

MINUTES
Randwick City Council
Access Advisory Committee
Meeting held on Thursday 14 July 2016, Randwick Room

Present

Vince Bates	Headeast
Frida Kitas	Randwick City Council
Kim Tipoki	Holdsworth Community
Chris Donnellan	Randwick City Council
Tess Protey	Community Representative
Ron Wood	Community Representative
Patricia Garvie	Aftercare Eastern Suburbs
Sharon Lee	Aftercare Eastern Suburbs
Nadia Sologuren	Aftercare Eastern Suburbs
Judy Nicholas	Community Representative
Juliette Walker	Community Representative
George Gergely	Community Representative
Sue Mayerhofer	Community Representative
Tess Protey	Community Representative
Stephanie Velianis	Ability Links – East Sydney
Marie Tsigaropoulos	Junction Neighbourhood Centre

Apologies

Melinda Ross	Sunnyfield
Cr.Kathy Neilson	Randwick City Council
Cr.Murray Matson	Randwick City Council
Nadia Samperi	Ability Links – East Sydney

3. Introductions: Frida welcomed everyone to the meeting

4. Minutes

The minutes of the meetings held on Thursday 12 May were confirmed.

5. Business Arising from Minutes

5.1 Your Brain Matters Presentations

Frida advised the Committee that the next Your Brain Matters Presentations will be held on Saturday 6 August and Saturday 24 September at The Prince Henry Nursing and Medical Museum at Little Bay. Following the presentation, people will be able to talk with Paddy Parnell from Alzheimer's Australia NSW about general memory issues and concerns they may have until 3pm. The presentations continue to be very well attended by residents living in Randwick City and surrounding areas. RCC will also endeavour to include the Memory Van at mainstream events where possible to provide even greater coverage to residents.

Action: Frida to circulate flyers for the August presentation to members.

5.2 Hoarding & Squalor Training Event

Over 70 workers from a range of agencies attended the two-day Hoarding & Squalor Training Event on the 17th & 18th May at Randwick Town Hall. The training event was organised in partnership with Eastern Sydney Partners in Recovery, speakers included Professor John Snowden and representatives from NEAMI Hoarding & Squalor Project and Catholic Community Services. Sharon Lee noted that the event was a great success and that ESPIR received overwhelming positive feedback from participants. Judy Nicholas was also a presenter and spoke brilliantly and insightfully about her lived experience of hoarding and OCD.

Frida noted that Judy regularly presents at many of the mental health sessions organised by RCC such as the Youth Mental Health Information Session, Community Mental Health Forum, Hoarding & Squalor Information Session and Anxiety & Depression Seminars. Judy spoke about her work with the Collectives – a working group of people with lived experience of hoarding disorder and tabled brochures '*Problem Hoarding – What Is it?*' & '*Problem Hoarding - How to Help*'. Frida thanked Judy for sharing her wisdom and with the wider community.

Action: For information.

5.3 Volunteer Thank You Morning Tea

Over 120 volunteers attended the Thank You Morning Tea held at Randwick Town Hall on Saturday 21st May. The Mayor, Cr.D'Souza officially opened the event, guest speakers included Anthony Minichiello, former Captain of the Sydney Roosters and distinguished actor Noel Hodda. This year, volunteers from Holdsworth Community, The Sydney Children's Hospital, the Return Service Men & Women from local RSL sub-branches, Surf Lifesaving Club and The Deli Women's & Children's Centre were also in attendance.

Action: For information.

5.4 Mindfulness in Relationships Workshop

Over 50 people attended the Mindfulness in Relationships Seminar on Saturday 28 May at the Randwick Town Hall. The workshop was organised in partnership with Carers NSW and explored strategies to help Carers and community members to develop a more mindful approach to their supporting role and personal relationships. The workshop focused on experiential learning through a variety of activities. RCC will investigate the possibility of holding another workshop specifically for Carers later in the year.

Action: For information.

5.5 Youth Mental Health Information Session

RCC held a Youth Mental Health Information Session at the Prince Henry Centre on Saturday 25 June at the Prince Henry Centre, Little Bay from 11am to 3pm. The session was presented by Clinical Psychologist, Jane Randall, a facilitator with re.mind Mental Health Training, a service of the Schizophrenia Fellowship of NSW. The session was interactive and attended by parents, grandparents, teachers, youth and community workers. Judy Nicholas spoke brilliantly about her lived experience from a Carers experience.

Action: For information.

5.6 Wesley LifeForce Suicide Prevention Training

RCC in partnership with Carers NSW delivered the Wesley LifeForce Suicide Prevention Training Workshop on Saturday 25 June at Bowen Library and Community Centre. Over 40 people attended the 4 hour workshop which equipped participants with a variety of skills such as managing suicidal crisis, understanding risk 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. Frida stated the Wesley LifeForce training program was excellent and of particular benefit to Carers and family members who may care for someone who is at of risk of suicide. Participant feedback was overwhelmingly positive. Frida will liaise with Carers NSW to hold another workshop session either with Wesley LifeForce or Lifeline closer to the Christmas period.

Action: For information.

6. General Business

6.1 Polio – Then and Now – Twilight Tour

RCC in partnership with the Prince Henry Hospital Trained Nurses Association will host the *Polio – Then and Now* Twilight Tour at the Prince Henry Nursing & Medical Museum on Wednesday 6 July from 6.30pm to 9pm. Guest speakers Dr. Nick Dorsch, Barbara Dorsch and Professor Clement R. Boughton will discuss the treatment of patients in the era when people suffered from the disease and required prolonged care and rehabilitation. Former patients will share their experience of post-Polio Syndrome, an after effect suffered by people who had polio when they were younger. Flyers tabled.

