

The Families Newsletter of South Eastern Community Connect



South Eastern *Families* Connect

May 19

Our brand new
Community Hub

Marie Kondo
your life

SMOOSH opens
In Bankstown



Get your next
Connect newsletter
by email:
secc@secc.sydney

Independence, wellbeing and quality of life.

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Find us at:
**SECC.Families &
SECC.Community**

Welcome!

What an exciting couple of months it's been with the Grand Opening of our new Community Hub at Coronation Hall in Mascot. Did you get a chance to come to our big event? If not, make sure you drop in soon! It was definitely a case of 'renovation rescue', and on page 4 we share the transformation story with you.

The new hub has a lovely outdoor space for kids to play, which is great for families. But even though the weather is cooler, it's easy to forget sun protection! I've managed to forget it way too many times, so have recently had to endure my fifth skin cancer surgery. It's not been pleasant... So, in order to avoid this experience, don't forget to slip, slop and slap—even in winter.

In this May edition of South Eastern Families Connect you can enjoy some great reads as the days and nights cool down. On page 6

I report on my latest obsession: The Konmari Method. It's a de-cluttering approach that really does work. And on page 12 we find out what our SMOOSH kids have been up to this last term.

As always, we keep you up to date with stories from our community along with all the details of upcoming activities run by South Eastern Community Connect.

Enjoy!

Catherine Schulte, Editor.



Welcome to the team



Alison Leader

Alison started as our new Communications Manager late last year. She helps spread the word about South Eastern Community Connect by building relationships with the media, the community, and other key stakeholders. Her personal mission is to find Sydney's best hot chocolate. Any tips?

What's On



Emotional Resilience & Regulation Workshop

Emotional resilience is more important than ever, and our workshop on Thursday 13 June covers essential skills such as recognising and accepting feelings; expressing feelings appropriately; and resolving unpleasant situations. Call Bronwynn on 0421 741 866, email familysupport@secc.sydney or register at bit.ly/secceq. **Bookings Essential.**

Positive Behaviour Management Workshop

This once-only two-hour session at 10am on Thursday 6th June will teach you how to encourage behaviour you like from your child and deal consistently with problem behaviour. The workshop is based on expert advice which will help you gain more confidence. It'll be two hours well-spent. Call Bronwynn on 0421 741 866, email familysupport@secc.sydney, or register at bit.ly/pbmcourse now. **Bookings Essential.**



Triple P Parenting Group

The Triple P Program has been shown to help reduce kids' and teens' problem behaviour and children's emotional problems. The evidence also shows it helps parents feel more confident, and less stressed, angry and depressed. Join our group for hands-on strategies to raise your child in an environment that's safe, loving and predictable. If you have children between the ages of 2-12 years we have the support you need.

When? Tuesdays: 30 April, 7, 14, & 21 May—10am
Enquiries: 0421 741 866 or visit: bit.ly/triplepgroup
Bookings Essential.

From concept to launch: the opening of a new hub

How was it humanly possible to completely renovate, design and launch a brand new community centre in one fortnight? **Alison Leader** writes.

Call us crazy, but we completely renovated and launched our brand new Community Hub in the space of only two weeks with a team of less than 10.

We had our eyes on the Coronation Hall space for some time, believing it to be the perfect environment for the community services we offer. So when we were officially handed the keys on 1 April, it was all systems go to prepare for our launch on Saturday 13th April. Staff members such as CEO Kate Melhopt, Deputy CEO Ashleigh Daines, Centre Coordinator Julie Gray and our entire Families and Children's team pitched in and got their hands dirty to prepare a neglected old Bayside Council building for use.

Coronation Hall was opened in 1911 but now it has a new lease on life. Locals are now able to access a brand new community space with services run by South Eastern Community Connect, which has been operating out of Eastlakes Shopping Centre for over 15 years. The time simply came to expand our offering in a second location.

"As SECC has grown and evolved, we've observed a real need for a second, larger space in which to holistically support the local community," CEO Kate Melhopt says.

