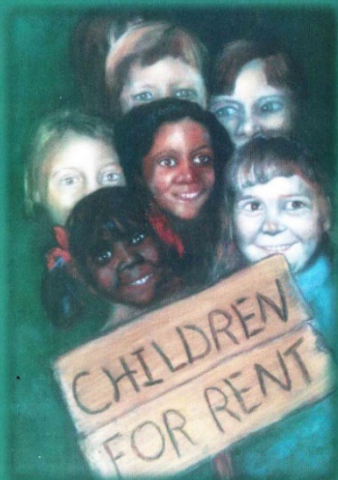


MARION CORDWELL



Tuart Place

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

Telling Your Story - Marion Cordwell

Would you like to tell your story? Good for you! I want you to tell your story. You are important, your story is important. Why are we ashamed of our stories? We didn't create our childhoods - circumstances did. Believe it or not, all our stories are different. It is time we put them out there. They are our history. We are heroes, we survived.

Writing your story is easy, there are very few rules, because it's all true. I am glad I wrote my story. I felt people needed to know who I was and how far I had come. I was proud of myself. It wasn't without tears and anger, but it was all mine. I owned it. Your world is ready for your stories. Now we are all getting older, who will be left to tell our stories, if not us.

I would be honoured to guide you through the telling of your stories. Come to my 'Telling your Story' Writing sessions at Tuart Place, 10.30am Wed 2nd August and 10.30am on Wed 13 September. You only need to jot down a few words to begin with.



Have you met Marg our Tuart Place care finder?

She can help you access **aged care services and supports** such as cleaning; meals; transport; and gardening. To find out more from Marg and check your eligibility, give us a call on 08 6140 2380 or Freecall 1800 619 759 (Mon-Thu) or email welcome@tuartplace.org



And congratulations to Clive Morrison for his recently published book, *Noongar Man*. It's inspiring and a fantastic read!

High Street Happenings is produced by participants of Tuart Place

Tuart Place 24 High Street, Fremantle, WA 6160, P: 08 6140 2380 Freecall: 1800 619795, www.tuartplace.org
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Thank-a-Volunteer BBQ...

Mal (TP staff) and Alex (Uniting WA financial counsellor) brought a 'sizzle' to the day 😊



Mayor Hannah Fitzhardinge, with Cevrina Reed (FACT Board Chairperson) presenting a Volunteer Appreciation Award to Vera Fare who accepted on behalf of the beloved 'Crafty Ladies'



Music by the fabulous Fred Rea



...and Open Day



On 15th May 2023, during National Volunteer Week, Tuart Place hosted a sausage sizzle out the front of 24 High Street, combining our *Thank A Volunteer* BBQ with a very special *Open Day*. The Open Day was organised to raise our profile on High Street and to invite a crowd of participants, politicians, local groups and partners into Tuart Place. We had a terrific

turnout and had a chance to welcome people from similar organisations to us - including St Patrick's Community Centre, and Uniting WA. We also had two of our Tuart Place patrons attend and had the pleasure of listening to a great Welcome to Country by our very own Richard Michael.

Rachel Siewert as MC led the proceedings, and an award presentation was made by Fremantle Mayor Hannah Fitzhardinge and FACT Chair Cevrina Reed. All of our volunteer groups got a special mention, and the Craft Ladies were presented with Certificates of Appreciation for their efforts in fundraising at all our large Tuart Place events. Dr Philippa White and Senator Dean Smith also spoke on the future of Tuart Place and our need to secure our home at 24 High Street.

Winter Warmer



Old Fremantle Hotel



26
June
2023

Zoo visit - May 18TH 2023

by Julie

I remember when I visited the Zoo when I was young. All the animals were in cement cages and all they did was pace up and down while we gawked at them. There was no attempt to recreate the environment from which these creatures came.



Happily, that has all changed, in fact, in some cases we could barely see the animals in question. But you know what - I was really happy to see all the natural environment surrounding and supporting each wonderful creature. They weren't crowded in either. Just like people, animals need space.

For me it was a good day out especially travelling in our little "train" with its little wagons. We were just "swanning" past everyone, in our carriage. And the food was a treat too. All in all, an educational and fun day out.



Maritime Museum visit

by Maria Decourcy

We watched a film telling the story of a sea creature who went to a quiet place and gave birth to two babies. The female young was bitten by a shark but survived with a shark tooth lodged in her body. She was then swallowed whole by a giant sea creature but was too big to be digested, so this giant creature died and fell to the bottom of the ocean.

It was impressive to see the passage of billions of years of oceans coming and going and mountains rising then being eroded, until one day scientists found the fossilized remains of all three creatures.

We got a sense of an amazing span of time. I said that if the world has been around for so long, will there still be room in heaven for us with all of those dinosaurs already there?

Let's hear from Bev - by Ted D



Bev our wonderful Lunch Volunteer, not only organises setting up and serving the Monday lunches but also makes us delicious puddings every week. I asked her, what she liked about coming to Tuart Place and what she thought of the people here.

"I like the people here. It's a bit like being in a family when my own family is away. And I think that's why it probably

works for other volunteers too. As you know Ted, the other volunteers here also give 100% to everyone. I like the people here. There are so many colourful characters. Everyone is full of enthusiasm- you can hear that in the Monday sing-along. It gives me great pleasure to see how people here "light up" when they have some home cooking made fresh for them."

