Disability Team

Greetings to everybody! My name is Michelle McKinney and I am a new employee of the Ageing & Disability team at the Junction Neighbourhood Centre.

For those of you whom I have already met I would like to say a big thank you for the warm welcome that I have received. For those of you whom I have not met I look forward to being able to do so in the coming months.

My program at JNC includes in-home care, both mornings and evenings, out of home respite, which can include short outings to the beach and parks in the local area or to shopping centres, and also outings in small groups. If this type of support is something you are looking for please contact me on 9349 8200.

Please let me tell you a little bit about my background; I have been working in the community services industry for the last 5 and ½ years in various roles. I started out as a recreational officer at the Robertson Aged Day Centre in Carlingford whilst I was studying my Diploma of Community Services in the evening. During my study I was fortunate enough to get placement at the brain injury unit in Westmead Hospital which was a bit of a shock to someone who had recently left school, however, this gave me a great introduction to issues in dealing with clients and families that are involved in the complex care of clients.



I then progressed on to become the Dementia Co-ordinator at the Commonwealth Carer Respite Centre. I worked in this role for a few years only to then move on to the position of disability Respite Co-ordinator for the Northern Sydney region. This had been my most challenging role to date as I was in charge of a large number of clients with high needs across many local government areas involving a lot of case management and pressurised situations.

All of these positions were within the one company called Baptist Community Services thus it has been very refreshing for me to come to a new service that operates on a much more personal scale. I appreciate being part of the team at the Junction Neighbourhood Centre as it really gives me closer experience with

communities and neighbourhoods as we have various outreach programs operating from the centre.

I hope I can bring all of the skills and knowledge that I have attained in my previous experience to our program and offer everyone a quality service that can be accessible to everyone. I look forward to meeting you all in the future.

Yours sincerely
Michelle McKinney

NEW Multilingual Brochures for Aged & Disability Services

the Junction
neighbourhood centre

Servicios para
Ancianos y
Discapacitados

Teléfono: 9349 8200
Email: agedanddisability@jnc.org.au
Sitio web: www.jnc.org.au

The NEW Aged & Disability Multicultural Brochures are now available. The languages include: Greek, Spanish, Arabic, Chinese, Russian and Indonesian. These will soon be available to download from the JNC website at: www.jnc.org.au/JNCPubs.htm

Also on the website you can view and download various brochures and directories that may be of assistance to you or your clients.

- Respite Services Directory
- Aged & Disability Services Brochure
- Residential Aged Care Information Brochure
- Help at Home Brochure
- Food and Shopping Assistance Brochure
- Transport Assistance Information Brochure
- Home Services Directory

the Junction
neighbourhood centre

Υπηρεσίες
Ηλικιωμένων &
Ατόμων με
Αναπηρίες

Τηλέφωνο: 9349 8200
Ηλεκτρονικό Ταχυδρομείο
agedanddisability@jnc.org.au
Ιστότοπος: www.jnc.org.au



ENERGY & WATER BILLS



Having trouble keeping up with your energy bills ?

Energy bills should be affordable for people on fixed, low incomes, with a number of rebates and options available. If you are struggling to pay your bills and have a fear of disconnection the following information may help you find a way to better manage.

Check you are receiving all available rebates: Energy Rebate

The energy rebate was increased from \$130 to \$145 per year on July 1st 2010. It will increase to \$161 from July 1st 2011. From July 2010 the rebate was also expanded to include all customers who hold health care cards.

If you were not previously receiving the rebate you need to contact your energy provider and advise your health care card details. If you are receiving the rebate it will be stated on each electricity bill. If you have changed energy providers you may not be receiving the rebate. Be sure to check your bill. Not receiving the rebate may be a reason why your bill has become difficult to manage. All energy suppliers are obliged to deliver the new energy rebates to eligible customers.

