



Wattle It Be



Greg: New Counsellor At Wattle Place



Hi my name is Greg and I am one of the new counsellor/caseworkers at Wattle Place. I'm excited about having joined the team at Wattle Place, looking forward to meeting you all and in having the opportunity to take part in supporting you.

I have worked in the social healthcare sector for 30 years and, over the past 15 years, worked primarily as both a caseworker and therapist with people with complex support needs who have a history of trauma.

I have undertaken training and am interested in working with people in both individual and group settings. I believe that for all of us the most healing part of life is to be able to build healthy, respectful relationships with others that we can trust. I feel fortunate to have the chance to contribute to this work at Wattle Place. Take care and hope to see you soon.

New Groups At Wattle Place

Over the coming weeks and months we are planning to hold some new group sessions at Wattle Place. In June we will be running a short series of meetings discussing money management for people who need help with their finances. In July Greg and David will be running a men's group where topics such as health, relaxation and mindfulness will be on the agenda. If you have an idea for further groups, please let us know.

GROUP CALENDAR 2014

MAY (DATE TO BE SET) Parra Girls—Riverside Theatre	JUNE FRI 6 Leatherwork Workshop	JULY FRI 4, 18 Telephone Group	AUGUST FRI 1, 15 Telephone Group
SEPTEMBER FRI 19 NSW Apology Barbeque	OCTOBER TUES 7 Nepean Belle River Group	NOVEMBER FRI 14 Federal Apology Trip to Botanical Gardens	DECEMBER Tues 2—Surviving Xmas Thurs 18—Xmas Party

RSVP essential to 1800 663 844

Please don't hesitate to call if you would like further information about any of the group activities

Welcome to the latest issue of our newsletter

Manager, Royal Commission Community Based Support Service

Hi my name is Terrie, I would like to take this opportunity to introduce myself as the Manager of the Royal Commission Community Based Support Service at Wattle Place.

I commenced work in the service in late January and I have been employed with Relationships Australia for approximately 7 years in senior clinical roles. Previously, I worked in a number of settings including 12 years in private practices as a therapist/counsellor and I have a special interest in neuroscience and understanding more about the impact of trauma in childhood on social and emotional development. I am very passionate about upholding the protection and care of children and vulnerable communities. My personal experience of being separated from my birth mother at a very young age means that I have a special interest and commitment to this work. I am very pleased to be working at Wattle Place and I will work hard to provide a high quality service to clients impacted by the Royal Commission and institutional abuse.



For enquiries or assistance please contact us on 1800 025441.

Federal Apology Anniversary 2014

We would like to celebrate the anniversary of the Federal apology on the 14th November 2014 in lieu of the anniversary date 16th November 2009, this coming November. We have been able to mark this special day with those able to come together at the Wattle Place premises in Harris Park Sydney, in the past. This has included sharing a meal together and meeting others who have had experiences in care and also staff involved in the program. Could you please let us know if you have any ideas and/or requests for the planning of this event? We would like to make it as helpful/enjoyable as possible and would like to hear about what you think would be the best way to do this. Please contact Lisa on 02 8837 7000.

A Busy Time In The Garden...

The Wattle Place Garden Group has had a busy couple of months. In March we weeded and mulched our latest crop and made up another batch of our organic pest control spray which is successfully keeping the bugs and caterpillars off our precious crops.

Last week we harvested some of the silver beet, lettuce and chillies and were able to eat some of the produce for lunch. In addition, our own Garden Guru, Phil Pettitt showed us how to prepare and grow plants from cuttings.

The constant rain and warm weather is making our garden thrive! The garden group is looking forward to our first crop of lemons later in the year.



FIND & CONNECT NEW SOUTH WALES



Relationships Australia
NEW SOUTH WALES

NSW
GOVERNMENT

67 High Street Harris Park NSW 2150

Freecall: 1800 663 844

Phone: 02 8837 7000 Fax: 02 9633 5395

Email: wattleplace@ransw.org.au

Website: www.nsw.relationships.com.au

HELPFUL CONTACT LIST

Care Leavers Australia Network

(CLAN) 1800 008 774 or 0425 204 747
support@clan.org.au www.clan.org.au

Aftercare Resource Centre

(The Arc) 1800 656 884

Link Up (NSW) Aboriginal Corporation

02 4579 1911 or 1800 624 332
linkup@nsw.link-up.org.au www.linkupnsw.org.au

The Special Search Service

02 9211 6491 or 1300 667 366
specalsearchserviceNSW@aue.salvationarmy.org

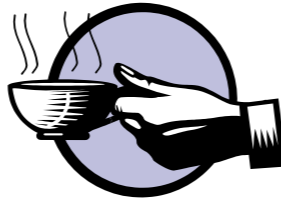
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Wattle Place Morning Tea

If you have some free time on a Thursday morning why not pop around to Wattle Place for morning tea between 10.00am and 11.30am. Coffee, tea and cake/biscuits will be provided. This is a great opportunity to have a chat and catch up with your friends and fellow Forgotten Australians.



