



Hunters Hill Ryde  
Community Services



1966 - 2016

Celebrating Our Past, Inspiring Our Future

# HHRCS NEWSLETTER

## CHRISTMAS GREETINGS

42 - 46 Gladesville Road  
Hunters Hill  
NSW 2110

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### “Celebrating our past, inspiring our future”

As I reflect on the year, it has been a year of celebration. On Australia Day our Board Member Gary Traill was named Hunters Hill Citizen of the Year. In February, 52 clients from 3 programs came together to celebrate Chinese New Year. They were entertained by the diverse talents of our Chinese speaking clients as well as performers from Riverside Girls High School.

In May, HHRCS was grateful to be the main beneficiary of the Hunters Hill Food and Wine Festival. Luckily the rain stopped and the sun came out so everyone could enjoy the wonderful foods and wine on offer. The University of Sydney Business School sent 69 students as volunteers and without them it would have been very hard to sell as many wine glasses of which all profit went to HHRCS.

In September, Gladesville Shopping Centre showcased 51 artists work in the “Create and Encourage” exhibition. Once again HHRCS partnered with the University of Sydney Business School who offered their students the opportunity to manage the pop up Gallery through their Job Smart volunteer program. This is a great community event which enables artists to exhibit their work in a safe affordable space.

To celebrate our 50<sup>th</sup> Anniversary, two main events, the Cocktail Party and the High Tea were a huge success thanks to the hard work of many people. Feedback was very positive and I would like to thank our event sponsors Bresic Whitney, Hunters Hill, Hunters Hill Hotel and Floral Devine. We had such a wonderful time with you and hope you enjoyed yourselves too.

Now to our future, 50 years is a major milestone for an organisation and we look forward to caring for our community for decades to come. As you may be aware community organisations are dealing with a number of challenges and changes including our funding, referral patterns and the increase in the number of new providers. As a result the HHRCS Board has been considering the options available to us to ensure we continue to provide the quality and range of services our local community needs and is entitled to expect.

Over the past few months, the HHRCS Board has been in discussion with Lane Cove and North Side Community Services (LCNSCS) and has agreed in principle to explore a potential merger with LCNSCS. Both Boards regard a merger as the opportunity to strengthen the principles of community services and better serve our local community with a greater choice and range of services. The combined organisation would continue to deliver services to existing clients but also have an opportunity to identify emerging community needs to attract new clients.

I would like to take this opportunity to thank all our clients who utilise HHRCS services. We look forward to working with you in 2017. Thank you also to our wonderful volunteers and staff, who have made all these celebrations possible. Your hard work and dedication means HHRCS will continue to care for our community into the future.

On behalf of the Board of Management, the Staff and Volunteers I would like to wish everyone a happy holiday season.

Anna Buddo - General Manager

### Did you know...

- \* Robins on cards were a joke 150 years ago when postmen wore red tunics and were named after them.
- \* Although now mostly vegetarian, in Victorian times, mince pies were made with beef and spices
- \* There is no reference to angels singing anywhere in the Bible
- \* Nearly 60 million Christmas trees are grown each year in Europe.
- \* The word Noel derives from the French expression "les bonnes nouvelles" or "the good news".
- \* Before turkey, the traditional Christmas meal in England was a pig's head and mustard.
- \* The holly in a wreath symbolises Christ's crown of thorns while the red berries are drops of his blood.



## MARITIME MUSEUM VISIT

On 18 November Mrs Rhondda Orchard, a volunteer English teacher, working for the Maritime Museum, conducted a special tour for the Blandville Court English Conversation Group.

During the three hours in the Museum the group participated in watching a film about the history of Royal Australian Navy. They explored historical ships such as HMAS Vampire, the submarine HMAS Onslow and the replica of Captain Cook's HMB Endeavour. They listened and spoke English to the Museum Curator and volunteer guides. Everyone enjoyed the tour enormously - it not only provided them an opportunity to learn maritime history and nautical terms, but also boosted their confidence in English in an informative and relaxing atmosphere.





## 50th Anniversary CELEBRATION

The 50th Anniversary Cocktail Party was a great success and HHRCS would like to thank all participants - staff, sponsors, supporters and dignitaries who joined us to celebrate this special event. A special thank you to the event sponsors the Hunters Hill Hotel, Bresic Whitney Hunters Hill and Floral Devine.

HHRCS invites you to check the **photos of the Cocktail Party** here:  
<http://www.hhracs.org.au/gallery/50th-anniversary-celebration-cocktail-party>



You can also watch the video of our clients here:  
<http://www.hhracs.org.au/our-stories.html>

*“Behind such a successful event there is always a team working very hard to make it all happen. Thank you to all the staff who contributed to make this event what it was, well done to each and everyone of you! As always your hard work and energy was much appreciated!”*  
 Anna Buddo General Manager





## HHRCS DISABILITY PROGRAM

Hunters Hill Ryde Community Services Disability Program meets every Monday from 9.00am–3.00pm. Clients meet at our Cottage in Hunters Hill for greeting and morning tea. Each week there is a great feeling of camaraderie, lots of laughs and banter as staff prepare for the day. Our centre based program is for adults with disability. We have a team of experienced and dedicated staff, who develop individual support plans and respect our Clients' choice.

HHRCS Disability Service supports the International Day of People with Disability on the 3 December recognising Clients abilities. One of our Clients recently wished to share his story with the community; and this has been included in an article to be published in the TWT Weekly newspaper. During this year Clients painted masks and wished to exhibit their Art in the Hunters Hill Ryde Community Services 3<sup>rd</sup> Annual Art Exhibition. These were framed and exhibited. Some of our Clients wished to participate in cycling this year for exercise; they were supported by HHRCS for their assessment with Royal Rehab. *Return2Sport* and this activity is now included in our program.

