

What's On at Tuart Place

Events in January – March 2020



Boundaries

with Susy Vaughan

Wednesday 29 January 10.30am

Do you sometimes want to say no but say yes instead? Or agree with other people's opinions or beliefs even when you really don't? Negative childhood experiences can lead to a lack of confidence to voice your opinion or say no, or to treating other people as if they are more important than you are. This session will focus on discovering and respecting our boundaries.

Neurofeedback with Denise Cull

Monday 24 February at 1pm

'Neurofeedback' is a form of brain training that helps the brain to function at the best level possible. In this session you will learn how it works and there'll be the chance for a couple of people to have a 15 minute demonstration.



FREE Podiatry Clinic

Wednesday 25 March from 12.45pm

Dr Hannah Chun and students from the UWA Podiatry Clinic will be back at Tuart Place to provide free basic foot assessments and advice. Please book your appointment with Vicky.



Trip to Penguin Island

Thursday 6 February from 9.30am

The Social Activities Group (SAG) has organised a trip to Penguin Island. This fantastic day out includes:

Bus trip to and from Rockingham
Penguin and Sea Lion Cruise
Penguin feeding at the Discovery Centre
Lunch

Cost is \$20 per person (SAG is paying the rest)
Bookings are essential, please book with Jo.

Do you have questions about the National Redress Scheme?

Monday 17 February 1pm-2pm

Miranda McReynolds is a qualified Financial Counsellor working with knowmore Legal Service. In this session, she will provide information on the financial implications and issues surrounding NRS payments.

Please let us know if you'd like to attend.

Wednesday 19 February from 12.30pm

Members of the State Redress Coordination Unit will be back at Tuart Place to talk about the National Redress Scheme.

Short individual appointments are available, please book with Vicky.

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SAG Weekend to Fairbridge House

Friday 13 March – Sunday 15 March

A great chance to get away for the weekend, and enjoy the company of others. Cost for the weekend is \$60 per person which covers food and incidentals. Accommodation fees are paid by the Social Activities Group (SAG). A free bus will leave and return to Maylands Train Station.

For more information please contact SAG Chairperson John Ryall on 0448 074 536 or to book your place contact Jo at Tuart Place.



Family tracing with WAGS

**Monday 17 February &
Monday 16 March from 1.00pm**

Have you ever been interested in finding out more about your ancestry? Then why not book a time with Dr Lesley Silvester from the WA Genealogical Society?
Please call Vicky to make an appointment.



Musical entertainment!

Monday 20 January from 1.00pm

Carmel Charlton and Lynda Martin are singer, songwriters and musicians who perform their own special style of folk/contemporary music. We're delighted to welcome them to Tuart Place where they'll perform their favourite songs.

Please let us know if you'll be there.



Free Legal Appointments with Gary Dean

**Monday 17 February & Monday
23 March from 1pm**

Book a half-hour appointment with Gary to discuss any general legal concerns or questions. Telephone appointments can also be arranged upon request.

Please call Vicky to book.



Free Beauty treatments

**From 11am on Monday 10 February
& Monday 9 March**

Natalia will be back at Tuart Place to provide beauty treatments.

Limited timeslots are available.

Please book with Vicky.

**Handy
Reminders for
your Fridge!**

Tuart Place Events Calendar

For bookings, please see Vicky at reception or ring Tuart Place on 6140 2380

January 2020

Monday	Wednesday	Thursday
06 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Join us for the first Monday lunch of 2020!	08 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	09 From 10.30 Computer & Mobile Phone Help
13 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch	15 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	16 From 10.30 Computer & Mobile Phone Help
20 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch 1.00 Musical entertainment with Lynda Martin & Carmel Charlton	22 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	23 From 10.30 Computer & Mobile Phone Help

Fundraising Sausage Sizzle on Saturday 25th January at Bunnings Warehouse O'Connor

27 Australia Day Public Holiday Tuart Place is closed today	29 10.30 – 12.00 Support Group - Boundaries From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	30 From 10.30 Computer & Mobile Phone Help
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February 2020

03 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch	05 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	06 From 10.30 Computer & Mobile Phone Help Bus trip to Penguin Island
10 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch 11.00 Beauty treatments with Natalia 12.45 Social Activities Group (SAG) Meeting	12 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	13 From 10.30 Computer & Mobile Phone Help 11.00 Art & Craft <i>Come and join the "Craft ladies" every second Thursday</i>
17 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch 1.00 onwards Free family tracing appts 1.00 onwards Free legal appointments 1.00 Information session with knowmore Legal Financial Counsellor re NRS payments	19 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch 12.30 onwards Appointments with State Redress Coordination Unit re NRS	20 From 10.30 Computer & Mobile Phone Help

Please turn over for more February & March dates



Tuart Place Events Calendar

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February 2020		
Monday	Wednesday	Thursday
24 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch 1.00 NeuroFeedback Information Session	26 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	27 From 10.30 Computer & Mobile Phone Help 11.00 Art & Craft <i>Come and join the “Craft ladies” every second Thursday</i>
March 2020		
02 Labour Day Public Holiday Tuart Place is closed today	04 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	05 From 10.30 Computer & Mobile Phone Help
09 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch 11.00 Beauty treatments with Natalia	11 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	12 From 10.30 Computer & Mobile Phone Help 11.00 Art & Craft <i>Come and join the “Craft ladies” every second Thursday</i>
Weekend to Fairbridge Friday 13 th – Sunday 15 th March		
16 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch 1.00 onwards Free family tracing appointments with Lesley Silvester	18 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	19 From 10.30 Computer & Mobile Phone Help
23 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch 1.00 onwards Free legal appointments with Gary Dean. Please book	25 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch 12.45 onwards Podiatry clinic – provided by UWA students & staff	26 11.00 Art & Craft <i>Come and join the “Craft ladies” every second Thursday</i>
30 10.30 - 12.00 Singing Group From 10.30 Computer & Mobile Phone Help 12.00 -1.00 Monday Lunch	01 April 10.30 – 12.00 Support Group From 10.30 Computer & Mobile Phone Help 12 noon Group Lunch	02 April From 10.30 Computer & Mobile Phone Help