

A letter from Karyn



“It is important that your experience as adults in seeking equality and social inclusion despite the past continue to be given recognition.”

Dee, Shelley and Alan

Hello everyone,

THERE has been a lot of activity about Forgotten Australians both nationally and here in Queensland. It is encouraging that after many years of advocacy and hope there are now many activities occurring which will raise the profile in a range of ways about the circumstances of your childhood as Forgotten Australians. It is important that your experience as adults in seeking equality and social inclusion despite the past, continue to be given recognition.

Remembrance Day this year was a great event and it symbolised the journey so many people have embraced over the last few years. I am sure everyone shared in the pride of how well Shelly spoke of her experiences with the child protection system.

It was great to see so many people attend but also to hear how much your own journeys are changing as you find new friends, family, and new opportunities in the community. I think it is also great that there is greater recognition from government and service providers of the need to understand more your experiences as children to inform their work today – such as Aged Care and the Find and Connect. I know everyone has different views about this.

What I hear people asking for is a consumer advocacy program facilitating your participation through training, participation and involvement in a wide range of issues that you are passionate about such as child protection, mental health and the arts.

Continued on page 3 →

What's inside

A letter from Karyn	1 and 3
Remembrance Day 2010	2
Moonlight Magic	3
Survey of Forgotten Australians	4
Focus Group now complete	4
About the project	4
Next step – a survey of Forgotten Australians	4
The Alliance of Forgotten Australians	5
National projects	5
Update	5
Other Alliance for Forgotten Australians activities	5
National Museum update	6
Centre News	6 to 10
Rags to stitches	6
Senior first aid course	7
New theatre and drama group	7
Library and book swap	7
Web update	7
Halloween celebrations	8
Volunteer group	8
Rockhampton peer support and drop in centre	8
CentreLink	8
Getting fit in 2010	8
Yoga for beginners	8
Christmas in July and podcasting skills training	9
West End dining club	9
Arts and crafts	9
Bush walking in the city	9
Grow your own veggies	9
Oral histories and exhibition	10
Memory of Paul McKenzie	10
Date clsimers	11 and 12
Calendars	10 and 11
Important numbers	12



Remembrance Day 2010



We would like to thank everyone who was involved in the 2010 Remembrance Day memorial: Shelley for her inspiring speech, Uncle Des for the Welcome to Country, individuals who read the Acknowledgement Statements on behalf of Forgotten Australians, Indigenous peoples, British Child Migrants and Young and Vulnerable people: Hon Karen Struthers, Shelley Farquhar, Luke Roma, Maureen Campbell, Mary Kent and Gabi Waldron.



Thanks to the Child Protection Week Committee for their continued support, the members of EmPower Arts who designed and produced the Forgotten Australian QLD stamp especially Lana Syed who persevered to make it happen.

We also acknowledge the support from Micah Projects especially Karyn Walsh for being the MC. Thanks also to the Lotus Place team and Robyn McDonald for the great new designs for the invitations and late night last minute handouts. A special thank you to all the people who attend the event, it was great to see so many Forgotten Australians with their families and friends.



Above.
Karyn, Pat and Maureen

Below centre.
Taken after Remembrance Day 2010

Below right.
Wally enjoying a cuppa

Above top L-R:
Colleen, Ms Forde and Minister Struthers

Above:
Maryla and Gloria catching up

Below Left:
Molly



Moonlight magic



Ruby and Tony



Erin and Jo

We would like to acknowledge to support of Kelly and Erin for their fabulous makeup artistry and hairdos while helping to prepare our Lotus Place tables for another fantastic night at the 2010 Moonlight Magic Dinner Dance. This year there were over 700 people attending to dance the evening away. Everyone looked glamorous and we acknowledge the effort people make to “Step out” in public.

Lotus Place had two tables where all of us looked beautiful or handsome. We had laughter, photos and joy followed by lots of tripping the light fantastic on the dance floor.



Anne Hilton



Five gorgeous women



The Dancing King



Molly and Pearl



Fun and laughter



Lotus beauties

A letter from Karyn – Continued from page 1

Redress Scheme Application assistance was the main focus of our work from 2007 until the completion of the Scheme in June 2010. Completion of the Scheme has now enabled us to focus on the requests you have given us to run programs such as the computer courses and the writing and sewing groups.

