



## HHRCS NEWSLETTER

42 - 46 Gladesville Road  
Hunters Hill  
NSW 2110

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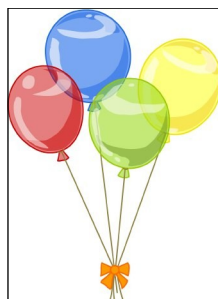
HHRCS activities reflect one of our values - inclusion. Our aim is to ensure everyone in our community feels connected. Activities provide many benefits such as developing new skills, meeting new people, developing friendships, preventing loneliness and social isolation.

HHRCS is a hive of activity with 13 different programs running throughout the week. The activities are many, just a few examples are day trips, social visiting, Tai Chi, working on a project in the Men's Shed or participating in a social lunch. The clients tell us activities, such as the art classes, give them a purpose and they look forward to their activities.

Events are also regular activities on the HHRCS calendar. This month HHRCS had the annual Pop-up Art Exhibition "Create and enCourage" which was a huge success. The Board of Management hosted the Annual General Meeting giving HHRCS the opportunity to report on all the activities we have delivered in the last financial year. Our next big event is our 50<sup>th</sup> Anniversary and we are looking forward to celebrating this in November. Volunteering is an activity and there are many different ways that you can volunteer at HHRCS. Volunteers deliver meals, drive buses, help in administration, garden and visit people to name a few of the volunteering activities. Bernadine Wijesekera is the HHRCS Volunteer Coordinator and would be delighted to match you with a volunteering activity at HHRCS.

Enjoy reading about all the happenings at HHRCS and if you are interested in participating or volunteering please give us a call on 9817 0101 or e-mail [office1@hhrccs.org.au](mailto:office1@hhrccs.org.au)

Anna Buddo  
General Manager



### 50th Anniversary events for the calendar in 2016

- > Cocktail Party ALL WELCOME - Saturday 12 November
- > High Tea for clients and volunteers - Wednesday 16 November

### Did you know...

- \* Unless food is mixed with saliva you can't taste it.
- \* Lemons contain more sugar than strawberries.
- \* Switzerland eats the most chocolate equating to 10 kilos per person per year.
- \* Honey is the only natural food which never spoils.
- \* The croissant was invented in Austria.
- \* Rice is the staple food for 50% of the world's population.
- \* French fries are originally from Belgium.
- \* Pop corn was invented by the Aztec Indian.
- \* An egg contains every vitamin except vitamin C.
- \* Cucumbers are 96% water.



## DisAbility Services

choose your activities,



go on outings,



with friends,



or something else?



**Do you want to have fun  
with friends?**

paint,



play bowls



go bike riding,



sailing,



sing



You can do these and much more at our Centre Based Program.

To find out more please call our DisAbility Services Coordinator on 9817 0101

## Stepping On Program

This is a 7-week workshop where people who are 65 years old or over can learn exercises and strategies to help prevent falling. It will commence on Tuesday, 11th October and it is open to all HHRCS clients.

**An evidence-based falls prevention program for people 65 and over.**

## It is free! Register

1 in 3 people age 65 or older fall each year.

Falls are the leading cause of injury and hospitalisation for trauma and death among older adults.

35% of people who fall become less active.

40% of people who enter a nursing home had a fall in the prior 30 days.

**Dear Client,**

**You are invited to Stepping On, a free 7 weeks program that combines gentle strength and balance exercise with educational sessions. Topic covered:**

- **Leg strength and balance exercise**
- **Getting up after a fall**
- **How to eliminate fall hazards from your home**
- **Moving safely in the community**
- **Safe footwear**
- **Nutrition and bone health**
- **The role vision plays in keeping your balance**
- **How medications can contribute to a fall**

