

**MARCH 2014** 

News from the Managers desk

Hi everyone,

Well we have come to the end of summer and the warm season, and Mad March is almost over. It can be such a crazy yet exciting time in Adelaide, with so much to see and do. Hopefully you managed to get out and about in it all, and if you have any feedback that you would like to share about any shows you saw, let us know and we can include it in the next newsletter.

The last couple of months have seen quite an increase in clients accessing the services at Elm Place. This means that the staff have been extra busy with responding to various needs and issues that get presented to the service. The team have also been busy planning some new groups and activities, based upon what you have been telling us that you are interested in. We will keep you informed with further details as they come to light.

#### Congratulations

On behalf of Elm Place, we would like to congratulate Caroline Caroll, who is the Chair of the Alliance for Forgotten Australians. Caroline was awarded a Medal in the General Division of the Order of Australia (OAM) for 'service to the community, particularly to persons raised in institutions or other out of home care' in this year's Australia Day Honours, 26 January 2014. This recognition and award is worthy of acknowledgement and celebration. Caroline has made significant contributions to Forgotten Australians and Former Child Migrants, and has been involved in advocacy and service delivery on many levels. As well as her work with the Alliance, Caroline works at Open Place in Victoria. Congratulations Caroline

#### Cheers

April 21

Nikki Hartmann

## Important Dates

March 17	St Patric <mark>ks Day</mark>	April 25	Anzac Day – ELM PLACE CLOSED
March 20	National <mark>Close the Gap D</mark> ay	May 2	Administrative Professionals Day
March 21	Harmony Day	May 22	Australia's Biggest Morning Tea
March 26	Purple Day for Epilepsy Awareness	May 26	National Sorry Day
April 1	April Fools Day	May 26 – June 3	National Reconciliation Week
Apri <mark>l 18</mark>	Good Friday – <mark>El</mark> m Place CLOSED	May 30	65 Roses Day

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Easter Monday – ELM PLACE CLOSED

# Silly Season Program

The COPE program was very successful. Thankyou to RASA. All participants enjoyed the outings, which were loads of fun. We are looking forward to the EASTER Program. We will let you know details soon.

Thankyou - Josephine



We are seeking your views and thoughts...

### WHAT DO YOU VALUE IN A SERVICE LIKE ELM PLACE?

We will be putting up some paper with post in notes available, Place in the waiting area, for you to write what you value in a service like Elm Place

#### **SOCIAL CLUB**

SOCIAL CLUB is back for 2014 – Keep an eye out for the flyers around Elm Place for the dates and venue.

**Josephine** 

#### INSIDE EXHIBITION

The Inside Exhibition is currently touring in Western Australia for the next four months, so if you happen to be visiting Western Australia, it would be a good chance to see it.

The Alliance of Forgotten Australians (AFA) has been trying to get an addition to the Australian Census. They would like to have a question included that asks about who has lived in an institution. Unfortunately, this has not been successful, and so this question will not be included in the 2016 Census.

### Significant Cultural Dates

We will advertise specific events via a flyer at Elm Place – if you might be interested in any events around the significant cultural dates (Listed on the first page) and you can't get into our service please call Elm Place on **8419 2042** a week before the listed date you are interested in for more information.

### Save the Date

To Everyone

Please keep the 17 June 2014, 12noon free for our 6th State Forgotten Australian Apology.

More information and invitation to follow in the near future, in the meantime, if you have a talent or a good idea we could enjoy at our apology, please let Heather know when you RSVP to the apology. I will share this information with the reference group.

Looking forward to seeing you all there.

Priscilla

**National Alliance Proxy** 

Ambassador for Forgotten Australians

### **SUDOKU**

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#### **BEANS AND SPAGHETTI**

	Borlitti Beans (or other beans)					
	Peeled Tomatoes	Salt and Pepper				
	Brown Onion – chopped	Grated Cheese				
	Gloves of Garlic	Spaghetti (or other pasta)				
	Italian Herbs					
	Chilli Flakes					
	oil					
	Method:					
1.	Heat oil in fry pan					
2.	Fry onion and garlic					
3.	Add tomato, chilli, herbs, salt and pepper and beans					
4.	Simmer on a low heat					
5.	Boil water and add broken spaghetti					
6.	Drain pasta and add to bean mix					
7.	Mix together and serve					
8.	Top with grated cheese					
	<ol> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> </ol>	Peeled Tomatoes  Brown Onion – chopped  Gloves of Garlic  Italian Herbs  Chilli Flakes  oil  Method:  1. Heat oil in fry pan 2. Fry onion and garlic 3. Add tomato, chilli, herbs, salt and pepper and led. Simmer on a low heat 5. Boil water and add broken spaghetti 6. Drain pasta and add to bean mix 7. Mix together and serve				

# **POEM BY THERESE**

I came out of the Senate Hall
And walked towards the lent
I tried to take a photograph but tripped
And down I went,

Four guys jumped down and pulled me up
They dragged me back up top
They said that it was six feet high
So that was quite a drop

I landed on my elbow

My glasses fell off too

And floated in the fountain
I said "what shall I do?"

A guy reached in and gabbed them
But left behind a lens
Steve was nowhere to be found —
I thought he was my friend

I also cut my arm open
It bled on my new clothes
A guy tried to cut them off me
But I said — "don't touch those'

They put me in an ambulance
And then my hell began
If I had known what I was in for
I would have turned and ran

They left me in emergency
For over seven hours
No one came to treat me
And no one gave me flowers



The x-ray nurse abused me
And then said "don't get old"
The doctor tried to stitch my arm
And the nurse was really cold

I said I haven't eaten
Since 6am today
She said well that's not our fault
You didn't have to stay

At nine pm I left that place
My stitches fell out too
I had to get in a taxi
Without doing up my shoe

Steven was back at the hotel
He made me a cup of tea
He bandaged up my arm again
And stayed a while with me

It was nice coming home to Adelaide
And see me dog and friend
I'm grateful I went to Canberra
But I'll never go back again.

Written by Therese