

High Street Happenings



Tuart Place

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



MAKING MASKS FOR PNG

When Natalie chatted with Vera, Carmel and the other 'Craft Ladies' who meet fortnightly at Tuart Place and told them there was a desperate need for covid masks in developing communities overseas, they immediately jumped on board. The ladies bought some beautiful materials and started making masks to help stop the spread among the villages. Natalie arranged for the masks to be sent to the worst affected places and the people there sent this photo and thanked everyone in a Facebook post saying, "Your generous gifts of masks is greatly appreciated by the community of Kimbe, in New Britain-Papua New Guinea. Everyone is very, very grateful and have asked me to pass on a million thank yous to the kind ladies that have put their time and love into these special gifts. Ladies, the world is a better place for your efforts."

Thanks for the
delicious baking,

Kim



'TRIGGERS' by Mary Mogridge



Julie, Justin and Mary with workshop facilitator Dale Lynch

A very helpful workshop on knowing our triggers and how to manage them, was

facilitated by Dale Lynch, FACT Board Vice-Chair and Tuart Place participant. Mary Mogridge said she enjoyed participating and felt that it was interesting and useful, "Dale gave us good advice and provided us with help on how to avoid triggers. He explained that

some triggers are unavoidable, and he gave us tools and ways we can use them in everyday life to cope with triggers. We have all had trauma in our lives and the workshop helps us to cope with this trauma"

Forde Foundation, by Maria Decourcy

I was in an institution (in care) in Queensland from age 16 to 18. The Forde Foundation came forward and asked me “what did I need?”

I said, “I need a fridge and a kettle”. You see my fridge was making banging noises, sometimes I thought someone was breaking in, and my kettle no longer worked as an automatic.

These items were delivered three months later, which was okay, because my old fridge said with a bang “I’ll hold on!” ☺ The kettle continued to work but refused to turn off automatically.

Vicky of Tuart Place helped all this take place, for which I am very grateful. So I’m telling my story to help others who may have needs and also be eligible. I’m loving my new modern appliances.



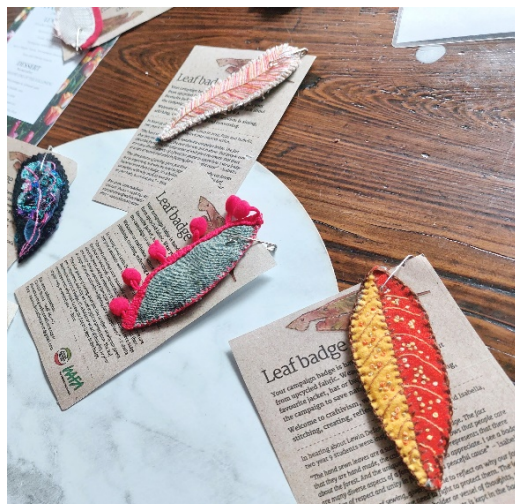
If you were in care in Qld, please contact Natalie or Mary-Ann for more information

Trip to Araluen by Peter Bent

Despite the inclement weather there were moments of sunshine which allowed us to wander along paths through the park to enjoy the various beds of spectacular tulips. Ann treated Chris & I to a bowl of hot delicious soup in the cafe overlooking a valley with a waterfall and lush green ferns. Others in the group were also there. John the bus driver who had picked us up at the Kelmscott station drove us to the park skilfully navigating steep grades and tight bends. I knew of Araluen in the shire of



Roleystone but this was the first time I actually got to see its unique features, Thanks to the Tuart Place team. After a time seeing the sights, we boarded the bus to be taken to another cafe outside the park where a great lunch was had by all in friendly surroundings. Finally, safely bused back to Kelmscott station for the train home. A really enjoyable outing, much appreciated.



Mary-Ann Oliver went on a bus tour of the south west forests earlier this year to see how they're being logged. After lunch on Mon 6/9, she talked to us about what's happening to our native trees and the wildlife that depend on them: "I learnt lots of things I didn't know & I understand now how the forests are getting smaller & smaller. When they cut down the big karri trees they don't re-plant enough and then they cut those ones down too after very few years! Mary-Ann knows so much about it all, and it was very kind of her to make all those lovely leaf brooches and give us all one." - Mary, Peter & Maria

Boundaries - What do they mean for me?

