

High Street Happenings



Tuart Place

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



We've been touched by the generosity of Gloria who has brought in jars of delicious homemade fig and fig & ginger jam to give out to people at Tuart Place. She needs more empty jam jars and is happy to pick them up from Tuart Place. Gloria wrote the delightful article below

Fruit of Hope by Gloria

I personally believe that anything can motivate a person and that inspiration and encouragement can come from a variety of unexpected and unlikely sources. My inspiration is a fig tree, possibly over 100 years old. It stands abandoned and neglected in an overrun block of land. Each year I watch it getting a little more greyer and gnarled. And each winter when it is stark and bare and leafless, I wonder if it is to be its last. But spring comes around again and somehow magically the leaves sprout and the fruit gradually emerges. And yet again, I marvel at its endurance and persistence to survive. Birds come in their hundreds, bees, butterflies, millions of insects and other creatures and of course the occasional human. This unloved and abandoned old tree has never given up. It has instilled hope and courage in me. Because hope is the reason to find worth and justice in life. For without hope we can have no courage. To all those once unloved and abandoned care leavers and survivors. Those of you who were thrown into the world, questioning life, and questioning love, and wondering if love had any part to play at all. Your lives have not been easy to navigate, but like the ancient tree, you have survived - hoping. And hope has come along in the guys, the dedicated people at Tuart Place. They are the luscious fruit that nourishes our dream and sustains our hope. There is the love. So I bring you the fruits of hope as a reminder that as long as there is life, there is hope. So enjoy your fruit and jam everybody.

Figs are not the perfect fruit. They have lots of seeds that can sometimes get stuck between your teeth. But like all obstacles in life, they can be overcome and removed.

HISTORY has shown that figs have been around for 100 million years. Most primates eat figs and people have been eating figs since there were first people. The fig tree appears repeatedly in both the old and new testaments of the bible and other ancient texts dating to 5000 years B.C. Some scholars actually believe that the forbidden fruit picked by Eve was the fig. The fig is the oldest fruit consumed by humans and they were used to sweeten most foods before the advent of sugar.

BIRTHDAYS AND CELEBRATIONS



Friendly new faces at Tuart Meet Amaleed and Sarah



Amaleed Al-Maliki (on the right) is our new Student Social Worker at Tuart Place on placement with us from Curtin University where she is in her 3rd year of a Social Work degree. Like many people at Tuart Place, Amaleed loves helping others and making a difference in people's lives. She's worked as a Disability and Mental Health Support Worker in Perth and last January, she volunteered in South Africa at an early learning centre to help underprivileged children - some of whom were in out-of-home care.

Sarah Regan (on the left) is available at Tuart Place every Thursday to provide counselling and support in our warm, friendly environment. Sarah has completed a Bachelor's Degree in Counselling at the University of Notre Dame Australia and has over 10 years' experience working in the areas of aged care and community services. If there is an issue you would like to discuss call Vicky to book an appointment.

BEAUTY AND PAMPERING



"She really knew her stuff and I felt great.." said Dave Moir after being on the receiving end of a relaxing foot massage from Natalia a qualified beauty therapist who volunteered her time to come to TP and provide treatments such as Back, Neck and Shoulder Massage, Reflexology, Foot Massage, Basic Facials, Eyebrow Wax and Tint Waxing: lip, chin, face, & Pedicure.

Mary M was just as impressed with her facial saying, "My skin feels so soft now!" After Natalia left, the long room smelt wonderful with the lingering scents from all her quality products!

Coming up in March

Bus trip to Yanchep

Thursday 7 March from 10am

Meet near Maylands train station for a bus trip up to Yanchep. Enjoy the scenery, the caves, the koalas and a sausage sizzle lunch before being brought back to Maylands.

Please book your place with Vicky



Photos from Africa

Monday 11 March from 1pm

Natalie works in reception on Mondays & Thursdays and she's also a very keen and talented photographer. Come along and see some of the photos she has taken on her many travels in Africa.

Family tracing with WAGS

Monday 18 February & Monday 18 March

from 1.00pm

Have you ever been interested in finding out more about your ancestry? Pre-book a time with Lesley from the WA Genealogical Society. Please book your appointment with Vicky.



FREE Podiatry Clinic

Wednesday 27 March from 12.45pm

Staff and students from the UWA Podiatry Clinic will be back at Tuart Place to provide free basic foot assessments and advice.