Life Support Rebate

If you require certain equipment in your home that is necessary to sustain your life, you may be entitled to a further energy rebate. Eligible equipment includes:
Home dialysis * PAP devices (sleep apnoea machines)
* Respirator Oxygen concentrator * Parenteral nutrition machine * Enteral feeding pump Phototherapy equipment * External heart pump machine

Medical Energy Rebate

This rebate is available to customers who are unable to self regulate their body temperature and hold a pensioners, veteran gold or health care card.

The type of conditions that may be eligible are:
Parkinson's disease * Multiple Sclerosis * Spinal cord injury * Burns or inflammatory skin conditions * Peripheral vascular disease.

Applications for Life Support or Medical Energy rebates are available to download from:
www.industry.nsw.gov.au/energy/customers/rebates.
or ask at JNC for assistance.

Take immediate action if you know you can't meet the bill:

Speak to your energy company first. Don't just ask for an extension if you know you will still be struggling to find the money within the required time. All energy providers are required to provide programmes which will help their customers manage their bills more effectively. They can assist you to determine if your usage is above average and what may be the causes. They can calculate a fortnightly payment plan that means you should never have to worry about meeting that unexpected high bill. They can negotiate and even reduce overdue payments if hardship is indicated. They can set up Centrepay and you may even receive a rebate for doing so.

I have personally used these services with clients and found the level of assistance given is excellent. If you do not get the assistance you need from your supplier you should contact **EWON (Energy & Water Ombudsman)** on **1800 246 545**.

Other options to help manage those bills:

EAPA Vouchers (Energy Accounts Payment Assistance)

PAS Vouchers (Payment Assistance Scheme-Water bills)

Vouchers are available through local welfare or community organisations. Under NSW law a company cannot disconnect your electricity while you are awaiting assessment for EAPA.

Check out our Crisis Assistance information resource for all EAPA distributors in this area.

Download from www.jnc.org.au or pick up a copy from JNC reception. Most organisations providing vouchers also provide financial counselling so you can enquire about this extra assistance while applying for the vouchers. Also see our Crisis Assistance resource for a wide range of financial counselling and advice options that may assist you to get back on track financially.

Update to an energy efficient fridge:

No Interest Loans Scheme can provide interest free credit for purchase of new, necessary household items. The scheme is for people on low income with a health card. Affordable repayments are arranged through Centrepay. Our local NILS scheme is available through Jubilee Resources at Bondi Junction Church in the Marketplace. To make an appointment ring 9387 2300. Phone lines open Tuesdays for appointments on Wednesdays.



A Fridge Buyback Programme exists where you can have your fridge collected by professional removalists and you get a \$35 rebate if the removal involves 6 or less steps.

The rebate reduces after 7 steps, no rebate for 20 steps but the fridge can still be removed. A fee applies only if the property has more than 20 steps. Contact Fridge Buyback by phone on 8966 9888 or email info@fridgebuyback.com.au.

New VAST Logo and Promotional Material



VAST is now using a new logo and this is thanks to our former volunteer Veronica Orezza. We appreciate her hard work and contribution to VAST. We also thank volunteers

Santo Barbagallo and Marina Nartova for their great effort and commitment developing and posting this new VAST promotional material and for their ongoing and vital contributions in the day to day running of the VAST program.

New promotional material was sent to HACC organisations in May 2010. If you did not receive it or need more please contact us on 9349 8200 or vast@jnc.org.au

You can also access our brochures and flyers on the JNC website at: <http://www.jnc.org.au/JNCPubs.htm#VolJobs>

Complete Success with Community Work Training. Well Done!

Fifteen community training sessions were delivered from Feb-June 2010 to community workers. Most of them had a good number of participants attending and some training sessions (Conflict training, OH&S and Mental Health) were fully booked. This deserves a 'Well Done' for all HACC services that appreciate the benefits of having a well trained workforce. As usual, there is always room to improve so remember that new HACC workers and volunteers are also supposed to attend HACC Orientations. These orientations are delivered by the HACC Development Officer and it is important to have more participants attending.