SECC now shares the space with The Deli Women & Children's Centre, offering a range of intergenerational community services and specialist assistance, family case management, aged care services, children and family services, and

community programs.

The site offers a large toy library, counselling rooms, adolescent services, seniors' groups, drumming workshops, art therapy, and much more. The SECC Community Hub is located at 1007 Botany Road, Mascot.

For more information, call the Mascot team on (02) 7903 0607 or visit www.secc.sydney



Renovation rescue



Parents *only*

Community gardeners wanted

Your community garden provides fresh produce and plants to share and connects us with the environment and other people in our local area. Do you want to take part?

Contact us on 8338 8506.



NEW Park Fitness program

We run free Park Fitness classes every Monday (4pm) and Wednesday (6pm) in Eastlakes Reserve, behind Eastlakes Shopping Centre. Our personal trainer shows you how to use the park equipment and tailors the program to your fitness levels. Call 8338 8506 to put your name down.

Eastlakes Reserve, Evans Ave



Sewing classes for parents

Learn to make or repair clothes, hem uniforms and sew basic projects.

- **Beginner Classes:** Fridays 10am to 12pm during term time.

SECC Office, Shop 84, Eastlakes Shopping Centre



Form-filling support in Eastlakes

Are you having trouble filling out official forms and applications? We can help you understand the process, guide you through to completion, and help you submit your official forms and documentation.

Monday to Thursday by appointment.



Tai Chi for relaxation

Experience the health benefits of Tai Chi with experienced instructors.

Beginner Classes Wednesdays 12:30 to 2:00pm

Advanced Classes Mondays 10:00 to 11:30am

Coronation Hall, 1007 Botany Rd



Like our page on Facebook and be part of what we do in your local community.



Go to:
www.facebook.com/SECC.Community
(our main page)
www.facebook.com/SECC.Families
(our page for families)



Did you know we have a YouTube channel?

Subscribe now at: bit.ly/SECtube

You can also find us on Instagram at **secc_sydney** or sign up for our email list by sending a note to us at: **secc@secc.sydney**



How Marie Kondo has helped millions spark their joy

Catherine Schulte unpacks the cult tidying-up sensation that's seen people declutter their homes and turn their home – and their lives – around.

The show that's taken the world by storm, believe it or not, is about clearing out our junk. Called *Tidying Up with Marie Kondo*, it tells the story of a 19-year-old student's adventures starting an organising business in Japan. Marie Kondo's book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organising*, has only added to her credibility.

The TV show has attained cult status, with many viewers adopting what they call The Konmari Method – and from what we can see, it's working.

The method can be sustained long-term by those who decide to practice it. It certainly worked on this writer. After watching one episode I came out with four large bags of things for the tip.

Marie Kondo has inspired millions to de-clutter their living spaces.

The show's central message is to hold onto things that 'spark joy' and dispose of those which don't (apart from important must-keep items).

The Konmari Method involves grouping your possessions into five categories as follows:

- Clothes
- Books
- Papers
- Komono (Miscellaneous stuff)
- Sentimental

The idea is to lay everything out that you have in that order, one by one.

You start with clothes, then move onto books, and so forth.

In the series, you first see the participants bringing out huge amounts of clothes and placing it on their beds, aghast that they had collected so much.

Many often have their sale tags still attached.



No place like home

They must organise each item, deciding whether they want to keep it, donate it, or put it in the bin.

They must be mindful just how much storage space they do have, to be able to keep what they want. Often a big issue for people is lack of space and too many things.

Book in a culling session

Books often form a great source of anxiety for participants. Dealing with clothes is one thing, but books are another.

In some homes, they have hundreds upon hundreds stacked up around the place. This is not healthy for anyone because of the vermin they attract. Not only that, the information can get old and out-of-date.

Follow the paper trail

Papers are also a great source of stress, with some desks piled high with hundreds of unsorted, unorganised documents.

Many have never been read but exist in the vacuum of 'just in case'. We're certainly all guilty of this, and need to find a way to manage our papers effectively.