Support group topic 18-8-21

by John Ryall

This is a subject that has had me confused for most of my life. In order to be liked, I would 'people please', just to fit in. The need to be accepted by everyone, is sadly impossible!

10% of people may like me; 10% won't like me; and the other 80% just aren't interested in me! Over time I have come to realise this truth.

The support group at Tuart Place on Wednesdays at 10.30am is open to every Tuart Place participant. I have been attending this for five or more years on-and-off and have learnt many life skills. Susy runs this group with great skill and compassion. I have seen many people learn and grow more at peace with themselves through the many subjects we get to discuss.

During my journey of recovery, I have had to face many things that have traumatised me when looking back into my childhood and I suspect that many of you reading this article will agree.

The hardest step for me was the first one - to being looking at myself. Only by doing this have I begun to find answers.

Don't get me wrong, this was *not* easy and there is *no free lunch!* I have had to work slowly over the years to have this burden lifted. In attending these meetings with Susy, it has given me assurance in knowing that I am on the right path, and I go to these sessions because I'm not all there. I'm a grateful member. 😊

Remembering John Boyle

2-7-44 to 2-7-21



With no family network in Australia, friends of John and fellow Clontarf Old Boys wanted to give him a proper send-off, and Tuart Place provided the perfect venue.

Tuart Place Social Worker Jan Newman conveyed a moving story of John's life, with historical photographs provided by Peter Bent.

After a specially catered lunch, entertainer Outback Paddy sang some beautiful Irish ballads to commemorate this memorable occasion.

Thank you to everyone who came to celebrate the life of John.



Listening to Marissa Verma talk about the foods and medicinal properties of the plants, trees and animals that provided



sustenance to Aboriginal people over thousands of years was inspirational! She brought so many herbs and spices for us to smell and added some of them to a beautiful fruit salad and a dip that twenty of us shared. It was delicious! thanks so much Marissa!

SUPPORTING OUR OLYMPIANS - TERESA PHILLIPS

One Monday in August, Teresa wore her medals and special badges hat in support of our Olympic sports men and woman. The badges include many from swimming festivals & carnivals. Competing teams would often swap badges. She's wearing her official medals and volunteering hat from the Fina World Masters Championship 2008. She also did time-keeping at the Indian Ocean Master games in Geraldton 2004. She was given a full uniform to wear and was proud of her position at the games. Teresa has won 14 medals and 14 trophies for events in the Masters Category in the last 20 years, mainly in backstroke and breaststroke.

One dark stormy night Teresa told Kevin she was going to join a swimming club. She went to Melville Aquatic Centre. She asked the captain if she needed to submerge her head, to which he answered "we're swimmers here!", "so am I" was her reply. She was surprised to learn that although she could dive and swim breaststroke, she had no coordination and that she thrashed around in the water, but under the guidance of the captain and coach she became quite a strong swimmer in breaststroke and backstroke. Soon she was working on her personal best times.

Teresa with her swimming medals celebrating the Tokyo Olympics



She ended up doing long distance swimming which was usually swimming non-stop for 1 hr or 3/4hr, distances from 400m to 800m to 1000m to 1500m. She remembers a day when the captain told her she should try not stopping at the end of each lap, so she did and was so proud of herself when she finished her first 400m nonstop. The captain looked at her glowing face and told her to go do 800m now. "Can I?" was her only response, and she did. She said it is amazing what you can do if you try.

She remembers two funny stories from her swimming days. One day she was on the block when there was a false start, off she went. They tried to stop her by having a rope in the water, but she was determined and got herself tangled in the rope, thrashed about until she got herself untangled and swam for the end, where someone finally managed to stop her. Everyone thought it was so funny how she got herself tangled. She then had to swim back and start the race again.

The other story was one that makes her smile. She was always the slow one in races initially and remembers the great feeling when she thought she'd won a race... but...it was 200m race and she had only swum 100m!

She had a lot of fun and years of happiness as a member of the swimming club. She is very proud of all our Aussie Olympians, especially the girl swimmers who are just amazing!

Message from John Ryall - "Many thanks for your generous donations and participation in the Winter Warmer. As you may be aware, this money is used for our Social gatherings.

The raffle without a microphone was a little awkward, however your cooperation was appreciated by me. These get-togethers help us to meet more friends from the similar backgrounds. Please come to Tuart Place and see all that is on offer."