VAST Team 2010

From left: Santo Barbagallo (Marketing Volunteer)
Tessa Wood (Locum VAST Support Worker) and
Shyrley Villamil (VAST Co-ordinator)

Management Training Needs More Participants. You Can Do It!

Even though HACC Managers and Co-ordinators did refer many workers to training, the reality is that not many managers attended training from Feb-June 2010 and some training sessions had to be run with low numbers and others cancelled. Even though VAST scheduled four management training sessions, a Management Coaching and Peer/Support Program and is one of the few HACC Training Projects in NSW that offers Nationally Recognised Training, the level of interest from HACC managers did not match the learning needs gathered from the VAST Training Survey. This deserves a 'You

Can Do It' for HACC management roles that are not taking advantage of VAST training.

Should you be interested in giving us any feedback that would help us increase the number of HACC managers participating in training we would like to hear it.

Please send your feedback to vast1@jnc.org.au or mail your anonymous feedback to Shop 2, 669-673 Anzac Parade. Maroubra NSW 2035. Attention to Shyrley Villamil.

NEW Conflict Coaching Program for ALL workers (Not just Managers)

Do you or staff you supervise need support to manage conflict in the workplace?

Have you attended Conflict Management Training but need support transferring knowledge and skills to your real work setting?

This 5 session Conflict Coaching Program was delivered early 2009 and was reintroduced in 2010 targeting HACC Managers and Co-ordinators only. However, we have decided to expand our target group and provide all HACC

workers regardless of their position or job title with the opportunity to attend this conflict management coaching sessions. The aim of this program is to provide a space for HACC workers to identify real work challenges, discuss them, explore potential solutions, apply them to their real work setting and use further sessions to follow up on progress and develop and reinforce skills.

Participants will be supported by an experienced and certified Conflict Coach. So if you or staff you supervise are not receiving Clinical Supervision and/or are dealing with work related conflict this is a good opportunity to get the support needed.

Successful Recruiting at Volunteer Expos



Expo at Randwick TAFE

VAST was able to attend the Volunteering Expo that took place earlier this year at Randwick TAFE. More than 20 new expressions of interest were received from potential volunteers and they have been interviewed and referred to HACC services.

Annual Volunteer Expo at UNSW

The premier volunteer recruitment event was held on campus at UNSW. It's always a great success with an overwhelming number of students registering their interest in volunteering. A wide range of not-for-profit and volunteer referral agencies such as VAST presented to the students the benefits of volunteering and the great range of opportunities out there!

The strength of response from the student population really highlights the calibre of skilled people in the community wanting to volunteer their time. Many students expressed a keen interest in using the skills and knowledge they gain from their studies as well as a general enthusiasm for becoming more involved in their local communities.

National Volunteers Week

Last May VAST delivered, for the first time, a Volunteer Information Session and Morning Tea to celebrate National Volunteers Week. This session included an introduction to volunteering with HACC Organisations in the Eastern Suburbs of Sydney. Different rights and responsibilities as well as current volunteer vacancies were promoted to more than 30 potential volunteers (see photo right)

These potential volunteers had the opportunity to ask questions to real volunteers regarding the work they do and general aspects of their volunteering experience. Promotional information from HACC organisations was handed out and expressions of interest were taken onsite.



Highly Skilled CALD Volunteers Report

This project was initiated by The Centre for Volunteering (The Centre) as a result of its research department becoming aware from various sources that the number of culturally and linguistically diverse (CALD) people wanting to volunteer was increasing and that a substantial number of people from CALD backgrounds were found to have difficulties communicating in English.

At the same time, it was identified that CALD volunteers who were highly skilled in managerial, technical or other professional areas were using volunteering to improve their English, maintain their skills and learn about the Australian workplace. This is a way they can make a valuable contribution to the not-for-profit (NFP) sector,

which is in need of their valuable skills. It also improves the volunteers' employment prospects, a win/win situation.