Tackle the junk drawer

The word Komono means 'miscellaneous' in Japanese and refers to accessories or small items.

Kondo suggests the following order for tackling them:

- CDs, DVDs
- Skincare products
- Make-up
- Accessories
- Valuables
- Electrical items
- Household equipment
- Household supplies
- Kitchen goods/ food supplies

Kondo also recommends discarding gifts that don't spark joy, remembering that these presents have already fulfilled their role in the moment you received them.

Tap into that mushy feeling

'Sentimental' rounds out the five themes nicely, leaving room for those items which have touched our heart and hold deep meaning.

In general, her motto is that the memories you have in your mind and heart are more important than the physical items you keep.

Letting go of things doesn't mean you let go of your happy memories and past experiences.

When reading reviews of Kondo's work, it comes through that participants are often quite at ease because Kondo doesn't pass judgement on them and what they want to keep.

If we feel happy doing something, we will often keep it up. The factor of outside judgement does not exist, so participants often feel at peace about maintaining the changes.

While this method may not be for everyone, the message is valid for a large number of people. It's healthier for our minds and bodies to live without clutter or mess, in environments that are clean, tidy and well-organised.

Would you try The Konmari Method? Head to konmari.com for more info.



Classes and workshops

Playgroup fun ahead

We offer a range of supportive and expertly run playgroups for the community. Why not join us?

Mondays (starting 6th May)

10AM to 12PM

SECC Community Hub, 1007 Botany Rd, Mascot

Tuesdays (starting 7th May)

10AM to 12PM

Eastlakes Public School

Wednesdays (starting 8th May)

10AM to 12PM

Hall 1, Kensington Park Community Centre, Kingsford

Thursdays (starting 9th May)

10AM to 12PM

Green Square Community Centre, 3 Joynton Ave
(entry via Portman St)

Fridays (starting 10th May)

Lexington Hub, 3-7 Lexington Place, Maroubra

Call Bronwynn on 0421 741 866 or email familysupport@secc.sydney for more info.



Need a bit of extra support?

We offer Family Case Management assistance to families who need a little extra help. Call Nicole on 7903 0607 to find out how we can support you.

What else is on offer?

- CPR & First Aid for Babies and Children: Thursday 9th May, 10am to 12pm. Book: bit.ly/CPRMascot
- Early Communication in Babies and Children: 18th June, 10am-12pm. Book: bit.ly/BabiesKids

Classes and workshops

SECC English Groups

South Eastern Community Connect (SECC) runs English classes every Friday for parents and grandparents. Held from 10am to 12pm during school term in the new SECC Community Hub in Mascot, the classes include an interactive lesson which involves both parents/carers and their children.

For the first 90 minutes we provide an English class while our childcare staff take care of your children. The last part of the class is an interactive lesson which includes the kids and involves singing, reading and learning new words and themes to help with preparation for pre-school. We also provide help with parenting, integration and socialisation. **Cost: \$20 per school term.**

Call Bronwynn on 0421 741 866, email familysupport@secc.sydney, or register at bit.ly/pbmcourse now. **Bookings Essential.**



Play Power for Dads

We will be running a workshop to help empower new fathers in their role.

Sometimes implementing small changes can make a big difference in the parenting role.

We'll be running a free workshop in May which helps dads make the most of everyday moments with children from birth to three years. Participants will learn to build loving relationships with their children and capitalise on daily routines. There will also be talks on play; having fun and relaxing with your children; and building self-esteem.

Bookings essential.

When? Saturday 18th May, 9am-11am
SECC Community Hub, 1007 Botany Rd, Mascot

SMOOSH NEWS

Endless fun: Eastlakes

Term one at Eastlakes Public School included a visit from Fire and Rescue NSW, loads of innovative programs and crafts, and an action-packed Vacation Care program over Easter.



Never a dull moment

It was wonderful to plan a range of enriching activities for the children of Eastlakes Public School during Term one, from Valentine's Day crafts and an Aladdin-themed event (left), through to the SMOOSH Easter Carnival.

