

# High Street Happenings



Tuart Place

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



The UWA Centre for Allied Health presented Tuart Place with a Certificate of Appreciation for hosting their students in podiatry clinics at Tuart Place last year. The students worked under supervision and carried out free basic foot assessments and treatments and advised on whether any further treatment was needed.

## GIVE YOUR FEET A TREAT!

“I liked the podiatrist students because they all helped me there and made me feel comfortable. My toenails were out of shape and my foot hurt when I walked. They cleaned my feet and washed my toes and used nail clippers on my toenails. I felt very lucky as they made my feet good again. I hope they come back soon because the students were beautiful!”

*Ricky Michael*



“The students were accompanied by a Professor and they were very professional and thorough. They really had a good knowledge of their subject and always had the welfare of their patients at the forefront of their minds. They did toenails, calluses and gave tips on orthodontics if needed. I’m looking forward to them coming back!” *Dave M*



**UWA PODIATRY STUDENTS WILL BE AT TUART PLACE ON WEDNESDAY 30 SEP BOOK YOUR FREE APPOINTMENT NOW!**

### Message from Dale Lynch, Tuart Place participant and Vice Chair of the FACT Board

“It’s good to hear that people are still getting together outside of Tuart Place and enjoying each other’s company. The Clonnie boys (Clontarf) and Joey girls (St Joseph’s) keep in touch and get together when they can. I’m looking forward to the next Cicerello’s lunch as well as the other visits and outings organised for the next couple of months. I’d like to thank the staff for their efforts in arranging these external activities so we can still get together and have some fun during the COVID-19 restrictions.

# Keeping in touch with each other

## PHONE CHATS

*“The conversations I have had with Natalie and Catherine from Tuart Place have always been pleasant and at times a real boost to my spirits. Catherine is very bubbly and encouraging to chat with and I always smile afterwards. Natalie sent me past copies of the High Street Happenings when I was in hospital and it was wonderful seeing everyone’s faces and catching up on news. I look forward to the next one. It is always so nice to know people care and want to find out how you doing, it makes the difficult days easier. Thank you so much to everyone”.* **Nessie**

If you’d like a friendly call from Catherine, Dickon or Natalie to keep in touch and have a chat, contact Vicky and ask to join the Phone Outreach program.

## ZOOM CHATS



Have you noticed lots of people have been talking about using Zoom recently? Well Tuart Place is doing it too. We’re holding Zoom social chats and the two this week were great fun!

In the first one there were people joining in from interstate and up north as well as the Perth metro area and there were plenty of laughs as well.

*“It was nice to be talking to people in other states and seeing how they are coping. It would recommend it to others as it’s great for communicating and seeing other people. We had a lot of laughs and I would like to do it again, it was really good to come in and do this.”* **Maria Deourcy**

## MY ZOOM CHAT

*by Douggie F*



*“It all started with a phone call from Vicky who invited me to come into Tuart Place for an appointment to participate in a social Zoom meeting. I looked forward to getting out of the house and it was really good to see everyone. I have zoom on my phone but I struggle with it and coming into Tuart Place for my appointment made it easier for me to use it. The meeting included Susy, Dale, and David who is a volunteer. I had not seen Susy or Dale since the fish ‘n chips lunch and Dale is not a person I phone so it was great to see him and chat. He looked well. Susy too. When you see people you feel more connected with them than when you talk on the phone. Susy asked us for ideas of how or where Tuart Place can get people together and I suggested a local Chinese place in Bibra Lake.*

*Afterwards David, Natalie and I chatted about the advantages of having zoom and being able to use it on your mobile phone. I particularly liked the idea of going to nice places, like the river and park and making others jealous of where I am! I definitely want to join in on another day”*

If you have a smartphone, tablet or computer (with internet at home) then you can join in from home. If you don’t, then you can book a place in our computer room at Tuart Place and join the chat from there. Or if you’re not sure how to use Zoom, then we can organise for a volunteer to give you a call and help set things up. Zoom is a great way to stay in contact with friends and family.



## COVID-19 update

Pre-booked, individual appointments for counselling; Redress help; IT assistance; records requests; family tracing; and legal appointments can be made during the current COVID-19 restrictions. The drop-in service remains closed and we are not able to have people in for a cuppa or hold social activities on the premises yet due to the 2sq metre and social distancing rules.



### Family tracing

Have you ever been interested in finding out more about your ancestry? You can book a time with Dr Lesley Silvester from the WA Genealogical Society? Lesley is offering individual appointments on Monday 14<sup>th</sup> September and Monday 26<sup>th</sup> October. Bookings are essential so please call Vicky or Natalie to arrange.

## Help with Redress info and applications

If you want to know more about the National Redress Scheme or get support completing the applications and throughout the process, you can book a confidential appointment with Jan or Sarah.