**Dates: Tuesdays, 11 October — 22 November, 2016**

**Time: 1.00pm - 3.00pm**

**Venue: Gladesville Road Community Hall**

**44 Gladesville Road, Hunters Hill**

**Contact: Tina/Chris/Stella**

**Hunters Hill Ryde Community Services**

**TO BOOK phone: 9817 0101**

**Transport will be provided**



HUNTER'S HILL COUNCIL



# Travel Training

Public transport made **easy**

Northern Sydney Region

**Travel Training is a free service that assists people to learn how to use public transport on their own.**



COMMUNITY TRANSPORT



**Easy Transport**  
**1800 035 262**

**W:** [easytransport.org.au/traveltraining](http://easytransport.org.au/traveltraining)

## WHAT IS TRAVEL TRAINING

Travel Training is a service that enables people to use public transport independently, whether they are a new user or would like to use it more often. If you want to catch public transport to travel to work, study or school, go shopping, visit the doctor or see friends, Easy Transport can help you develop the confidence and skills to make it happen.

### You can learn about:

- catching trains, buses and ferries
- buying tickets and using Opal cards
- how to plan trips
- which services to catch
- where to get on and off
- accessible services
- travelling safely
- strategies to deal with difficulties
- where to find more information.

## 50th Anniversary CELEBRATION

We are excited to inform you that Hunters Hill Ryde Community Services is celebrating its 50th anniversary with a cocktail party on **Saturday, 12 November, 2016** at 5.00pm in the Community Hall located at 44 Gladesville Road, Hunters Hill.

The event will be the opportunity to recognise the many people, stories and achievements that make the organisation what it is today.

If you wish to contribute to this exciting event we offer donation levels that will help us make this event a success. Please refer to our website [www.hhrccs.org.au](http://www.hhrccs.org.au) or call on **9817 0101**

## VOLUNTEER VISITING PROGRAM

The mini bus was packed with volunteers and clients on Wednesday, 24 August, travelling to Blacktown with lots of chatter and laughter. The rain or hail did not stop the volunteers and clients having a great time at the Blacktown Sports Club. All ate to their heart's content. It was food galore... from entrees to main meals, fresh fruits, sweet desserts, tea and coffee.

It was a wonderful social gathering with beautiful people.



## NEW FLEXIBLE RESPITE - YOUR TIME/ OUR TIME

Caring for someone is a very rewarding experience, but from time to time it can also be quite demanding. Having a break from caring supports carers and allows them to continue to provide the best quality care for their loved ones.

Our flexible respite service enables the carers to take time out through providing supervision and assistance to the person they care for. It also enables the person being cared for to get out and about, meet new people and engage in the activities they enjoy. Just call 9817 0101 for more information.



## News from the 'Fig Tree Park Garden Bed'

Our little community garden has a faithful group of followers and we are happy to report that our patrons look after our garden in so many ways. We have friends who look after our garden by:

- \* Watering!
- \* Planting all kind of edible things – herbs, vegetables and edible flowers!
- \* Picking the produce
- \* Weeding

**A big thank you to everyone!**

Composting is a wonderful way of creating a self-sustaining cycle of food production. Even if you don't grow a lot of your own food, you can reduce the waste from the foods you buy by making your own organic fertiliser from veggie and other kitchen scraps. This cuts down on your rubbish and is great for your herb garden or other veggies!

### Do Compost

- \* Vegetable and fruit scraps (try to avoid seeds)
- \* Egg and nut shells
- \* Coffee grounds and used paper filters
- \* Tea leaves and tea bags
- \* Fresh grass clippings
- \* Hair
- \* Old newspapers, paper towels and cardboard tubes

### Don't Compost

- \* Meat
- \* Fish
- \* Eggs (the shells only are OK)
- \* Dairy products
- \* Bones
- \* Cat or dog waste (fur is OK)
- \* Oily foods or grease



***Happy gardening!***

## OUR ARCHIBALD ENTRY

The 184 Art Group submitted their entry to the NSW Art Gallery Archibald competition.

