

High Street Happenings



Tuart Place

BURSTING AT THE SEAMS!

More than 75 participants along with guests, staff and volunteers enjoyed the Christmas party

T Together...we build
U Understanding
A Acceptance
R Respect ...and
T Trust



Raffle prizes and dozens of gifts for the Lucky Dip were made by the Craft Ladies. Winners of the major raffle prizes won a windmill donated by



Ian Donaldson, a Christmas hamper, a sewing machine from Alf Zammit and more! Food was

delicious and plentiful and the rollicking entertainment provided by Dickon and Richard with guest appearances from Richard L, Chris B and Paddy C, had everyone singing along.



“Get Sewing Lulu” - by Lulu Mac

I had such a great time singing, eating and socialising with all the beautiful people at Tuart Place. All the volunteers did such a fantastic job - well done guys! It was good to see the staff so happy - dancing and having a great time. I didn't know Vicky and Susy had such great moves! I loved hearing Dickon and Richard singing and playing their music - the whole room was pumping!

THEN.... the RAFFLE DRAW! I had my heart set on winning that sewing machine and I had a lot of tickets! Even Brad, the Freo Mayor, gave me his ten tickets as he had to leave before the draw. Of course....I didn't win anything. 😊

It was Susy who won the sewing machine, then afterwards she came over to me and asked me if I had transport to get home.

I thought that was a bit of a weird question and told her that I can catch a bus to where I live. And WOW - guess what?! The beautiful Susy asked me if I'd like the sewing machine as she knew that I'd really wanted one for my birthday which was coming up. I was gobsmacked, it was such a beautiful, generous gesture. Now I'm looking forward to joining the lovely Craft Ladies and HOPING that they can show me how to make the best use of it as I've never had such an advanced sewing machine before.

I've been coming to Tuart Place for about two and a half years but quite spasmodically until the last six months when I decided I needed a new direction in my life. So now I look forward to my Mondays and singing with the others and I love the Wednesday group therapy with Susy, it's helped me a lot. Looking forward to another great year in 2020 with Tuart Place! *Cheers from Lulu xxx*

Liz Mullinar's latest book: Heal For Life by Dale Lynch

Liz Mullinar is a survivor of childhood trauma and the founder of The Heal for Life Foundation (HFL). She developed the HFL Model over 25 years as a way for other survivors to permanently heal from the impact of childhood trauma and abuse. Heal For Life started in NSW Australia and has spread nationally and internationally to the UK, US, Philippines and India.

Liz is an internationally renowned speaker and author and recognised as an expert in childhood trauma and healing. She has been awarded The Order of Australia for services to the arts and survivors of childhood trauma and was awarded the Australian Humanitarian of the Year award in 2000.

The HFL Foundation has helped over 8,500 survivors of childhood trauma and abuse to find inner peace, joy and hope for a brighter future through their healing weeks. The majority of survivors attending HFL healing weeks describe the weeks as being life changing in helping them lead a more positive confident life. Liz has kindly donated a copy of her new book to the Tuart Place library which I have just finished reading and thoroughly recommend to all.



Dale Lynch & Philippa White with a copy of Liz's book

Apart from reading the book I have been through my own HFL healing weeks and walked alongside other survivors in their healing journey so I know that everything said in the book works. Like so many other survivors I have found the HFL model life-changing and I live and use it daily.

If you would like to know more about the Heal for Life program, call 1300 760 580 or 02 4998 6003 or email registrations@healforlife.com.au or admin@healforlife.com.au

THE ROSE WALK, TASMANIA

Memorial to Forgotten Australians

On my recent trip to Hobart I had some time to explore the cold and blustery city.

I wandered along the harbour front, read about Hunter Island, strolled through the Salamanca Markets and stopped to sample the mandatory curried scallop's pie I had been told so much about. It was quite yum indeed. In every city I visit I make a point of seeing the Botanical Gardens if there is one, so off I went, despite the looming clouds and threatening winds. It had snowed on Mt Wellington during the night and the wind had a real bite to it!

The Botanical Gardens border on the river, with long flowing lawns and zig zagging pathways. In my



wanderings I came across a fragrant rose garden with hundreds of flowers of various colours all reaching for the grey sky. I meandered through the rose archway, stopping to sniff flowers here and there. Such a peaceful place. At the end of the path I noticed a memorial stone with two plaques, intrigued I walked over to have read. Imagine my surprise when I read ...

In remembrance of those children who languished in institutional care.

To those who succumbed to harsh punishments meted out by a severe system, we remember you.

To those who overcame such experiences, we acknowledge your courage and your determination to have your story told.

“The Forgotten Australians”

I smiled a quiet smile and thought of my friends at Tuart Place. Then the rain hit and I ran for cover!

By Natalie T

Ann McV's - Dutch Fruit Cake

On top of stove, combine the following:

- 1 cup black tea
- 1 packet mixed fruit
- 1 cup sugar (I use brown)
- 1 tablespoon butter or marg
- ½ teaspoon mixed spice

When boiled, turn down & simmer for 3 mins
When cool or warm ADD:

- 1 cup self-raising flour
- 2 eggs
- ½ teaspoon vanilla essence

Put into a lined cake tin and cook in oven for ¾ to 1 hour on 180° to 200°.

Place on cake rack to cool
Last of all - ENJOY!



Maria, Mary and Mary-Anne made Christmas Angels in Sylvia's Christmas Decorations Workshop

Veronica (Vicky) Camilleri
1959 – 2019

In loving memory of my baby sister Veronica. I miss you so much and will always love you. Rest in Peace my baby sister Thank you to Tuart Place for all the help and support you gave.

Susan Camilleri



70 YEARS OF FRIENDSHIP KEEPS GOING ON... by Paddy C

We attended Tony Dalton's funeral and 15 Old Boys from Tardun, Clontarf, Bindoon and Castledare Homes turned up to pay tribute. I wish to express my thanks to Dr Philippa White, director of Tuart Place, which is an association for Forgotten Australian Coming Together. Philippa kindly attended the funeral too. Tuart Place has created an opportunity for all the members to look out for and care for each other.



Unfortunately, over the past two years six of our Tuart Place family members have passed away. Each time, it felt like I was burying one of my brothers. The only family I had before I married in my late 20's was my fellow orphan boys and girls from the orphanages; we were one close family.

Special thanks to all our members and one special thanks to Peter Bent who has done so much caring for his fellow members over the years. Thank you, Peter!

SAG CORNER - Social Activities Group

Thanks all for making Tuart Place a HOME AWAY FROM HOME. Nothing happens until willing people get together and this has eventuated in SAG this year. Many people have made this year a very successful one for SAG and on behalf of the Committee and myself I want to thank you all. In 2020 we've got some exciting events planned: A trip to Penguin Island on Thursday 6th February and the Fairbridge weekend on the 13th to 15th March. We've also got our first Bunnings Sausage Sizzle for the year on Saturday 25th January so let me know if you can help out for a couple of hours. There's a lot more to come and we'd love to hear your ideas at the monthly SAG meetings. The next one is at 1pm on Monday 10th February. Feel free to call me for more details of any of the above on 0448 074 536. God Bless, John Ryall - Committee Member



Visit by BaptistCare representatives on 25th November 2019

Representatives from BaptistCare visited Tuart Place on Monday 25 November and gave a presentation on "Demystifying Aged Care". The talk was very informative and "really went to the heart" of what aged care is all about. Even if you're not at the point of needing aged care, these sorts of presentations are really important so you're prepared and keep well informed. It's always good to know all your options. "Growing old is compulsory, growing up is optional" *By David Moir*