The take-up and potential contribution by skilled CALD volunteers into the NFP sector is limited. This presents challenges for both the volunteers and organisations wanting access to them. Therefore, The Centre's research project was designed to investigate if not-for-profit organisations currently using highly skilled CALD volunteers had developed strategies that were able to utilise the volunteers' expertise and capability.

To view the whole report go to the following web address: www.volunteering.com.au/downloads/research/CALD_Research_Report.pdf

All information above has been taken from The Centre for Volunteering.

Is your service HACC funded? Do you have Volunteer Vacancies in your organisation? Please download the form at: www.jnc.org.au/JNCPubs.htm#VolJobs and send it to VAST so that we can start recruiting volunteers for you ASAP!

Shyrley Villamil

VAST Program Co-ordinator

(VAST) Volunteer and Service Training Program
Junction Neighbourhood Centre, Inc.

Ph: 93498200 Fax: 93447294

E-mail: vast@jnc.org.au

Shop 2, 669 - 673 Anzac Parade, Maroubra NSW 2035

Family Support Assists Women at Risk

“Abuse of any kind is not right, no matter what.”

Family Support has been continuing work with the Sydney Women’s Domestic Violence Court Support Scheme (SWDVCSS). Although we no longer have the tender for this service within the centre, we still wanted to be a part of such a well received service.

This service provides support to women who are involved in domestic violence situations and have to attend court to obtain an Apprehended Violence Order (AVO).

These women are given a safe room to try to relax and feel protected in while the court process is underway. We lend an ear to those women to tell their stories to and connect them to other services to assist and comfort them

in their time of need. The women find strength in numbers as they see the other women that are involved in similar situations and as they learn what the court process involves.

Many women who are not planning to go into the courtroom when their case is mentioned change their tune as they feel the support behind them from the other women, including the staff. This gives them a sense of empowerment, as they stand up to their perpetrator, that says “Abuse of any kind is not right, no matter what.”

To be able to hold their hand during those situations is quite rewarding. Family Support will continue to lend a hand in this service as long as possible.

Come Join in The Fun and Games at The SENC Multi-cultural Playgroup

“The playgroup has become extremely popular with an average of 20-25 children attending most weeks.”

Family Support has also become involved with another fantastic service. We have started working with the South East Neighbourhood Centre (SENC) attending the Multi-cultural Playgroup at Maroubra Bay Primary School on Wednesday mornings.

This group accepts all children up to 5 years old and each week the group is themed around a different holiday or celebration that the various countries of the world partake

in. There is a craft activity followed by morning tea and finishing with group time where they read books and sing songs together. Sometimes the parents even get involved and will sing a song or read a book in their language or even make some sort of food that comes from their country.

The playgroup has become extremely popular with an average of 20-25 children attending most weeks. It has been such a delightful experience thus far and I am sure as I get to know the staff and kids it will only be more enjoyable. So come and say hi to us on any Wednesday during the school term. We cannot wait to see you there!

Kind regards,
Tangee Lucas
Family Support Worker

TAFE Student Mila Joins The Generalist Casework and Advocacy Project

Hello everyone, please, let me introduce myself. My name is Mila. I am a student from Ultimo TAFE. I am currently completing my Diploma in Community Welfare and doing a work placement at The Junction Neighbourhood Centre, which kindly provides me such a wonderful opportunity.

At The Junction Neighbourhood Centre I am involved with Generalist Casework and Advocacy Project, which was created to help people to identify their problems, find the solutions and make goals, by supporting and assisting them with referral to other services and organisations, necessary information and practical tips and help with forms and advocacy.

Generalist Casework and Advocacy Project is a new project but has already attracted many people and has become very popular in the community. Mostly everyday, people come through the door of The Centre needing specialist assistance which does not exist in the Eastern Sydney Area and the workers of The Centre kindly provide all their knowledge and experience to the public helping them to meet their needs.

I have a passion for peoples’ rights and social justice. My goal is to work with individuals of our community and assist them in need. I believe that The Junction Neighbourhood Centre is an excellent place to undertake my work placement and gain valuable knowledge and experience.

