

High Street Happenings



Tuart Place

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



**TUART
TEETH**



Rooms at Tuart Place became temporary dental clinics on Monday 22nd July thanks to Jan & John Owen and the rest of the Kimberley Dental Team. Teeth cleaning, extractions & fillings were all services offered on the day. Peter was one of sixteen people they saw and said, *"I was very impressed with the dental team. They squeezed me in for an appointment as I thought I'd get my teeth cleaned and checked. They discovered I needed a filling and said they could do it then if I wanted. It was a great service."* Jan Owen said that in total they performed one extraction, three fillings, six scale and cleans and three referrals to other services AND that they'd be back next year!

Peter Polishes Plinth

Peter Bent who has done an enormous amount of work over the years for Forgotten Australians and former Child Migrants, recently came to the rescue using his skills and elbow grease to clean up one of the plinths that were starting to look pretty grubby along the Clontarf Heritage Trail. The eight limestone plinths show the history and sites of Clontarf from a bygone era, when Peter and the other 'old boys' lived at the Home. The plaque on this plinth indicates the sites for Woodwork & Metal Work; BootMakers; Band Room; Gymnasium and Mud hole

You can see from the 'before' and 'after' pictures why Mike Carroll said, *"What a transformation, I reckon it's worth an article in the newsletter!"*

If any Old Boys and their families/friends wish to visit their boyhood days at "Boys Town", you need to arrange an appointment with the Clontarf Aboriginal College. Contact phone number (08) 9251 0666."



YOU'RE NEVER TOO OLD TO LEARN

By Lyn McLaughlin

When Susy asked me if I was interested in doing a course on Transactional Analysis my first thoughts were "WHAT". After some thought I figured "why not, we can never stop learning", so I gave it a go.

After the first couple of hours with some apprehension I really started to enjoy it, also the other people in the group were warm and great to listen to, and also learn from which makes it more enjoyable. Jan Coleman, who was our teacher, seemed to make us all feel at ease she certainly knew how to make a serious course enjoyable and easy to listen to and learn. The teacher out front can either make or break a course.

From the first day I found I was learning so much about myself, in particular, how I really don't listen to others as I should. I seem to have the answers in my head without really listening to the whole question, or what the other person is really wanting to say. This was just one thing I learnt, but the whole course was one of changing your mind on learning different behavioural techniques on understanding others which I found I have a lot to learn.

At the end of the course I believe from a personal level I learnt so much on understanding and listening, that others have noticed the change in myself. Yes of course, sometimes bad habits do appear, but I notice what I am doing and I stop to gather my thoughts.

I also learnt from other people on the course, that there is no better way to learn than to listen to others opinions and thoughts, and take that on board. I must say; Jan Coleman was the world's best teacher, as she made it easy to listen to and learn. I learnt so much more on the course and enjoyed every minute, and definitely would recommend it to others.



Goodbye Amaleed, we're glad you did your Curtin University Social Work placement with us



Thanks for the great sing-along Dickon and Richard!



Dennis & Doug enjoying the Winter Warmer

Rob Eddy says that a simple, healthy way to read food labels is to look for the health stars on packaged food when you shop. The more stars, the healthy the product!

LOOK FOR THE NEW HEALTH STAR RATINGS ON PACKAGED FOODS IN YOUR SUPERMARKET.



Use the nutrition information panel to compare similar packaged food items

Compare numbers in the 100g column	Best choice 😊	Okay sometimes 😐	Poor choice ☹️
TOTAL FAT	Less than 3g	3 – 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 – 3g	More than 3g
SUGAR	Less than 5g	5 – 15g	More than 15g
SODIUM (salt)	Less than 120mg	120 – 400mg	More than 400mg
FIBRE	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		
DRINKS: Choose water first			

LIVELIGHTER
livelighter.com.au

Meet a Board Member by Cevrina Reed

FACT Inc Board Members are all volunteers who are responsible for the overall governance of Tuart Place. It's a very strong Board because it has a 50:50 balance of care leavers who understand the issues first-hand, and other members selected for their governance expertise or professional skills.

A 'Meet a Board Member' program started this year and gives everyone the chance to meet the people who represent them. So far participant Board Member Ann McVeigh, social worker Dr Katrina Stratton, and accountant (and Board Treasurer)

Ross Stagno, have been down to Tuart Place to share a Monday lunch and chat informally with everyone.

Katrina said that she joined the Board because she knew of the great work done at Tuart Place especially the leadership in participants being involved in the Board and creating some of the activities that take place. Ross said that he was looking to share his financial expertise with a 'worthy cause' and that he couldn't think of a better one than Tuart Place!

Over the next few months our other Board Members will come down for their turn at the *Meet a Board Member* sessions.



On June the 14th Dale Lynch (from Tuart Place) attended a lunch along with nine other south west out of care survivors at the Parade Hotel, organised by Debra Magi from Lanterns. Despite a small turn out it was a great lunch with huge quality meals and a very enjoyable atmosphere making it an event everyone enjoyed. Dale also sent in this inspirational story

The Inner Battle

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy. "It is a terrible fight between two wolves. One is evil - filled with anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and judgment.

"The other is good - filled with joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

"This same fight is going on inside of you - and inside of every other person".

The grandson thought about it for a minute and then asked, "Which wolf will win?"

The old Cherokee replied, "The one you feed."

By Dr. Doris Jeanette



An unexpected treat was enjoyed by everyone who happened to be at Tuart Place around lunchtime on Wednesday 4th September! Clive Morrison, a new participant who'd come to Tuart Place for the first time on Monday that week, liked it so much that he not only returned on Wednesday but brought his guitar with him and played several songs much to the delight of everyone there. Clive blew us all away with his talent. He has a stunning voice and composes songs 'from the heart'. One of them was a beautiful song written for his daughters, telling them how much he loves them. There were a few moist eyes in the room!

SAG CORNER - Social Activities Group



Lake Leschenaultia and Wheelchairs for Kids by Julie D.

The weather was glorious for our trip to the Lake which was tranquil and shimmered in the sun. Eppy Ryall's epic culinary talents were a major part in the success of the day. On our way we called in to Wheelchairs for Kids where Olly has been coordinating a team of volunteers making wheelchairs for disadvantaged children in about 50 countries. The wheelchair design is excellent. He's perfected it over the last 21

years. As a volunteer for the Bunnings sausage sizzles, I was delighted that SAG donated \$200 to the cause, which covers the cost of building one wheelchair. Thanks John for organizing the day and you did a great job driving us safely despite our constant chatter!

"I can speak to someone who understands what I have been through and who is non-judgmental."



"I can't travel to Tuart Place as my health isn't so good, but the phone call is as good as a face chat. It helps me to stay in touch with everyone."

Catherine is the most recent addition to the team of volunteers who keep in regular contact with about forty participants who find it difficult to come in to Tuart Place but want to keep in touch. Catherine was born in Ireland and has a background in nursing and counselling as well as a lovely warm, friendly and confidential approach