



Woden Linkages



A look at what's happening in your community

Issue 1. May 2007



Welcome to the first edition of **Woden Linkages** – a quarterly newsletter by Woden Community Service Inc to highlight activities, events and other wonderful things happening in your community!!

Woden Community Service (WCS) has been working with the residents of the Woden Valley for the past 37 years, providing services such as child care, disability programs, social support groups, community transport and home and community care to name just a few.

Even though WCS has been providing these services for such a long time many people are still unaware of who we are, what we do, where we are and how they can become involved in the various activities provided by the agency.

This community newsletter seeks to provide some information about what we do, new initiatives and services and how people can become involved - through the established activities and programs, as volunteers, suggesting activities or raising issues of concern.

WCS is keen to know what people want from an organisation like ours - other than what we are already doing. We want people to participate in the life of the community and the service, by sharing your skills and experience with others or just sharing your time.

I hope you enjoy this newsletter and learn more about the work of WCS and others within the community. I also hope that if you are interested that you get involved in the range of activities on offer, no matter what your age!

Yours sincerely,

Chris Redmond
WCS Director

Community Forum – Have your say!!

Woden Valley Community Council and Woden Community Service are hosting a forum for community groups and businesses to raise issues of concern in the Woden Valley and identify actions to address them.

The forum will provide community organisations and local business with the opportunity to come together to discuss their concerns.

Some of the issues Woden Community Service will be raising includes: lack of community facilities and the impact of the changing nature of Woden, through recent development in the Town Centre and the pending residential developments.

This forum will be the first in a number of meetings to engage members of the Woden Valley community. Following this, a forum with Woden Valley residents will be held, to identify and share concerns and develop a future plan of action.

The first community forum will be held in the Aegean Room, Hellenic Club on Wednesday 6 June from 5.30 – 7.00pm

To RSVP or for further information please contact Chris Redmond on 6282 2644





Fun in the Park – Monster Easter Egg Hunt!!

The Rotary Club of Woden Daybreak and Woden Community Service held the inaugural Woden Community Easter Egg Hunt at Eddison Park on Sunday April 1. A great day was had by all with children (and some adults!!) enjoying the Easter egg hunt, face painting, balloon modeling, disc golf and volleyball. Thanks for everyone's support, with the donations collected going towards books and other equipment for the Woden Community Service Children's Programs – Lollipop Children's Centre, Family Day Care and School Age Care. Keep your eyes and ears open for next year's hunt!!

Woden Community Information Hub

The Woden Community Information Hub is an easy and convenient place to access **advice**, **information** and **support** on services such as:

Centrelink **Health** **Legal** **Housing** **Neighbours** **Budgeting** **Relationships**

When? 2nd Thursday of *each* month from 1pm to 3pm

Where? Woden Community Service Community Room

Make a note
in your diary!!

Why? Opportunity to talk directly to representatives from Housing ACT, Legal Aid, Conflict Resolution Service and others - ask questions and receive support in making appointments and reporting issues, such as maintenance.

There will be access to the internet and phone - No appointments necessary

Want to know more? Call Jackie or Emma on 6282 2644



HACC is on the move... with a new Bus!!

Woden Community Service Home and Community Care Program (HACC) has recently received funding for a bus! The bus will be used to help take social groups on outings throughout the year.

For more information on the bus or other HACC programs for the frail aged or people with a disability, please contact **Chris** on 6260 5400



Do you want to earn some extra cash?

Unemployed or homeless?

Feel like you would like to work in a valued role that rewards you for your efforts financially as well as socially?

Why not contact **Michelle** or **Stuart** at The Big Issue ACT Ph: 6282 2644



Are you Fun Loving, Enthusiastic, Reliable....? Then our School Age Care Program is for you!!

Applications are
always welcome!!

Our Programs are located at Red Hill, Garran, Farrer, Curtin, Torrens and Hughes. You need to be 16 years or older and be available for work on any or all weekdays between the hours of 3pm and 6pm. In-Service training is offered to all new staff. So if you enjoy working with Primary School Age children and LIKE HAVING FUN, sense of humour and the ability to care for and entertain young children then we would love to hear from you.