How Could They? Empowering Older Women

Older women play a critical role in supporting their families and communities.

In an environment of increasing social and financial pressure, older women must also ensure that they do not jeopardise their own security when asked to help those they love. Some of the worst cases of financial elder abuse are perpetrated by those closest to us, and begin with seemingly small transgressions, often culminating in the inadvertent surrendering of power, authority and financial security. Unfortunately, unless we recognise this potential and initiate steps to protect ourselves early, communication can break down, with the situation and the relationship deteriorating.

How Could They? begins with a series of 5 brochures exploring the legal and financial issues:

- for older women considering 'Granny Flats'
A Room of One's Own
- for older women negotiating new relationships
Love at Last!
- for older lesbians negotiating new relationships
Over the Rainbow
- for older women considering gifts and loans
One Good Deed...
- for older women considering going Guarantor
Safe as Houses?

These brochures have been developed by and for older women, based on real situations. The questions, strategies and resources contained in each brochure have been designed to empower older women with tools to resolve problems and strengthen their position, without jeopardising their personal relationships.



This has been a collaborative project, made possible with the resources of The University of Western Sydney, The Older Women's Network NSW, and The Law and Justice Foundation of NSW.

For more information, please contact the OWN NSW Coordinator.

tel: 02 9247 7046 or email: info@ownnsw.org.au

To download brochures go to: www.ownnsw.org.au

NOTE: This article was copied from **OWN Matters** the September 2010 newsletter of The Older Women's Network NSW.

Using Medicines Wisely

Did you know that free information about medicines is available on the National Prescribing Service (NPS) website? Go to www.nps.org.au then click on "Consumer".

On the NPS consumer website are:

- Fact sheets- practical information about managing your medicines
- Type 2 diabetes videos
- Consumer Medicines Information (CMI) for over 1,200 medicines
- Medicines Talk- consumer newsletter
- Medicines Tips- practical help and reminders
- Translated health information in Arabic, Chinese, Italian, Greek, Vietnamese, Macedonian and Croatian.
- Free brochures eg Medimates.

Phone Medicines Line on 1300 888 763 for the cost of a local call (mobile calls cost more) from Monday to Friday, 9am to 5pm. Funded by NPS*, it provides consumers with independent information on prescription, over-the-counter and complementary medicines. You can also talk to your GP about organising a Home Medicine Review that can be performed by an accredited pharmacist in your own home.

*NPS is an independent, non-profit organisation providing medicines information and resources for consumers, health professionals, members and stakeholders involved in quality use of medicines and funded by the Department of Health and Ageing.

Brigitte Cusack

National Prescribing Service Facilitator
South Eastern Sydney Division of General Practice Ltd
Level 2, 6-8 Crewe Place,
Rosebery 2018 NSW
Email: bcusack@sesdgp.com.au

Is ANXIETY an issue for you?

We have day and evening groups available

HARMONY **ANXIETY Support Group**

This group meets weekly all year round in Maroubra Junction. It's a small friendly group which has been running for over 8 years where you can meet others and learn proven anxiety management techniques.

The Junction Neighbourhood Centre and the group facilitator Ruth are committed to providing a safe, supportive environment in which people can participate at their own pace and learn proven anxiety management techniques.

The Group meets every Wednesday from 2- 4pm. Contact JNC for more information or referral to the group. 9349 8200.

ANXIETY Self Help Group

The Group meets weekly in Maroubra Junction and follows a structured self-treatment, behaviour therapy program run by a trained volunteer and supervisor. The meetings run for one and a half hours per week for 12 weeks on Thursday evenings from 6pm to 7.30pm.

This group is a program of the Mental Health Association of NSW. Enquiries to join the group phone 9339 6093. For general information on other groups ring the Mental Health Association Telephone Information Line 1300 794 992.

Kim Meddows
Information & Community Development Co-ordinator

The JNC NEWS

JNC News is available at:
www.jnc.org.au/JNCnews.htm
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The news and views expressed in JNC News are of a general nature only. Every effort is made to ensure the accuracy of the information.