The subject was local resident and humanitarian Lucy Hobgood – Brown. Lucy is cofounder of HandUp Congo – an organisation supporting people in the Congo. With more than 800 entries submitted to the Archibald, competition was strong and the entry was not selected. However the portrait of Lucy continues to have a public life, it has spent the last month on display in the West Ryde Library and is currently on exhibition at HHRCS's Pop Up Gallery at Gladesville Shopping Centre. The 184 Art Group is keen to display the work so they can continue to shine a light on Lucy and the invaluable work of HandUp Congo.



## HHRCS 3<sup>rd</sup> Annual Community Pop - up Art Gallery

### Our Successes

- \* 51 individual artists exhibited their work;
- \* 3 Community Art Groups submitted their group work;
- \* 200 works of art and craft were submitted;
- \* 59% of artists sold at least one piece of their art work;
- \* 83 pieces of art and craft were sold, which equates to 41% of all works submitted.

### Our Thank you to:

- \* Gladesville RSL and Community Club for giving us a community grant which allows us to put on all-inclusive art courses;
- \* Gladesville Shopping Village for donating the fabulous venue;
- \* The Sydney University School of Business for sending 57 students who volunteered as the gallery attendants;
- \* Hunters Hill Council for donating the art screens and art mounting equipment;
- \* Christian Community Aid for partnering with us and supporting their artists to participate
- \* Meadowbank TAFE for hardworking interns;
- \* The Weekly Times for free media coverage;



**And of course artists, volunteers and HHRCS staff.**

## SEWING AT HHRCS

Sewing is back in fashion @ Pittwater Road and proving it's useful and creative! Donated fabric is being put to good use and people are busy making curtains, tops, dresses, aprons and mending. We also have a great teacher who is experienced in all types of needlework – including embroidery, knitting and machine work. Thanks to Gladesville RSL supporting the project through a community grant; the program now called YARNS is in its second 8 week program and is hoping to run a third program later in the year. HHRCS clients are welcome to attend, so if you have an interest in sewing and would like to find out more please call us on **9817 0101**.





Hunters Hill Ryde  
Community Services

42 - 46 Gladesville Road  
Hunters Hill  
NSW 2110

Phone: 9817 0101

Fax: 9816 5462

Email: [office1@hhrcs.org.au](mailto:office1@hhrcs.org.au)

Website: [www.hhrcs.org.au](http://www.hhrcs.org.au)

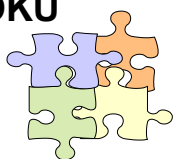
## 9 LETTER WORD

Word: fashionable flavours

N	A	O
M	R	C
S	A	O

Can you make more than 20 words?  
(must always use central letter; have more than 4 letters; no proper nouns and one word must use all 9 letters)

## SUDOKU



To solve a Sudoku puzzle you have to use the numbers 1 - 9 to fill in the blank squares so that each row, column and each 3 x 3 square has all the numbers 1 – 9 appearing only once.

### Puzzle on-line

[www.sudokukingdom.com](http://www.sudokukingdom.com)

			8		5		6	2
1		5					3	
	6		3	4				
		3		2		8	1	
		8			7	6		
		6	4			2		
8	5		7					
	2			9			4	8
3					8			1

## DONATIONS - PLEASE HELP

This time your donations will go towards our 50th Anniversary Celebrations.

Your donation, no matter how small, does make a difference. It will help us to keep the costs of events to a minimum so many members of the community can participate.



To make a donation - please make cheques payable to: Hunters Hill Ryde Community Services (mail or drop in to us at: 46 Gladesville Road, Hunters Hill 2110) or Direct Debit: SBS 062182 A/c1009 2603 - for Description please quote: **Your surname/Donation** (please email us to let us know you've made a direct deposit: [office1@hhrcs.org.au](mailto:office1@hhrcs.org.au)).  
**DONT FORGET.....EFTPOS** facilities are now available.

Hunters Hill Ryde Community Services acknowledges the traditional custodians of the land, including the Wallumedegal Clan on which our premises are located.

We pay our respect to the Elders both past and present and extend that respect to other Indigenous Australians living in the area.

Newsletter Editor:  
Janice Lee  
Volunteer - HHRCS Admin