Action: For information.

6.2 Across the Water – Free play reading

RCC will present a free play reading of *Across the Water* by Noel Hodda on Saturday 30 July from 1-3pm at Bowen Library Theatre. *Across the Water* is a cross-generational story of hope, forgiveness and finding love and beauty where you least expect it. The reading will be directed by local actor/director Bill Conn who will facilitate a Q&A session with the cast following the reading. Afternoon tea will be served. No bookings are required. Flyers and posters tabled.

Action: For information.

6.3 Memory Information Drop in Days

RCC in partnership with the local Dementia Advisory Service have organised a number of drop in days at the Margaret Martin Library, Randwick for anyone to have a chat about general memory issues and concerns especially Carers and family members of people diagnosed with dementia. The information days are a discreet way for people to access information on available services and support programs. The first of the sessions will be held on Sunday 14 August at Margaret Martin Library, Randwick from 12.30pm to 4pm, followed by additional session in September and October.

Action: Frida to circulate flyers to members electronically.

7. Guest speaker: Ruby Crowe – Headspace | Bondi Junction.

Ruby Crowe, Community Engagement Officer gave an overview of services provided by Headspace at Bondi Junction. Headspace provide mental health, drug and alcohol, physical and sexual health as well as education, vocation and employment services for people aged 12-25 years with mild to moderate mental health issues. Headspace have been open since 2 May 2016 and have received over 200 referrals in the first few months. They have a range of mental health workers including psychologists, psychiatrists and counsellors but do not provide outreach services or case management. Young people can receive up to 10 free sessions per year and just need to provide a Medicare card to access the service - if they do not have a Medicare card, Headspace will help them to obtain one.

After the initial assessment, Headspace will help clients to develop a mental health plan and give them 10 free sessions, or more if required. Headspace can refer young people to other services if appropriate, or provide them with resources to help overcome challenges. Services can refer young people or young people can self-refer, Headspace also provides advice to family members and friends. Ruby noted that Headspace is an inclusive service and works with Disability services to provide services to young people with a range of disabilities. They have a sexual health nurse to provide STD checks and vaccinations related to sexual health.

Headspace are undertaking community engagement in the Eastern Suburbs to promote their service and mental health and wellbeing. They are currently working with 35 high schools to provide counselling and meet with school counsellors. Headspace have partnerships with a range of services including the Black Dog Institute, The Benevolent Society, Central & Eastern Sydney Primary Health Network, Jewish Care & UNSW School of Psychiatry & Drug & Alcohol Service from the Langton Centre. Headspace will be hosting an Open Day on Thursday 28 July – there will be 2 x 2hr sessions (morning and afternoon) and a range of interactive stations. Staff and members of the Youth Reference Group will talk about services they offer. For more information visit <http://headspace.org.au/>

Action: For information.

8. Information Share:

- Sue Mayerhofer reported that the new DA for the proposed Leisure Centre and hydrotherapy pool at Green Square is on exhibition until 28th July.
- Buckingham House offer a free 8 week program on cooking and nutrition for clients with mental health issues. The program will commence from Wednesday 20 July from 10 – 1pm. Cost is free. Buckingham House are also running a Women’s Martial Arts Group on Mondays from 1.15pm – 2.15pm. Participants will learn self-defence skills that address fear management, de-escalation and violence prevention.
- Holdsworth Community have a new Travel Training Service to support and upskill people who lack confidence, understanding or information to independently access public transport. The Travel Training Service will commence in July 2016 and is free to anyone in the community who is physically and cognitively capable of using public transport. The program has been funded by Transport for NSW until 2018 and covers the South Eastern Sydney Local Planning Area. Holdsworth are looking for a range of community volunteer’s to recruit the program. Flyers tabled.

- JNC have a few new programs including: a 12 week meditation program at JNC Maroubra and Randwick, Art workshops, Holistic Health Program and gentle yoga classes to reduce social isolation and promote healthy living. JNC continue to work with The Black Dog Institute to provide community-based workshops on 'Breaking Down Depression and Building Resilience'. Flyers tabled. For bookings and more information visit <http://jnc.org.au/>
- Aftercare will be holding a Sexual Education Training Session for clients on Tuesday 19th from 2pm at Ventnor House, Randwick.
- Judy Nicholas gave a presentation at the National Hoarding & Squalor Conference in June and will be appearing in an episode of *Insight* SBS on Hoarding on Tuesday 12th July.
- Partners in Recovery will continue to be funded for the next 12 months to assist clients to transition to NDIS. They have a 3 month waiting list but are continuing to accept referrals.
- Ability Links provide support to PWD aged 9-64 years and their Carers to help them connect with their local community and achieve goals in employment and education. Anyone can self-refer to the service as long as they identify as having a disability. Services can refer clients to Ability Links as long as they have client consent, Carers are also able to access the service.
- Ability Links provide short-term support for up 3 to 4 months but it can be longer if clients require additional supports.
- Ability Links held two 'Maroubra Matters' sessions to look at the needs of PWD and their Carers, issues raised included the need for improved accessible public transport South of Maroubra Junction. There is also a gap in service provision around community groups and activities for clients under 65 with a disability.

9. Correspondence: Nil

Date of Next Meeting: Thursday 8 September 2016.