

High Street Happenings

March & April 2020
Issue 8



Tuart Place

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



Computer Room Makeover

Everyone seems delighted with the recent upgrade of computers, desks and furnishings which have transformed the computer lab space into a brighter and more functional area. The old computers were purchased second hand from the Wanneroo Men's Shed back in 2011, for \$100 each. They provided many years of good service, but newer faster machines were needed.

It's welcoming and spacious. The new desks are fantastic, everything looks tidy and there are no cables getting in the way - plenty of leg room. Dave M

It's cheerful and bright, especially with the new plants in the corner! The volunteers are fantastic, they'll be patient with you if you are learning how to use computers. Lyn McL



Another great effort from all the Social Activities Group (SAG) volunteers! Raising over \$930 from hot dogs and raffles at the last Bunnings Sausage Sizzle fundraiser. Proceeds are used by SAG to run events and outings such as the weekend trip to Fairbridge (13th to 15th March), the trip to Penguin Island (page 3) and much more!

How lucky we were to be entertained by Carmel Charlton and Lynda Martin earlier this year. Carmel and Lynda entertained us with some classics, including a Beatles medley, I Walk the Line (Johnny Cash), The Wild Rover and the old classic; The Leaving of Liverpool. It was great to see so many people having a sing and dance, including Kevin P!-



OUTBACK PADDY

Monday 6th April at 1pm (after lunch)

Outback Paddy (Michael Blake) migrated from Dublin in 1986 and fell in love with the Australian outback, travelling from Broome, to Far North Queensland and way down south to the Great Australian Bight. His country songs, bush ballads and old favourites from Ireland and beyond will have you singing along, clapping your hands and up dancing before you know it!

Not to be missed!

MOTHER NATURE

I remember when I was little
 You let me play in your big, big yard
 You had hills for me to run down
 But you kept your roses thorned and barbed.

I liked your motherly discipline
 And to curl up in your lap
 But I sensed this friendship couldn't last
 If they put your life on tap.

You dearly loved the friends you had
 They dressed you up to face the day
 But you drank too much good spirit
 And you gave your thorns away.

Might and men dug out your heart
 This really stopped my fun
 I lost my hills of childhood
 And they pick your roses one by one.

Now grey and charred is my big big yard
 Things are now eerie dark and black
 Your cupboards are webbed and empty
 And your body's thin and slack.

Gone is your colourful smile
 Gone is your clouds and sun
 Gone are all your thorns
 And places for me to run

By Pamela Story

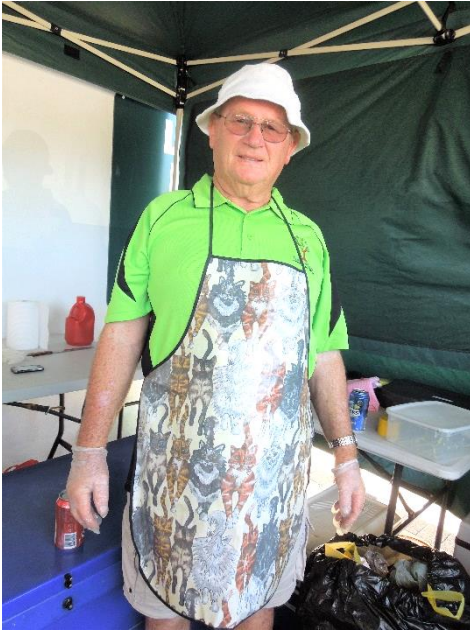


“Our Tom”

Thomas Connelly

4th August 1941 – 10th February 2020

A former child migrant who arrived in 1947 on the Ormonde. Tom was at Castledare and Clontarf.



Tom was a great help when we had our sausage sizzles at Bunnings. He'd stay the whole day, peeling onions and cooking sausages. I, like most of the TP participants, was very sad at his passing. So rest in peace Tom. Another child migrant gone to rest.

Dear Tom, wherever you are in this universe you will shine. Love and miss you – Maria

I'll miss his bright eyes and sweet mischievous smile. He knew what he could get away with. I never heard him say anything derogatory to any other care leavers. He was always polite, respectful and courteous. He was the epitome of a gentleman. – David

Farewell Tom, a fellow traveller from Castledare & Clontarf. A great school mate & a really nice bloke. RIP. Peter B

Our Tom, we love and miss you. Your Tuart Place family – Roslyn & Katrina

I always appreciated Tom's gentle concern about everyone's well-being and his sense of humour – he was a consistent contributor to group and a cheery presence around the centre. Vale.” – Dickon

Tom was a much loved member of the Wednesday Support Group. He helped set up the Group in 2009 and attended every week he could. He welcomed new people to the group & was an anchor for many. – Susy

My memory of Tom was him always being cheeky and chasing me up on my work. A true gentleman also. Fly high Tom, we will miss you. – Vicky

A Day on Penguin Island 6-2-20

by Ann McVeigh

On Wednesday morning a group of Tuart Place participants (20 in all) left Cockburn Train station for Penguin Island. The bus was provided by Edmund Rice and driven by John Ryall.

On arrival we were ushered onto the ferry, which took us around the island. We were told about the bird life that call the island their home. Then we saw a pod of sea lions basking on the beach, there were about 10-12 in number. A few people were snorkelling in the same area, which made for lovely scenery. I was hanging out for a swim, which I finally got when we reached the island.

We were only on the island for about 1.5 hours which went really fast. But first we enjoyed lunch which was provided for by SAGS, put together by John and Epe. Epe made a delicious dish of curried eggs as well as some corned beef, which went down perfect with the curried eggs on a fresh roll. There was some ham and salad as well. Everyone said how great the lunch was.



We could go to the penguin pool and see feeding time or go for walks. But for me, my swim was my priority, which I enjoyed. Although very shallow, it was great to do some backstrokes and enjoy the water which was a great temperature. All too soon it was time to leave the island and visit a shop for souvenirs or an ice cream treat.

The bus trip home was made enjoyable by singing and joke telling which was a hoot. So all in all I'll say everybody had a great day, made all the more enjoyable by friendships made at school and Tuart Place.

Hello, my name is Roslyn.

I have been coming to Tuart Place for a few years. I think of Tuart Place as a place for food for the soul and a safe harbour from a sometimes mentally stormy world. The staff are very nice and respect everyone's personal boundaries. Whether you feel like chatting or not, they always have a smile on their faces and a happy greeting and leave it up to you if you want to talk or not. This is so refreshing and comforting and puts me under no pressure to always be in a happy mood. When I walk through the doors I always feel so comfortable because I can be me.



Maria, David, Roslyn, Cevrina at the Support Group's *Boundaries* topic

On Wednesdays they have group counselling from 10:30 to noon with Susy Vaughan. Susy has a very special word for when you don't feel like talking about anything at the meeting. You simply say, 'Pass', and it then moves onto the next person. This makes me so comfortable and safe knowing that if I want to talk or not I can choose to. The choice is all mine.

The very best thing I like about group counselling is if you are suffering from childhood trauma, whether from psychological, mental or sexual abuse you don't have to talk about it. All you do is look into each other's eyes and without words you understand each other.

On Wednesday the 29th of January 2020, we talked about Boundaries and this was so insightful to me because on so many levels my way of thinking was from the point of view of a child and not as an adult. I realise now that I must start thinking as an adult to help improve my mental health.

I also learned about respecting other people's boundaries as well as my own. Thank you, Susy, for such an amazing counselling session and I look forward to future topics.



Teresa P



Gordon P



Wally A