If you have any concerns or just want to get your feet checked out then



Free Legal Appointments

with Gary Dean

Monday 11 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 book your appointment with Vicky



knowmore Legal Service Prue Gregory

National Redress Scheme (NRS) Info session
Monday 25 March from 1pm

Get an update on the progress of the National Redress Scheme; which WA institutions have signed up to the scheme so far; and how previous redress payments are likely to affect offers made by NRS

Read this really wonderful heart-warming story written by Dale Lynch about finding family he never knew he had.

AUNT ELSIE

I was raised in care and did not connect with my biological family until I was in my early twenties. Initially I met my mother and two of my sisters and they told me I had 6 sisters and 2 brothers and a father. They also told me they (the family) had not stopped searching for me since I was placed in the St. Vincent's Foundling Home with the Sisters of Mercy. It was great to finally have a family and a sense of finally belonging which grew stronger as I met more members of my immediate family. My oldest brother Bob was the last of my siblings I met, I was 34 by then.



My own journey from the foundling home was a childhood no child should ever go through. I passed through one institution after another including an extremely abusive foster care situation. Unfortunately, first my father then my mother passed away a few years after I met them before I got to know much about extended family like uncles, aunts, cousins etc. I now only have two siblings left out of the 9. From my family I learnt my roots were Irish Australian with some Indigenous blood.

I always had a yearning to know more about my family history so despite living in Busselton, in about June 2016 I started attending WAGS at Tuart Place and met Lesley Silvester in an effort to know more. Lesley is from the West Australian Genealogical Society and volunteers at Tuart Place on the third Monday of each month helping participants trace their family history. What an amazingly talented lady Lesley is, in the last couple of years she has taken me on a marvellous journey of the history of my European ancestors, so far going back 6 generations and encompassing 6 countries including Australia. With everything being verified with various certificates I have learnt of a great, great granddad who was a merchant seaman from Wales and a great, great grandmother who was a convict from Cornwall are just two of the stories I now know.

This has given an urge to also know and meet living relatives I have never met before so on my Facebook page I put my occupation as "Lynch Family Historian" saying to my daughter "you never know someone may see it". A few months later a girl named Julie from Victoria, contacted me by Facebook messenger asking if I had an Elsie Lynch in my family to which I replied, "yes I believe I once had an Aunt Elsie".

Julie then sent through a certificate with dad and all his siblings on. I confirmed that was my dad along with all my uncles and aunts who I believed were all dead. Julie then told me Elsie was her nan and my Aunt Elsie was alive and well being 97 years old and living in Busselton. WOW I was finding it hard to believe I had an aunty alive I had never met living in my home town.

Julie then asked me about one of my Facebook friends Margret Harris and how I knew her. I replied Margret was the treasurer of the Busselton Collectors Club of which I am the secretary, explaining I had known Margret and her husband

Douglas for about 6 years. Julie then told me Douglas was Elsie's son and my first cousin. Wow I had known this guy for 6 years and neither of us knew we were related. The next morning, I contacted Doug and Margret and explained the story

That afternoon, Doug and Margaret took me up to meet my 97yearold, Aunty Elsie that I had never met where she lives in age care. With butterflies in my belly and excitement in my heart I went in to meet Elsie.

My Aunty Elsie is an absolutely gorgeous lady, she is the smallest adult Lynch I have ever met and extremely spritely for someone 97. Unfortunately, dementia is starting to creep into her life but Elsie still has amazing patches of clarity. I have been to see her another 4 times since and she looks forward to my visits as much as I look forward to seeing her. I also am looking forward to meeting the rest of Elsie's family and more of my family.



Thanks for stepping in Dickon and keeping the music alive!

As you may already know, Ginny our regular musician took a well-deserved break in January and February, so for the past seven weeks our resident bluesman Dickon Oxenburgh has been lending his voice to the singing group. Tuart Place's sometime warbler Gloria Jean has, *"loved the informality and laughter!"* as the group belted through such evergreen classics as 'Que Sera S era', 'The Rose' and 'Blue Suede Shoes'. Dickon enjoyed his time with the group, *"I've really loved the enthusiasm and co-operation demonstrated by everyone - it's been a real pleasure and I look forward to hearing more 'morning melodies' at Tuart Place!"*



A group of fourteen of us 'old boys' from Clontarf and Bindaon got together to celebrate Wally Anderson's birthday in February. We met in Victoria Park for lunch and spent a few hours reminiscing, laughing and joking. We bought a cake for his birthday and put a candle on it that you're not able to blow out. You should have seen Wally trying harder and harder to blow it out but every time it just kept re-igniting! We liked having a laugh at Wally's expense, ha ha!



STOP PRESS

Join us for Bingo
after lunch 1pm on
Monday 1st April