



Tuart Place

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

## NATIONAL VOLUNTEER WEEK

# LUNCH TO THANK OUR VOLUNTEERS

15 May 2024

### **Justin Care leaver**

Mal asked if I had a few words to say for the HSH article. Well here it is - I made up an acronym that I think perfectly fits with Volunteers and staff and that is HEART!

**H** - Healing  
**E** - Enjoyment  
**A**nd  
**R** - Recovery  
**T** - Together

Tuart Place has been blessed with our Volunteers. Helping out with everything from Podiatry, Haircuts and computer help to serving lunch. And all done with a smile on their faces! Not to mention other long term volunteers such as the magnificent Craft Ladies.

### **Cecilia Volunteer**

Speaking for myself but probably for other volunteers as well, I have to say how nice it is to be here. And it was so nice to get our volunteer awards from Pip the other week. I'm sure that none of us look for it but it is so nice to hear such lovely words from Staff and Care leavers at Tuart Place.

### **Theresa Care leaver and former volunteer**

My husband Kevin and I were volunteers ourselves for years and so I stood up and gave an account of my volunteer experiences and how good and rewarding it is to give back to the Community. But also as an older volunteer it is a great way to remain "connected to people"



Staff serving the hard-working volunteers at our Volunteer Week Lunch



# FREMANTLE ARTS CENTRE VISIT

With Mary, Justin, Maria and Ingrid

We all agree it was a great day out. We are making a pun here when we say "all the dots were joined" (referring to some of the Indigenous art on display).

Ingrid spoke of her time in Kunnunurra where she saw aboriginal artists actually creating the famous dot paintings of that region. They were so detailed: you could see that this was a work of deep concentration and significance for the painters.

We all ended up sitting in the little courtyard and having a little picnic prepared by Breglia Café that morning. Maria reported that she had a particularly good Uber driver who was so polite to her and the other passengers.

All in all a very good day out. Thanks again to Tash and Tuart Place.



# Winter Warmer



Needless to say Winter Warmer 2024 was a great success (as they all have been).

Mal asked for feedback to the Winter Warmer and responses were "wonderful" "so nice to see old familiar faces" "great fun" "amazing" and so the adjectives go on.

People loved that they could catch up with old mates, and Tuart Place events are one of the few opportunities to make this happen. It's these get-togethers that keep the Tuart Place family connected.

Ricky in his Welcome to Country captured the spirit of the occasion when he said "this is so much more than a meal -it's a celebration of family...and we matter to each other"

We could say more but we think the photos say it all. Also if you want a memento pic just get in touch with Mal and he can print off or email/mail you.

Events like this take a lot of planning and most of it is down to Tash to organise all of it. So thanks Tash!

The Winter Warmer Raffle raised \$389.55 for the Tuart place Social Club. Thanks to the Craft Ladies and Ian for donating the fabulous prizes!



## Mandala Environmental Art Wednesday

With Sandy, Ted and Tuart Place participants

What I love about creating these "mandalas" is hearing the stories that people come out with. It seems that when people touch the various Australian flora they trigger memories of the childhood.

Here's what Ted said:

"As kids we used to play with the nuts and seeds and banksia cones. Making the mandala brought back all those childhood memories of the bush where I grew up. We all added our little bits and pieces and at the end it was a work of art. And to think we made it out of stuff you could find in any park or bush. I loved it. Have a look at the photo and see what you think everyone."



# Vote for Tuart Place!

Tuart Place and one other local Fremantle organisation are in the running to win a \$5,000 prize in the Commonwealth Bank's Community Donations Program.

The organisation with the most votes wins the prize!

Jump online and cast your vote – use google to search for "CommBank Community Donations Program", open the page and click on "Vote Now", then enter 'Fremantle' as your branch.