I hope by now everyone is aware of Lotus Place with a new address. Many thanks for your patience in the move, and your understanding as it was a very hasty move. It was unknown to all of us including government that the option to release the old premises would not be extended. So thank you

and I am sure you would all agree that the team has done a great job in getting the place back into shape and functioning again.

Karyn Walsh

Survey of Forgotten Australians

Focus groups now complete

I was really pleased to be able to meet some of you in focus groups held during July and early August. In all, I facilitated 6 groups; 4 in Brisbane at Lotus Place, 1 in Logan and 1 in Rockhampton. I also have had conversations with a number of former residents, in Townsville and Brisbane. In total I have spoken so far with 40 people.

Thanks very, very much to all of you who participated in the focus groups.

You were all extremely generous in providing your time and your views – in saying honestly and clearly what you like about the services that are available for Forgotten Australians in Queensland right now and what you would like to see happen next.



Deep in discussion at Rockhampton focus group

About the project

As some of you know, the Department of Communities has started a project to learn more about the needs of former residents for access to support services and activities such as those offered through Lotus Place. They are conducting this project in order to get information which will help them, together with the service providers at Lotus Place and former residents, to plan services for the future. I have been engaged to undertake the consultations. I am independent contractor and my company is called RPR Consulting.

Next step – a survey of Forgotten Australians

We are working right now to develop a confidential written survey for former residents which will add very important information to what I heard in the focus groups. We hope that the survey will be **ready for distribution in early November**. This is a little later than I originally thought. The survey will be mailed directly to as many former residents as we can find and we are hoping that at least 400 people will complete it.

“Your views are really important.

We want to know what YOU think!”

Please consider taking part in this survey. **Your views are really important** and it doesn't matter whether they are similar to or different from other Forgotten Australians you know. **We want to know what YOU think!**

Also, please help us to find other people to complete the survey; the more Forgotten Australians who take part the more valid and useful the survey results will be.

If you don't think you are on a mailing list held by either the Forgotten Australian Support Service (previously Esther Centre – Phone: 1-800-035-588) or the Aftercare Resource Centre (Phone: 1-800-501-560) and you want to make sure you get a copy of the survey, call either phone number to register for a survey. If you are already on a mailing list, don't worry. We will just send the survey directly to you.

Ann Porcino

The Alliance of Forgotten Australians

National projects

AFA is included in the national reference groups set up to implement the Commonwealth Government projects, with two members in each group.

One reference group, run by the Department of Families, Community Services and Indigenous Affairs (FaHCSIA), is overseeing the Find and Connect project, the Oral History and the National Museum exhibition planned for November 2011.

The other reference group, run by the Department of Health and Ageing, is working with a consultant to develop a national education package for Aged Care service providers, aimed at improving aged care for Forgotten Australians.

Alliance for Forgotten Australians – update

Events

AFA members met again on 22-23 July 2010 in Brisbane. We discussed the national projects being funded by the Commonwealth Government, had reports on activities in different states and territories, made plans for AFA's next projects and received some interactive training on communication and negotiation. Our next meeting will be in Canberra at the time of the anniversary of the National Apology.

AFA representatives, David Jackson and Stella Conroy, were delighted to receive an invitation to attend Remembrance Day in Brisbane. As always, it was a lovely and moving ceremony, and David and Stella enjoyed meeting and talking with Queensland Forgotten Australians and Child Migrants afterwards. They also greatly admired the stamp – a terrific initiative by Queensland! Congratulations to all involved in that project and in putting together the Remembrance Day ceremony.

The memorial for Victorian survivors will be launched on 25 October 2010. For more detail, see www.famemorial.org.au from Wednesday 29 September, or Victorian survivors can call Open Place on 1800 779 379 for assistance to register.

Alliance for 
Forgotten Australians

Other Alliance for Forgotten Australians activities

Our immediate plans include: working with some Social Workers to develop a training package for use in universities; producing an educational DVD; and updating our website to include more detail of memorials and written material about Forgotten Australians.

AFA made submissions to the Senate Community Affairs Committee Inquiry into Suicide in Australia (a joint submission with CLAN); and the Senate Legal & Constitutional Committee Inquiry into the administration and effectiveness of current mechanisms used by governments to provide discretionary payments in special circumstances. We are working on a submission to the Productivity Commission Inquiry into Aged Care in Australia.

