

# MINUTES

## Randwick City Council Access Advisory Committee Meeting held on Thursday 12 May 2016, at the Randwick Room, Randwick Council.

### Present

Frida Kitas	Randwick City Council
Cr.Kathy Neilson	Randwick City Council
Chris Donnellan	Randwick City Council
Vince Bates	Headeast
Miguel Lane-Mullins	Holdsworth Community
Sue Mayerhofer	Community Representative
Nadia Samperi	Ability Links – East Sydney
Tess Protey	Community Representative
Patricia Garvie	Eastern Suburbs Aftercare
Judy Nicholas	Community Representative
Juliette Walker	Community Representative
George Gergely	Community Representative
Ron Wood	National Seniors – Sydney East Branch
Donna Shrubsole	Richmond PRA – Buckingham House

### Apologies

Cr.Murray Matson	Randwick Council
Sharon Lee	Aftercare
Melinda Ross	Sunnyfield
Kim Tipoki	Holdsworth Community
Marie Tsigaropoulos	Junction Neighbourhood Centre

**3. Introductions:** Cr.Neilson opened the meeting and welcomed everyone.

### 4 Minutes

The minutes from the meeting held in March were confirmed.

### 5 Business Arising from Previous Minutes

#### 5.1 Bus stop upgrades

Frida reminded the Committee that Council is seeking to improve bus stop accessibility in Randwick City. Members are encouraged to identify and provide feedback on any bus stops that need to be upgraded to enhance access for all community members.

**Action:** For noting.

#### 5.2 Seniors Week events

Frida reported on Seniors Week events and activities held throughout April.

**Action:** For information.

### **5.3 Staying Connected Workshop for Carers**

Over 60 people participated in *Staying Connected when Emotions Run High*, a free workshop intervention for people who support someone who may be experiencing mental health issues on Tuesday 22 March at Randwick Town Hall. The workshop which was facilitated by Dr. Anne-Maree Bickerton, Child, Adolescent and Family Psychiatrist, Toni Garretty, Clinical Coordinator SESLHD and organised in partnership with Carers NSW.

**Action:** Information.

### **5.4 Hoarding & Squalor Training Event**

Eastern Sydney Partners in Recovery (ESPIR) have been working with services in the Eastern Sydney catchment area to promote improved access to services for consumers who experience hoarding and squalor. As part of this initiative, RCC has partnered with ESPIR to organise a two-day training event for frontline staff to increase their capacity to work more effectively with this target group. The training will be held on 17<sup>th</sup> & 18<sup>th</sup> May at Randwick Town Hall from 9am – 4.30pm. Workshop sessions will focus on capacity building skills for workers. Speakers will include Professor John Snowdon and representatives from NEAMI Hoarding & Squalor Project and Catholic Community Services Hoarding & Squalor Program. Over 60 people have registered to attend.

**Action:** For information.

### **5.5 Kensington Community Centre**

Cr.Neilson advised the Kensington Community Centre will have a 12 or 14 on-site parking spots, including accessible parking. The centre will have halls for hire, a half-basketball court and there are also plans to have an outdoor gym in the future.

**Action:** For information.

### **5.6 Access issues from previous meetings**

Cr.Neilson asked Frida to invite Tony Lehmann, RCC Manager of Integrated Transport to the July meeting to present on parking implications and other significant changes to our streets due to the introduction of the Light Rail. Ron Wood raised the issue of parking limitations on Hunter Avenue, Matraville – why parking is only available on one side of the street. Cr.Neilson spoke about recent changes introduced by the NSW government to address the issue of people dumping boat trailers on residential streets and to relieve pressure on residential roads. The government will introduce a three month parking limit on local streets, currently there is no limit on the time boat trailers can park on streets. The changes are being trialled in three areas and could become State law if the trial is successful.

**Action:** Frida to invite Tony Lehmann, Manager of Integrated Transport to the July meeting.

## **6. New Business**

### **6.1 Your Brain Matters Presentations**

Over 140 people attended the Your Brain Matters Presentation held on Saturday 7 May at Randwick Town Hall. The next presentation will be held on Saturday 4 June at the Prince Henry Nursing & Medical Museum, Little Bay. Juliette Walker stated that the presentation was very useful as the focus was on prevention. Council is also planning to hold Memory Information Days at local libraries to increase community awareness and understanding of local services and support programs.