David: New Counsellor At Wattle Place

Hi I am David. I have been in counselling and mental health work for exactly 20 years now. I will be working at Wattle Place three days a week with Find and Connect, Forgotten Australians and some Royal Commission clients.

I also have a small private practice on the Central Coast. I enjoy working with men and women who want support and help to make progress in their lives. I am interested in how our childhood experiences shape the people we become. I agree our trauma may affect us but I truly believe we can still reach our full potential, no matter what our age or background, with love and support from people who are trained to help us.

Family members of mine were sent away to be cared for and I have observed the effect that experience had on their lives. With that in mind Wattle Place seems like a perfect place for me to work and support our clients to heal from the wounds caused by forced separation.



Newcastle Social Event, Thursday 13th March 2014

A lunch at Cardiff RSL was attended by 20 Forgotten Australians, primarily from the Newcastle area, although some people made the trip from Sydney and other areas to attend the event. A great meal and fun was had by all.

Afterwards, a meeting was held in the Newcastle Room, City Hall, Newcastle with 25 people attending.

Topics included people's feelings around the Royal Commission and information about Wattle Place services. Some people also had a chance to tell their story or a family member's story about their experiences in out-of-home care. The Deputy Lord Mayor of Newcastle and the Federal Member for Newcastle were also in attendance.



Calling All Would Be Divas And Il Divos.....

We are interested in organising a small choir group, meeting at Wattle Place on a monthly basis.

If you are tired of singing in those out of the way places, and would like to be singing on a regular basis with others, possibly also at Wattle Place events etc, please let us know. No experience or audition required. Please, come as you are !! Call Bev at Wattle Place to let them know that you would like to be involved.



Regional News And Events



- ◆ Lismore Group meets 2nd Friday of the month at Lismore Workers' Club at 1pm. Phone Barbara on 0408 769 766 for details.
- ◆ Border Social Group meets at Albury Wodonga on 4th Saturday / Sunday. Phone Dennis on 0455 163 860 for details.

If you know of, or are organising, any events, please let us know so that we can include details of these in future editions of the newsletter.

The Forgotten Australians' Diary Project

Wattle Place is embarking on a project to develop a diary for 2015 containing the creative works of Forgotten Australians. The diary will contain important dates and useful contacts, helpful advice and inspirational quotes. This will be a diary that Forgotten Australians can truly call their own.

The theme for the diary is 'Journey Forward'. You are invited to submit artwork, photography, quotes, poetry, a thought for the day etc within the theme of 'Journey Forward'. This theme has been chosen, as a diary is in fact a journey into the future. For some this could be a photograph of their grandchildren at play, or a group of you having fun together, a painting of a peaceful place, or somewhere that you have always wanted to travel. It could be a poem or a reflection on life's road. The options are entirely up to you. Sadly there will be limited spaces in the diary for everyone's submissions to be included; however, we will endeavour to include as many as is practical and affordable.

Guidelines for submissions -

- ◆ All material is to connect in some way to the theme of 'Journey Forward'
- ◆ All artwork must be able to be adapted to fit onto an A5 page
- ◆ Poetry is to be limited to 80 words approximately
- ◆ Thought for the day (brief and concise), for example - "Be yourself, there is no one better qualified"
- ◆ Black and white and colour photography suitable, please provide a signed consent if people feature in your photographs
- ◆ Please provide only original material

Only one submission from any individual will be included in the diary. Due to the time constraints of printers we need to receive the material for the diary by the end of June.

Get your creative juices flowing and imagine what the 'journey forward' looks like to you.

Journey (Travel from one place to another)

Forward (To make progress onwards)

Please send your submissions by the end of June 2014 to us at

Wattle Place, Diary Project, 67 High St, Harris Park, NSW, 2150

or email wattleplace@ransw.org.au

Naomi: New Counsellor At Wattle Place

Hi I am Naomi, Senior Clinician of the Royal Commission Community Based Support Services at Wattle Place. I have been with Relationships Australia since 2007 in the counselling program at Westmead and the North Region. In 2010 I moved to the Family Relationships Centre where I worked mainly with separated families.

In my work there as a Child Consultant I became very interested in the work of trauma. The impact of conflict on these children moved me greatly.

My interest is in neuroscience, a mind body connection in working with trauma. Look forward to knowing you all at Wattle Place.