HHRCS Disability Program supports Client choice by facilitating independence, considering individual abilities and encouraging participation with dignity. Our Clients enjoy social interaction, making friends, fun and laughter. The activities include Music, Art, Sailing, Archery, Ten Pin Bowling and Cycling. We also enjoy fabulous outings, lunches and picnics. We respect, admire and appreciate the strength of character shown by our Clients, who participate with enthusiasm in our Program.

If you would like any information on our Disability Program or if we can be of any assistance, please call the Disability Coordinator on 02 9817 0101. Referrals are welcome and encouraged.



HAVING FUN





## HHRCS 50th ANNIVERSARY HIGH TEA

Ninety four clients and volunteers gathered on the 16 November to celebrate the past achievements and express their hopes for the bright future for HHRCS.

We were deeply honoured to have Mrs Lorna Merrington, the foundress of our Meals on Wheels service, address the audience. All these years later she is still a charming and inspiring lady! Fifteen staff were on hand to make the day most enjoyable for the clients and volunteers.

The two lucky door prizes provided additional joy to all participants. Rosina received a beautiful quilt donated to us by the most generous Hunters Hill Quilters. The quilt was made by Pamela Reeves, a local artisan who used the off cuts from costumes she made for stage and movie productions, including the last 'Great Gatsby' filmed in Sydney. Steve was delighted with his hamper filled with all kind of delicacies.

The happiness was abundant in the room and feedback such as this make it all worthwhile: "I loved every bit of it, as soon as I walked through the door! It was a real high tea; the food was great, the harp music just beautiful and flowers fragrant. Most of all I had a chance to reminisce."





## SENIORS HUB – DAY CENTRE

This year has seen many changes including the renaming of the Day Centre. Following consultation a name that reflects how our clients and the community see their groups and also the way we provide our service – Seniors Hub – was chosen. We are all still getting used to the new name.

Other changes included relocation of Woolwich Day Centre to Gladesville Rd sites, development of new and revamping of “old” programs to suit clients needs plus the creation of a variety of opportunities to foster friendship and participation.

We continue to provide nine programs that incorporate a wide variety. Groups participate in various indoor and outdoor activities including gentle exercises, bingo, arts and crafts, quizzes, health talks, sing-a-longs and outings to many different venues. We aim to improve our clients’ general well-being through social interaction and stimulation.

### A few of our highlights in 2016

The Chinese Group provides a wide range of health education programs encompassing social, cultural and recreational services developed specifically for the Chinese seniors group. The program of events are developed in consultation with clients who express their choices about activities and outings.



Our Men About Town group continues to provide opportunities that support social inclusion and companionship for men. Highlights for the group have been outings to the Sydney Powerhouse Museum and the Wisteria Gardens.

The “Woolwich” group enjoyed renewed friendships and gained the opportunity to make new friends during the new programs on Fridays. The 50<sup>th</sup> Anniversary High Tea was a highlight for the Wednesday group.

The introduction of music with Leyla each month has been a favoured program on Fridays with clients engaging with Leyla’s infectious joy of singing.

Men’s Club enjoyed a day out to the Fairfield Museum where the blacksmithing was a favourite, engendering much discussion within the group. Ladies Day attendees continued to enjoy singing with Ian, themed days and lunch outings.

We look forward to continuing to develop the programs based on client needs and choices providing enabling and person centered supports.

Karen Kakolyris - Team Leader Community Support



### JOHN EVANS'S WORK AS REMBERED BY JOY CRABBE

Joy is the daughter of the late John Evans, founder of the Gladesville & District Community Aid Service, which is now known as Hunters Hill Ryde Community Services. She was in her 20s when her father started delivering meals to people who struggled financially. John also took people to medical appointments when they could not travel on their own.



In 1962 John realised that there were people in the community who needed support "People just didn't realise the need was there, finding support was difficult", Joy said. It took John four years to materialise his idea.



Joy beside her father's painting

Joy said: "The first person he [John] asked to transport people was my mother-in-law. She was one of the first drivers. She drove until she couldn't do it any longer." Joy told us how dedicated to others her father was. He used to help people anywhere and anytime. His charity work included phone counselling with 'Lifeline' as well as parish work through his ministry.

"He used to visit people at the hospital; he used to visit people in jail. He visited everywhere, wherever there were people in need, he would go and visit. He called on people. He shared everything he had; he even gave away his clothes. He gave what people needed; he was a very, very generous man", Joy proudly said.

John Evans was an exceptional man who believed in generosity and community. His idea initiated our great organisation, which now provides a wide range of community support services. "He [John] would not have envisaged that the centre would have grown so much and have so many different services. There are so many people that need you.", Joy said.

Through her involvement with the Wesley Mission Centre, Joy Crabbe is aware of how many people in our community need support, just as her father was all those years ago. "It's incredible how many people in need are out there, especially people who live on their own", Joy said.

The John Evans' spirit of generosity and community lives on and is embodied in the work of our staff and volunteers. We think he would approve!

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The Meals on Wheels service officially commenced 31 July 1967 with a group of volunteers





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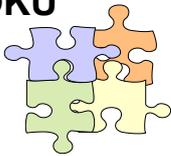
### 9 LETTER WORD

Word: *from the past to the future*

E	D	I
N	R	O
I	C	T

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

### DONATIONS - PLEASE HELP

This time your donations will go towards our Hardship Assistance cupboard.

Your donation, no matter how small, does make a difference.



To make a donation - please make cheques payable to: Hunters Hill Ryde Community Services (mail or drop in to us at: 46 Gladstone 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).

**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