*"I find it really hard to know where to start with getting paperwork filled in. When I get forms to fill in, I sometimes put them away, out of sight, which also causes me to worry. I know I can come here and get help. I sometimes find it hard to ask for things but Tuart Place knows a lot about what I go through. It was helpful to have someone to ring the Scheme for me, to check on how my application had progressed." Peter*

## COUNSELLING

Wednesday Counselling with Susy. Bookings are essential during COVID-19



The Forde Foundation offers grants to people who were in care in Queensland. If that applies to you, then you may be eligible to apply for a grant to assist with dental health, personal development or health and wellness issues. If you'd like more information, please contact Vicky at Tuart Place on 6140 2380 or [admin@tuartplace.org](mailto:admin@tuartplace.org)

## SINGING OUTDOORS

While the COVID-19 restrictions stop us from holding singing at Tuart Place, we thought we could sing outside! So we're looking for a nearby outdoor area where we can get undercover if the weather is not so good. Let us know if you're interested in participating and we'll keep you updated.

# Visits & Outings in September



## **International Day of Peace Ceremony – Invitation from the City of Fremantle Monday 21<sup>st</sup> September at 10am**

For the past 5 years, the City has been growing Ginkgo trees. The seeds for these trees were provided to Fremantle through the Mayors for Peace program and were taken from a Ginkgo tree that survived the atomic bombing in Hiroshima 75 years ago. The City's trees are now a good size for planting and have been incorporated into the Peace Park at Dick Lawrence Oval in Hilton. The park will be opened at a special ceremony on Monday 21<sup>st</sup> September.

**Please call us on 6140 2380 by Monday 14<sup>th</sup> September if you would like to attend so we can give your name to the City of Fremantle for the guest list.**



## **Lunch at Cicerello's Monday 21<sup>st</sup> September from 12noon**

**Join us for another delicious lunch at Cicerello's on Mews Rd in Fremantle**

Cost: FREE, Tuart Place is paying, and there are 2 options for lunch:

Fried fish and chips with small coleslaw and seafood chowder

or

Grilled fish and chips with small coleslaw and seafood chowder

**Please let us know by Thursday 17<sup>th</sup> September if you're coming - call us on 6140 2380 & let us know which lunch option you'd like.**

# Visits & Outings in October



## Visit to “My Country” Exhibition at the Maritime Museum Monday 12<sup>th</sup> October

Join us for a visit to the Maritime Museum to see the “My Country” exhibition featuring photos of WA inspired by the famous Dorothea MacKellar poem. Then enjoy a light lunch at the museum café.

Cost: FREE (Tuart Place is paying the entrance fee to the Museum and for a light lunch)

**Bookings are essential.**

**Please call us on 6140 2830 to book your place.**



## Tour of Fremantle Prison Monday 19<sup>th</sup> October

Fremantle Prison was built in the 19<sup>th</sup> Century and was in continuous use until 1991. In 2010 it became the first building in WA to be placed on the World Heritage List.

Come along and enjoy a 1 hour “Behind Bars” tour and discover some of the prison’s fascinating history.

Meet at the Prison at 10.15am

Cost: FREE (Tuart Place is paying the entrance fee)

**Places are limited and bookings are essential.**

**Please call us on 6140 2830 to book your place.**



# Eulogy for Alf Zammit

19-August-2020

by Ann McVeigh



Alf Zammit was a wonderful kind and gentle person. I've only known Alf for about 6 years through Tuart Place and it has been a wonderful experience.

Alf came to Australia as a child migrant from Malta. I first met Lee when Alf brought her down to Tuart Place for a gathering we had. It was good to meet her, as he spoke very fondly of her. Alf liked his visits to Tuart Place to catch up with fellow child migrants from all institutions. He loved to participate in our social gatherings or events that were put on. He came to our ten-pin bowling morning we had at Melville.

Alf was a great contributor at our sausage sizzles at Bunnings and will be fondly remembered whenever we have our next one. Last January, as ill as he

was, he made sure to come and give a hand. Such a special person to think of others and to help out whenever he could. His presence was very much appreciated on the day.

Alf also donated two sewing machines to Tuart Place. Anything to do with sewing machines was Alf's expertise. The first machine was a gift to the Craft Ladies, which was received with thanks. The second sewing machine was donated to Tuart Place as a prize for the Xmas in July raffle last year. Susy won it, but donated it to Lou-Lou, who was overjoyed with the gift.

It was such a shock when we heard that Alf had become seriously ill. I did go to visit him at the Murdoch Hospital. He was his usual chirpy self, as ill as he was.

Lee, I am so sorry for your loss, I am sure Alf will be missed not only by you, but his family as well. May I say how very privileged it was to have met Alf. His kindness knew no bounds, as he was always willing to help wherever he could.

Rest in peace Alf, you certainly have earned it and you will be sadly missed by your Tuart Place friends.