For more information please contact **Nila** on 6282 2644 or 0412 542 652
or email schoolagecare@wcs.org.au

Put me on your fridge!!



Social Groups in the Woden Area

as of May 2007

Here is a list of social activities that Woden Community Service facilitates in the Woden area. Most of the groups are free (unless costs are listed) and are open to people to come and join in and say hello! It's a fantastic way to meet new people in a relaxed and fun environment! Please phone the contact person for more information on **6282 2644** or on the number listed.

Monday

English Conversation Classes

Time: 9:30 - 11:30am, during school term

Place: St Alban's (Chappell St, Lyons)

Cost: Gold coin donation

Contact: Mohammed

Australian Meals - Cooking Classes

Time: 11.30 - 1.00pm

Place: St Alban's (Chappell St, Lyons)

Contact: Mohammed

Monday Social Drop In Group

Time: 11.00 - 12:30pm

Place: Woden Community Service

Contact: Jackie

Masonic Village Social Group

Social activities for older persons

Time: 10.30 - 12.30pm

Place: Masonic Homes

(Shepherd St, Pearce)

Cost: 50c - morning tea

Contact: Chris on 6260 5400

Youth Centre Drop In

Time: 2.00 - 5.30pm

Place: Woden Youth Centre (Callum St)

Contact: Youth Centre on 6282 3037

Tuesday

Tuesday Lunch Group

Social group for older persons

Time: 10:30 - 2.00pm

Place: The Lutheran Church (corner Burnie St and Melrose Dr, Lyons)

Cost: \$6.00 for lunch and \$3.00 for transport each way

Contact: Stephanie on 6260 5400

Drawing Classes

Time: 1.00 - 2.30pm, during school term

Place: Woden Community Service

Cost: Gold coin donation

Contact: Jackie

Playgroup

Time: 10.00 - 12:00pm

Place: Lyons Preschool

(Ulverstone St, Lyons)

Cost: \$3.00 per family, \$1.00 per child for activities

Contact: Jackie

Youth Centre Drop In

Time: 2.00 - 5.30pm

Place: Woden Youth Centre (Callum St)

Contact: Youth Centre on 6282 3037

Wednesday

Drop In Playgroup

Time: 9.30 - 11.30am

Place: Lollipop Children's Centre, Woden

Community Service

Contact: Neralie

Southpaw Stroke

Group

For people and carers who've had stroke or brain injury

Time: 10:30 - 1:00pm

Place: Hughes Community Centre (Wisdom St)

Cost: \$3.00 for morning tea

Contact: Chris on 6260 5400

Youth Centre Drop In

Time: 2.00 - 5.30pm

Place: Woden Youth Centre (Callum St)

Contact: Youth Centre on 6282 3037

Thursday

Information Hub

Drop in service to talk directly to Housing ACT, Legal Aid and other services
Time: 1.00 - 3.00pm, 2nd Thursday of each month

Place: Woden Community Service

Contact: Jackie or Emma

Talk for Peace

Time: 1.00 - 2.30 pm, quarterly on 21st June and 20th September

Place: Woden Community Service

Contact: Mario on 6282 2644 or Margaret Thomson on 6273 3615

Chinese Women's Social Group

Time: 10.00 - 12.30 pm, fortnightly

Place: Woden Community Service

Contact: Mario on 6282 2644 or Chin Wong on 0417 686 096

Youth Centre Drop In

Time: 2.00 - 5.30pm

Place: Woden Youth Centre (Callum St)

Contact: Youth Centre on 6282 3037

Bit Bent

Same sex attracted support group

Time: 5:00 - 6:30pm

Place: Woden Youth Centre (Callum St)

Contact: Youth Centre on 6282 3037

Friday

Friday Ladies Group

Social group for older ladies

Time: 10.30 - 2.00pm

Place: Woden Community Service

Cost: \$5.00 includes lunch and \$3.00 each way for transport

Contact: Stephanie on 6260 5400

Youth Centre Drop In

Time: 12 noon to 7.00pm

Place: Woden Youth Centre (Callum St)

Contact: Youth Centre on 6282 3037

Youth Centre Band Night

Time: 3.30 – 10.00pm, fortnightly

Place: Woden Youth Centre (Callum St)