AFA has updated the information booklet, *Forgotten Australians: Supporting survivors of childhood institutional care in Australia*, and copies of the second edition are now available through Lotus Place.

To receive updates on the new site and support in finding your way around the new look menu, make sure you have sent your email address to us at:
lotus@micahprojects.org.au

National Museum update

Our exhibition *Inside: Life in Children's Homes* will open at the National Museum of Australia, Canberra in November 2011. My fellow curator, Jay Arthur are very grateful to members of the Historical Abuse Network who have so generously devoted their time and courage in sharing their personal histories and objects which relate to their experiences within institutions. We couldn't do our exhibition without your help

The National Museum has also developed an education package about the Forgotten Australians which will be sent to secondary schools throughout Australia. This will help secondary teachers to assist their students in understanding the history of Forgotten Australians and how this story relates to what is happening today.

You are welcome to share stories, photos, artwork, poems, songs and articles on our exhibition website at:

<http://nma.gov.au/blogs/inside/>

You may email your contributions to: contact_us@forgottenaustralianshistory.gov.au

or post them to:
Adele Chynoweth
National Museum of Australia
GPO Box 1901 ACT 2601

(Please do not send any original material, only copies)

or telephone me at: (02) 6208 5088

Thank you again for all your kind support.

Adele Chynoweth
Curator
Inside: Life in Children's Homes

Rags to stiches

Join our latest creative project where you get to make and sell your own work. Earn a few pennies and learn some new skills making funky kitchen linens to sell at an upcoming drop in day. Learn about being part of a self funding enterprise and pick up business skills as well as some practical sewing tips. All abilities welcome, each Thursday from 9:30am to 1:30pm at Lotus Place.



Above and below: Sewing group members



Senior first aid course

St Johns Ambulance approached Micah Projects Inc with an idea for a pilot project to provide a free senior first aid course to those people who might not ordinarily be able to afford or have access to this kind of valuable and often expensive training. St Johns Ambulance wanted to know – would people be interested? Our response – yes!

The training was split into 4 sessions over 2 weeks covering everything from CPR, emergency first aid, bandaging, spider bite and many other gory things! All of the feedback from participants has been absolutely excellent and everyone thoroughly enjoyed the sessions which were supported with 100% attendance throughout. The only improvement that has been identified is that participants have requested more people get to do the course.

Everyone thought the 4 sessions over 2 weeks worked well and they absolutely loved the tutor, Liz Coffey. Participants said she “is very patient, listens and answers their questions and is clear with explanations”. Her ability to engage the participants while also keeping everyone on track was brilliant. 6 people have said they would like to do the course again next year.

*If you are interested in obtaining a First Aid Certificate, please contact:
Lotus Place on 07 3844 0966 or
lotus@micahprojects.org.au*



A demonstration on Michael



Learning to make a sling

New theatre and drama group

Thanks to all the hard work of Empower Arts, along with the support of Access Arts, we have a new theatre and drama project starting in October and running for 10 weeks. The project will include a series of workshops covering a whole range of drama skills and personal expression, facilitated by theatre experts Danielle and Sarah. The content of these workshops will be guided by the people who come along and could include drama, song and/or dance, with a view to organising more projects in 2011.

Give us a ring to find out more or register your interest. The workshops will start on 15 October, every Friday for 10 weeks from 9:30am to 11:30am in South Brisbane.

Library and book swap

Enjoy Lotus Place's very own quiet area where you can read, study, make private phone calls or simply relax away from the rest of the busy centre. There are lots of books and magazines to choose from and you are welcome to take a book for free in exchange for one back.

Web update

Over the next few weeks you will notice some changes to the Micah Projects Web. The main address for the new site will become <http://www.michprojects.org.au> The old address will point you to the new website. On the new website you will find services and resources for Forgotten Australians. From the front-page you should select the 'Services' button which will then provide a dropdown menu where you select "Forgotten Australians". A search tool is located at the top right hand page of the site to assist you to find material as well.

Centre news continued



The Moonlight Magic dinner dance

Halloween celebrations

As an excuse to celebrate the new centre, we held a special themed drop in day for Christmas in July where individuals came along and helped decorate the centre, cook and serve up some Christmas grub and sing Christmas carols round the Lotus Place piano. We were packed out for the day and worried how everyone would get a seat for lunch but it all worked out in the end and we had a fabulous day. Everyone helped return the centre to normal, cleaning up and taking the decorations down all in the same day – you could easily think it never happened!