**Action:** Frida to provide an update at the July meeting.

### **6.2 Volunteer Thank You Morning Tea**

To celebrate National Volunteer Week, RCC will host a thank you morning tea for people who volunteer in Randwick City and surrounding areas on Saturday 21 May at Randwick Town Hall from 11am. The Mayor, Cr.Noel D'Souza will officially open the event and guest speakers will include Anthony Minichiello, former captain of the Sydney Roosters and distinguished actor Noel Hodda. A range of volunteers will be invited to attend. Members noted that the morning tea will be a good networking opportunity for local volunteers.

**Action:** For information.

### **6.3 Mindfulness in Relationships Workshop**

RCC in partnership with Carers NSW will host a free seminar on *Mindfulness in Relationships* on Saturday 28 May at Randwick Town Hall from 10am to 3.30pm. Fiona Goodwin, an experienced Mindfulness facilitator will explore strategies to help Carers develop a more mindful approach to their supporting role and personal relationships. The workshop will focus on experiential learning through a variety of activities. Bookings are required on 1800 242 636 or by emailing [mhracs@carersnsw.gov.au](mailto:mhracs@carersnsw.gov.au)

**Action:** For information.

### **6.4 Youth Mental Health Information Session**

RCC will hold a Youth Mental Health Information Session on Saturday 18 June at the Prince Henry Centre, Little Bay from 11am to 3pm. The information session will be presented by Clinical Psychologist, Jane Randall, a facilitator with re.mind Mental Health Training, a service of the Schizophrenia Fellowship of NSW. The interactive session will explore mental health issues impacting youth in Randwick City. Participants will learn about mood disorders, psychosis, behavioural problems, how to build resilience in younger people and the lived experience: a Carers perspective. The session is suitable for parents, teachers and community youth workers.

**Action:** For information.

### **6.5 Wesley LifeForce Suicide Prevention Workshop**

RCC in partnership with Carers NSW will host the Wesley LifeForce Suicide Prevention Training Workshop on Saturday 25 June from 10am to 2pm at Bowen Library & Community Centre. Wesley LifeForce training equips

participants with a variety of skills such as managing suicidal crisis, understanding risk and protective factors, as well as how to identify the signs that someone may be at risk of suicide and how to link them to further help. Places are limited and bookings are required on 1800 242 636 or by emailing the Mental Health Carer Respite Support Team on [mhracs@carersnsw.org.au](mailto:mhracs@carersnsw.org.au)

<b>Action:</b> For information.
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## **7. Guest Speaker:** Nil

## **8. Information Share:**

- Ability Links will host 2 x 'Maroubra Matters' sessions to promote conversation with local community members living in Maroubra - the sessions will focus on access, inclusion and people with a disability. Both sessions will be held at Bowen Library & Community Centre on Monday 23<sup>rd</sup> May from 6 – 7.30pm and Wednesday 25<sup>th</sup> May from 1.30 – 3pm.
- Buckingham House offer physical, psychoeducational, leisure and indoor and outdoor activities for people living with mental illness. They have a new cooking class that teaches clients how to cook for one person. The class is held every Wednesday morning and cost is \$5 to cover the cost of lunch. Urban Arts Base, Double Bay also held an Art Exhibition at Buckingham House on 15<sup>th</sup> April.
- Holdsworth Community provide support to people with younger onset Dementia, they have identified that this group may not receive the benefits of services due to delays in achieving a diagnosis. Miguel spoke about the Community Café Toolkit that helps organisations to establish community cafes for people living with Dementia. Holdsworth are working towards becoming a Dementia-Friendly Community.
- Aftercare offer community mental health programs for people living in South Eastern Sydney. Staff recently received training to work more effectively with people of different sexual orientations. Aftercare run sex education for clients - a trained sexual health nurse from The Short Street Clinic will give a talk around sexual health and the impacts of medication on Tuesday 19 July from 2pm at Ventnor House, Randwick. Cost is free.
- Headeast are investigating the possibility of working with Our Big Kitchen in Bondi to deliver a cooking program for clients on healthy and affordable lunches. Depending on the success of the program, they may extend the training to other community groups.
- Judy Nicholas is a member of 'The Collectives' – a lived experience working group who teach health professionals how to work more effectively with people who are hoarders.
- The Collectives provide support for people living with and affected by hoarding and squalor and family members, friends and neighbours. The Collectives are a part of Project Uncover – which receives funding from Western Sydney Partners in Recovery. Judy has also completed 'Buried in Treasures' Training delivered by Lifeline and will be a

presenter at the 4<sup>th</sup> National Hoarding & Squalor Conference on the 29<sup>th</sup> & 30<sup>th</sup> June.

**9: Date of Next Meeting:** Thursday 14 July 2016.