The kids had a great day with the Easter Bunny, participated in a Bunnings gardening workshop (above), had a 9D cinema experience, and enjoyed making pizzas. Some also got

SMOOSH NEWS

their hair sprayed in different colours!
We are so happy to see such active and engaged kids who enjoy a whole spectrum of activities that enhance their wellbeing.

Our Vacation Care program also included a trip to Sky Zone, Calmsley Hill Farm, Ultimate Family Entertainment Centre, and Laser Skirmish. Why not book your child in for the July school holiday program? Call us on 0431 427 176.



New service: Bankstown

Did you know we've opened a new SMOOSH program at Bankstown South Infants School? The school and its experienced staff specialise in quality literacy and numeracy programs, positive values and a love of learning, from pre-school to Year 2.

Bankstown South's specialist Early Intervention Support Class caters for students with special needs.



South Eastern
Community
Connect



SOUTH EASTERN COMMUNITY CONNECT

CADRE: MENTAL HEALTH TRAINING

FREE!

FREE TRAINING FOR COMMUNITY MEMBERS

- Learn about the mental health sector and pathways for support at a community, public and private level.
- Understand how the community can work to improve mental health and wellbeing and minimise trauma for all individuals.
- Access ongoing support, skills workshops and presentations through the CADRE program.

DATE:

**Saturday 4th May, 10 - 4pm, at SECC Community Hub
1007 Botany Rd, Macot**

*Spaces are limited so register online for your preferred attendance option at www.bit.ly/secchomeeb or call **7903 0607** and ask for Nicole.*

**Catering provided.*



ART THERAPY

JOIN US TO EXPLORE
THE BENEFITS OF ART
THERAPY

South Eastern Community
Connect is hosting a 10 week Art
Therapy Group starting in May
with qualified Art Therapist Maria
Rosa Casanova

**THURSDAYS FROM 2ND
MAY 2019 AT
CORONATION HALL
1007 BOTANY ROAD
MASCOT**

BOOKINGS ESSENTIAL

To register your interest, leave your
name, and contact or check out the
SECC Eventbrite homepage to
register at www.bit.ly/secchomeeb
or call us on **7903 0607**



**South Eastern
Community
Connect**

FREE!

South Eastern Community Connect FAMILY ACTIVITIES

May/June 2019

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>Toy Library (SECC) Hire & return 10am - 4pm</p> <p>SECC Community Hub Playgroup, 1007 Botany Road, Mascot 10am - 11.30am</p>	<p>Toy Library (SECC) Return only 10am - 4pm</p> <p>Eastlakes Playgroup Eastlakes Public School 10am - 12pm</p>	<p>Toy Library Hire & return 10am - 4pm</p> <p>Kensington Park Playgroup Kensington Park Community Centre 10am - 12pm</p>	<p>Toy Library Return only 10am - 4pm</p> <p>Green Square Supported Playgroup Green Square Community Centre, 3 Joynton Ave, Green Square</p>	<p>Toy Library Hire & return 10am - 4pm</p> <p>Lexington Hub Supported Playgroup, 3-7 Lexington Place, Maroubra</p>	
	<p>Early Communication in Children 18 June, 10am - 11.30am</p>	<p>FREE CPR & First Aid for Babies 9 May 10am-12pm</p>	<p>FREE TripleP group, 10-12pm 30th April, 7, 14 & 21 May</p> <p>Positive Behaviour Management Workshop, 10am-12pm 6 June</p> <p>Emotional Resilience & Regulation Workshops, 10am-12pm 13 June</p>	<p>Parents' and Grandparents' English Class With childcare 10am - 12pm</p>	<p>FREE Playpower for Dads 18 May, 9am-11am</p>

Programs and classes run during school terms only.

Our Toy Library is now open during school terms and school holidays at the SECC Community Hub, 1007 Botany Road, Mascot.

SECC Head Office: Shop 84 Eastlakes Shopping Centre Evans Ave, Eastlakes. Tel: 8338 8506

SECC Community Hub: 1007 Botany Rd, Mascot. Tel: 7903

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