The next themed drop in day will be celebrating Halloween on Tuesday 26 October. Come along with decoration and costumes to join in the fun. We'll be making Halloween themed arts and crafts the week before, and there will be a prize for the best costume on the day. Hopefully see you there!

Volunteer group

In response to your feedback we have recently started a small volunteers group at Lotus Place where individuals can help get involved with the jobs and activities round the centre. To find out how you can get involved, and have your say, come and join the weekly volunteers meeting on a Monday at 11:00am.

Rockhampton peer support and drop in centre

The group has been going very well and has decided to meet just on Wednesdays 9:00 am – 2:00pm as the end of the year build up is beginning and many people are going on holidays. We are in the process of getting new signage for us to be able

to advertise the group and hope to have that shortly.

Would like to make a special note that one of our members Johnny Burrows has had to under go 2 lots of surgery on his shoulder and is now at recovering slowly and we all wish him a speedy recovery.

The groups still meets at the Square Dance Hall on the corner of Fitzroy and Kent Street Rockhampton opposite the fire and ambulance station. If you would like further information or going to Rocky and would like to pop in to meet new people please call Bob Cox on 0419 729 756.

CentreLink

We now have our own CentreLink advisors, who pop in each Tuesday to answer any questions you have. The service is fully confidential and the advisors are able to deal with your issues right there on the spot. CentreLink visit Lotus Place at 11:00am every Tuesday so come down and say hi. No appointment necessary.

Getting fit in 2010

Get in to shape with our fully qualified personal trainer, Matt. This 50 minute work out includes a variety of exercises and stretches suitable for all levels of fitness. Your own gym clothes and joggers are required. Wednesday 12 noon.

Yoga for beginners

Come and meet our very own yoga instructor, Leon, who will help you build strength and flexibility. All you need to bring is comfortable clothes to wear and a sense of fun. Wednesday 3:00pm.



Tony mopping

Podcasting skills training

Thanks to our very own radio announcer, Jessie Harlow, we are currently looking in to running some podcasting skills training with local Brisbane radio station 4ZzZfm. As part of the training participants will learn interviewing skills, audio editing skills, radio announcing skills, and how to podcast your ideas to the world. A podcast is a radio show that you download to your computer. Visit here to listen to other podcasts: <http://atthelocal.podbean.com>.

We need to find a small group of people interested in doing the training in order to raise the funding. If you'd like to be involved in this pilot project for 2011, please contact Joanne on 07 3844 0966.

Bush walking in the city

Join local ex-residents for a regular walks and outings round the city, the river and the beautiful parks of Brisbane. If you are interested in starting a walking group in your local area, please let us know.

Grow your own veggies

We have regular trips to our community garden plot in Morningside with lots of veggies growing already and we're always on the look out for new volunteers. We also have a new



Joe working hard in the garden

o u t d o o r garden area at Lotus Place where individuals can plant veggies, herbs and flowers.

Learn about all aspects

of gardening or just come along to see. It's a great way to get fit, enjoy the outdoors and learn new skills. The garden working party will be meeting each Wednesday afternoon from 2:00pm.

West End Dining Club

Not only do you get a good nutritious meal, the club aims to provide company, conversation and inclusion to individuals who access Micah Projects services as well as people in the community.

If you would like to come along please contact Lotus Place to put your name on the waiting list.

Arts and crafts

Let your creative juices flow in the new activities room at Lotus Place. The room is fully stocked with all kinds of goodies for your use such as painting, drawing, arts, crafts, sewing, embroidery, knitting and beading. If you are interested in bringing out your creative side, come along and learn to make greeting cards and celebration decorations for Halloween and Christmas or any celebration of your choice.



Donna Confetti Rags to stiches facilitator

Centre news continued

Oral histories and exhibition

The National Library of Australia are recording people from all over Australia talking about their experiences in institutional care, and The National Museum of Australia is putting together an exhibition to tell some of the stories of those experiences as children. It will be a voice for those Australians and a chance for others to understand something of what their fellow Australians went through. See National Museum contact details page 6.