The next issue - Autumn/Winter - is due 2011

Articles and items of news are welcome and can be sent to:

JNC NEWS

Email: info@jnc.org.au

Sydney City Family Relationship Centre Maroubra Outreach Service

(Monday and Friday)

At

The Junction Neighbourhood Centre
669-673 Anzac Parade, Maroubra

Who is this service for?

Individuals and families who need access to counselling, family support and education programs. We provide quality information and referrals that best suit your needs.

We also assist separating/separated parents with developing a workable arrangements for their children through participation in individual sessions, seminars and Family Dispute Resolution (Mediation).

What do we offer ?

Individual Interview with a Family Advisor .
The interview is approximately 1.5 hours.

A Community Liaison officer is also available to meet local service providers and community groups and explore opportunities for partnership.

Is this service free?

It is free see the Family Advisor. Sydney City Family Relationship Centre also offers seminars and up to 3 hours of joint Family Dispute Resolution free at its Sussex St Centre. The Family Advisor will discuss with you whether Family Dispute Resolution is appropriate for you.

To inquire about the service

Call **8235 1500** (Monday to Friday) or
9349 8200 (Monday and Friday only)

To book an appointment

Call Sydney City Family Relationship Centre on
8235 1500

(Please advise the intake worker that you would like a Maroubra Appointment)

'Wrap With Love' ...Fun, Friendship and Food

The JNC visited The Knitting Network and asked the group: "Why do you come along every week? These were the Knitting Networker replies:



Joyce (photo right) started the Knitting and Crochet Group back in 2001 when The JNC was RICC (and Joyce was a youngster in her 80's). A veteran of 'Wrap with Love' Joyce says, "They're a mad lot! The conversations cover all sorts of topics from the meaning of life to donating one's body for medical research."

"I love being with all the ladies in the group" **Georgia**
 "Since I lost my husband two years ago, I have found wonderful new friends in knitting and I enjoy every minute of it." **Adele**
 "I retired and joined to socialise, do things for charity and improve my knitting techniques" **Thanh**
 "...I come to get away from the vacuuming, dusting and cooking!" **Irene**



"I'm on holidays from Malaysia and heard about the group. I love the ladies and the beautiful knitting" **Catherine**
 "We do more talking and eating than knitting, but don't tell anyone!" **Phyllis**

The whole group started laughing..."

"I like meeting people and it keeps me busy" **May**
 "Social reasons, knitting, eating, drinking, nostalgia and chatting with friends" **Colleen**



"It's all for a good cause" **Yvonne**



"Knitting is very relaxing and it's nice meeting new friends too!" **Terry**

"I find knitting 'Wrap with Love' very rewarding" **Fiona**
 "I love to do this for a good cause." **Jane**

"I come to see all the beautiful ladies of all different nationalities, we learn a lot from each other and go home very happy." **Georgina**

"We help the world, people more unfortunate than us" **Georgia**

"I love to share ideas and be creative" **Debbie**

"It's a good way to start the week off.. doing something for those in need" **Marilyn**



Alexis, from Front desk JNC

Special Thanks!

The JNC and Knitting Network give a special thank you to the home knitters who contribute to the rugs, including: St Bernard's Catholic Church, Faith Edwards, Nancy Bannister, Gloria Wall, Antonia Gilbert (who's been delivering them) and all the other wonderful knitters whose names we didn't catch. Thank you everyone contributing wool to us, we accept wool from everyone!

The Junction Neighbourhood Centre Knitting Network meets every Monday (except public holidays) at 12 noon via lift to 3rd floor of the Bowen Library building (same street address as the JNC)

Everyone Welcome.





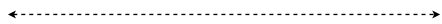
Address: Shop 2, 669-673 Anzac Parade, Maroubra 2035;
Phone: 9349 8200; Fax: 9344 7294; Email: info@jnc.org.au; Website: www.jnc.org.au

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