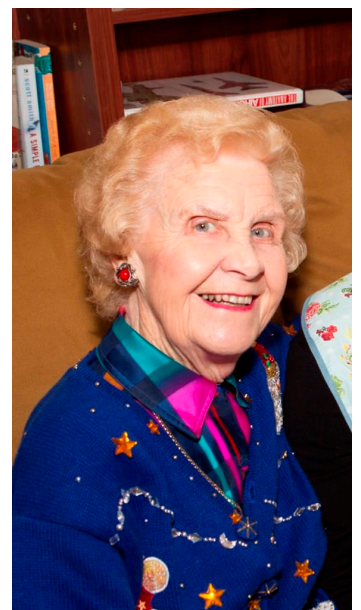
Vale Alf

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**Future Pathways** is funded by the Scottish Government to provide support to people who experienced abuse or neglect while they were in care in a Scottish institution. The scheme seeks to improve the day to day quality of the individual's lifestyle. Natalie Tonking, Admin Assistant at Tuart Place, has helped more than 15 people to access a wide range of support which has included items such as purchasing a fridge; an iphone; Birthlink family tracing in the UK; airline tickets to visit grandchildren; a new hot water system; concrete a driveway and purchasing a tip-up chair to make getting up easier. The scheme has just been extended for another few years.

Nessie (pictured right) was very happy with her Future Pathways experience

*"Natalie is always nice to talk to and has been a life line with helping get me help from Future Pathways by doing all the electronic communication, sending emails and passing on messages as well as chasing up providers for me when I was in hospital. Alistair from Future Pathways, with his distinct Scottish accent has been a dear and rings regularly to check on me and seems to enjoy a chat. He has helped to fund the installation of railings in my laundry and to replace my very old bed with a comfortable new one. Natalie helped me to get all the paperwork to Alistair which made the whole process so much easier and I would not have managed without them both. They are both going to help me put a ramp in at the back door. I cannot believe how much help I have received and how good everyone has been to me."*



Nessie C

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## WILDFLOWER WANDERINGS by David M:



"I took this rare photo of Blue and White Leschenaultia in 2012, near Toodyay. Every year I travel to the same area to look for this magnificent patch of flowers. Sadly it has never been the same. I hope 2020 will be different and the magnificent display will abound again."

Two weeks ago I took a photo of a wonderful yellow wattle flowering near my friend's house in Donnybrook. I wish it was spring 12 months of the year, wouldn't that be great! The flowers are so beautiful and being out in the open with them is soul food, which always seems to come with a side serving of birds chattering nearby.

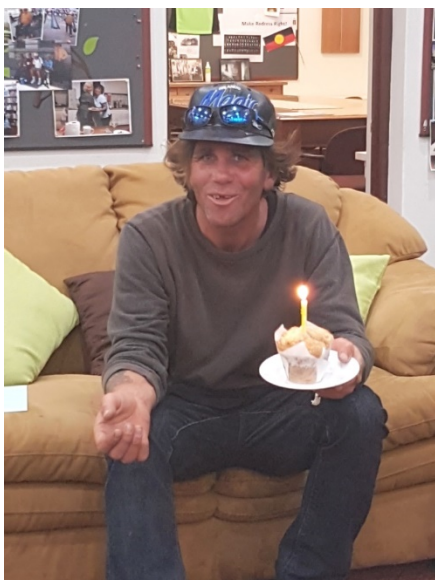
I chatted with Natalie and looked at the photos she took from her recent 2 night trip north. She travelled to Moora and Morawa, zig zagged along the roads in between. Her photos have a way of making the small unique flowers of WA jaw dropping beautiful. She saw a bulldozer in a field of everlastings, orchids, kangaroo paw, carnivorous sticky plants and many others. She even managed to see the famous wreath flowers near Perenjori, thanks to a map drawn in the sand on the side of the road by other flower chasers. It is interesting to see and consider the soil our amazing plants flower in, they don't seem to need much really.

There are some things you just have to see for yourself, which photos cannot explain or do justice to. So jump in your car and have a look. I cannot wait to go myself!"

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Patrick has been coming in for appointments with Mary, one of Tuart Place's volunteers. *"I wanted to get a refresher in technology, and to learn how to use my phone and iPad. It's been very helpful & intuitive. I would recommend others to make haste because it's taken me 3 years to get here and I wish I'd come sooner to make the most of what's on offer."*

Tuart Place volunteers can help with phones, tablets, and laptops. They can help you use the internet and give tips on how to stay safe when you're online. They're also very happy to help with learning new technology such as Zoom which is a great way to stay in touch with friends and family.



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## REMEMBERING TROY

8.10.76 - 24.7.2020

We were shocked and saddened to lose Troy in a tragic skateboarding accident in July.

Troy was a free spirit who was always positive and had a cheeky smile whenever he was with us.

He had lots of friends and was a Fremantle legend, riding around the streets on his much loved skateboard.

We miss you Troy. RIP



## Keeping our information safe - Kevin Collins

*As a Board member I think it's great for Tuart Place that staff are being trained for computer hacking security. Password security is absolutely important, it's a must. It's a very good idea that Tuart Place has purchased a new password management system and that the staff have been trained by IT specialist Chris H. in how to use it. Information about care leavers who come to Tuart Place and Board information all needs to be secure. It's very important nowadays as so many systems get hacked. It's good to pay extra for security.*



## CICERELLO'S LUNCH # 2 - July 30<sup>th</sup> 2020



### SAVE THE DATES:

- End of Year BBQ Sunday 15<sup>th</sup> November 12noon - 3pm at the Waterford playing fields (Cnr Manning & Elderfield Roads) with entertainment by Fred Rea
- Tuart Place Christmas Party Monday 14<sup>th</sup> December at the Esplanade Hotel