In memory of Paul McKenzie. 25 Aug 2010



Calendars

Lotus Place > October – December 2010

* Create & Enjoy * * Learning & Life Skills * * Health & Wellbeing *

Monday 9-5	Tuesday 9-5	Wednesday 12-5	Thursday 9-3	Friday 9-5
<p>Lotus Place Volunteer Group 11:00am-12:00noon</p> <p>Computer Lessons Online Learning 10:00am-4:00pm</p> <p>Ten Pin Bowling League Fortnightly 12:30pm-3:30pm</p> <p>Job Club 1:00pm-4:00pm</p>	<p>Drop In Day 9:00am-5:00pm</p> <p>Healthy Cooking On A Budget 10:00am-2:30pm</p> <p>Reading For Understanding 10:00am-2:00pm</p> <p>CentreLink 11:00am-12:00noon</p> <p>LUNCH</p> <p>West End Dining Club 6:00pm-8:00pm</p>	<p>*** OPEN AT 12:00 NOON ***</p> <p>Getting Fit for 2010 12:00noon-1:00pm</p> <p>Grow Your Own Veggies Garden Working Party 2:00pm</p> <p>Yoga For Beginners 2:30pm-3:30pm</p>	<p>Rags to Stitches 9:30am-1:30pm</p> <p>Reading For Understanding 10:00am-2:00pm</p> <p>*** CLOSE AT 3:00PM ***</p>	<p>FAN Theatre & Drama Group Project 9:30am-11:30am</p> <p>Games & Puzzles 2:00pm-4:00pm</p> <p>Loaves & Fishes (Food Parcels) Fortnightly 3:00pm</p>

Centre Activities:	Other Activities:	Centre Services:	Centre Facilities:
<ul style="list-style-type: none"> • Painting & drawing • Crafts & beading • Knitting & embroidery • Walking group • Empower Arts • Films & movies • Story telling • Guest speakers • Regional activities • CPR and first aid training • LGBT peer support • Quit smoking 	<ul style="list-style-type: none"> • Regional activities • National exhibition • Oral histories library • Find & connect • Aged care forums • Homeopath • Acupuncture • Podiatry • Bowen therapy • Diabetes clinic 	<ul style="list-style-type: none"> • Newsletters • Reunions & celebrations • Esther advocacy & Redress services • Information & referral assistance • Photography • Vocational support • Counselling • Application assistance • Budgeting • Historical Abuse Network 	<ul style="list-style-type: none"> • Free tea & coffee • Newspapers & magazines • Library & book swap • TV room with Foxtel • IT and internet access • Kitchen & cooking facilities • Training room • Crafts & activities room

* Forgotten Australians Support Services * Lotus Place 18 Merivale Street, South Brisbane QLD 4101 * Freecall 1800 035 588

Date claimers

The Salvation Army Apology

The Salvation Army apology for survivors of Salvation Army Girls and Boys Homes of Australia

Tuesday 7th December 2010. 10:00am for 10:30am

Old Parliament House, Canberra

A sit down lunch will be provided

The apology will be given by the Chief of the Staff, Commissioner Barry Swanson (second in charge of the International Salvation Army) on behalf of the General of The International Salvation Army.

Assistance for travel to Canberra for the apology will be posted when more information is made available

Please RSVP and register to CLAN as seats are limited

Please call 1800 008 774 to RSVP to this event.

St. Vincents Home Reunion

14th November 2010. 10:00am-3:00pm

125 Queens Road, Nudgee, QLD, 4014

Former residents, family, friends and staff of St. Vincent's Home are invited to

attend the St. Vincent's Home, Nudgee reunion to be held on Sunday 14th November 2010 from 10am to 3pm at 125 Queen's Road, Nudgee 4014.

BYO picnic lunch or for a small cost those attending can enjoy a sausage sizzle. Free tea, coffee and morning tea plus BBQ facilities provided.

Life Be In It - FunWorks will be providing free face painting and organised games/activities for everyone (children and adults) from 11.30am to 2.30pm.

Parking available on site. If anyone would like to be added to the mailing list please contact Colleen on (07) 3267 9008.