Cost: \$5 to \$10 (depending on what band is playing)

Contact: Youth Centre on 6282 3037

Youth Centre Film Night

Time: 5.00 - 7.00pm, every other Friday

Place: Woden Youth Centre (Callum St)

Contact: Youth Centre on 6282 3037

Do you have an idea for a social group?

or

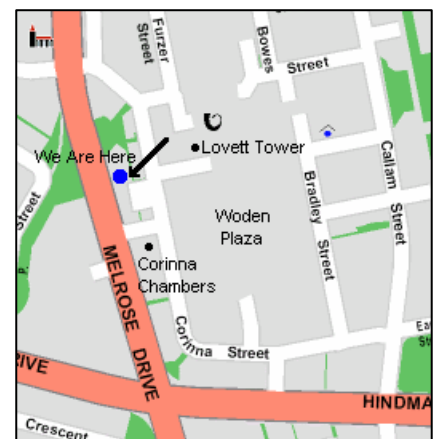
Do you know of any other social groups in or around Woden?

... If so, please let us know!!

We love to share with others all the wonderful activities happening in the Woden Valley!!

Where is Woden Community Service?

We're located at **26 Corinna St** Woden
(Opposite the Phillip Health Centre)



Mental Health Service for Canberra's Southside

Woden Community Service Inc will be providing support services to people experiencing mental illness, their families and carers through the recently announced Australian Government program, *Personal Helpers and Mentors Program*.

The program is part of the Council of Australian Government's National Action Plan on Mental Health and aims to increase the ability of people experiencing mental illness to participate in the community, education, training and employment.

Personal Helpers and Mentors Program is a three year program that will employ five workers on the southside of Canberra. The Mental Health Foundation will provide a similar program on Canberra's Northside.

The workers will work with up to 12 people to increase their access to appropriate support services when required; improve coordination of care; increase personal capacity and self reliance and increase community participation.

Chris Redmond, Director of Woden Community Service Inc, said the program will address a long standing gap in service for people experiencing mental illness on Canberra's Southside.

"Apart from the Psychiatric Support Unit at Canberra Hospital and the mental health teams in Woden and Tuggeranong there are very few services for people experiencing mental illness," Mr Redmond said.

"This program offers people in the Tuggeranong, Weston Creek and Woden areas one on one assistance aimed at providing valued roles within the community and enhancing their quality of life."

It is expected that the program will be established in June 2007. People interested in participating in the program are encouraged to contact **Chris Redmond** on **6282 2644**.

Community Linkages Program

The Community Linkages Program works with public and community housing tenants in Woden and Weston Creek. The program's focus is working with local residents in identifying the strengths of their community – what is it that you like about living where you do? It's about bringing you, your friends and neighbours together and celebrating your community through activities such as BBQ's, morning teas, meetings/workshops or other ways your community would like to get together.

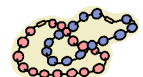
If you would like to share ideas, have any questions or would like more information please do not hesitate to call **Emma** on **6282 2644**.

Community Workshops

Woden Community Service will be running a series of community workshops during June. They are fun ways to keep out of winter hibernation, meet some new people and have a bit of a laugh!! Topics include:



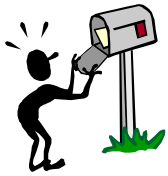
Knitting
Beading
Drawing
Cooking
Pampering



and much more...

If you are interested in finding out more about these workshops, give **Emma** or **Jackie** a call on **6282 2644**

If you have any comments about this newsletter or would like to make any contributions to the next issue please contact Emma on 6282 2644 or email: emma.walter@wcs.org.au



If you would like to join our mailing list for the *Woden Linkages* to make sure you don't miss out... please fill out the below slip and return to:
Community Development Team
Woden Community Service Inc
PO Box 35
Woden ACT 2606

Or email details to emma.walter@wcs.org.au



Name: _____

Postal Address: _____

Phone No: _____

Email: _____

I would prefer a copy sent to my: *(please tick ✓)*

Postal address

Email address



Return to:
PO Box 35
Woden ACT
2606



Woden Community Service Inc. has produced this newsletter on behalf of the Woden community

WCS receives funding through the ACT Government's Community Linkages Program