BHSC activities

Monday	Tuesday	Wednesday	Thursday	Friday
Homeopath 10:00am-12:00noon Acupuncturist 4:00-5:15pm Counselling 4:00-6:00pm	Centrelink 9:30-11:30am QPILCH (legal team) 9:30-11:00am Podiatry 9:30am-12:30pm every 4th Tue Health Clinic (bulk bill) 11:00am-2:00pm	Mental Health Team 10:00-11:00am Acupuncturist 10:00-11:15am Medicare 10:30-11:00am fortnightly	Welfare Rights 10:00am-12:00noon fortnightly Art Group 10:00am-2:00pm Regular BBQ's Health Clinic (bulk bill) 11:00am-1:00pm Bowen Therapy 1:00-4:30pm	Dept Housing 9:30am-4:30pm Art Group 10:00am-2:00pm <div style="background-color: #003366; color: white; text-align: center; padding: 2px;">Daily</div> Registered Nurse M-F 9am-5pm by appointment

* BHSC, Peel Street, South Brisbane QLD 4101 * Book activities via blue book on front desk 07 3036 4444 *

Partnership activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brisbane Outsider Arts Studio (Access Arts) 10:00am-3:00pm	Brisbane Outsider Arts Studio (Access Arts) 10:00am-3:00pm	Visual Arts (Access Arts) 10:30am-12:30pm	Visual Arts (Access Arts) 10:30am-12:30pm Jane St Community Garden Volunteers 9:30am onwards	Drumming (Access Arts) 11:00am-1:00pm	Jane St Community Garden Volunteers 9:30am onwards Contemporary Dance (Access Arts) 10:00am-12:00noon

* Jane St Community Garden, West End * Access Arts, Dutton Park 07 3844 5897 for bookings *

More date claimers

2010 Christmas Functions

This year we are having three Christmas events in Brisbane, Rockhampton and the Gold Coast. At this point only arrangements for Brisbane are confirmed but if you live in Rockhampton or on the Gold Coast and would like to attend an event there please phone us on 1800 035 588 or 07 3844 0966 lotus@micahprojects.org.au.

Brisbane Function

South's Leagues Club – Davies Park,
Corner of Jane and Montague Road
West End, Brisbane

Friday 17th December 2010. 5:00pm
RSVP 13th December 2010 to Lotus Place on 1800 035 588, 1800 035 588 or 07 3844 0966 lotus@micahprojects.org.au make sure to let us know the age and gender of any children attending.

National Apology Anniversary Brisbane

16th November 2010.
11:00am followed by morning tea.

State Library Queensland Auditorium 2

Followed by morning tea.
RSVP: 12th November
1800 035 588 or 07 3844 0966 lotus@micahprojects.org.au.

National Apology Anniversary Rockhampton

16th November 2010
10 30am followed by lunch

The Square Dance Hall on the corner of Fitzroy and Kent Street Rockhampton.
RSVP: 12th November
1800 035 588 or 07 3844 0966 lotus@micahprojects.org.au

Important numbers



Forgotten Australian Support Services (Formally The Esther Centre)

Phone: 1800 035 588 (free call), or 3844 0966

Email: han@micahprojects.org.au **Web:** www.han.micahprojects.org.au

ARC: Phone: 1800 501 560 (free call)

Email: aftercare@relateqld.com.au

Web: www.aftercareresourcecentre.org.au

Forde Foundation: Phone: 1800 674 256 (free call)

Web: www.fordefoundation.org.au

Centrelink: Available at Lotus Place 11.30am – 12.30pm

Other visiting agencies available at Micah Projects Services. Ring 3036 4444.

Mental Health Team: Wednesdays 9:30 – 11:00pm

QPILCH (Free Legal Team): Tuesday 9:30 – 11:30am

Medicare: Fortnightly on Wednesdays 10:30 – 11:00am

Health Clinic: Bulk Billing GPs:

Dr Paul Cleary is available Tuesdays 11:00am – 2:00pm

Dr Peter Norris is available Thursdays 11:00am – 1:00pm.

Registered Nurse: Available Mondays 11:00am – 6:00pm.

Acupuncturist: Gemma Taylor Mondays 4:00pm – 5:15pm
and Wednesday 10:00am – 11:15am

Podiatry: Clinic 3rd Wednesday of each month at 9:30am – 12:30pm

Centre Link: Tuesdays 9:30am – 11:30am

Bowen Therapy: Thursdays 1:00pm – 4:30pm

Homeopath: Dennis Ryan Mondays 10:00am – 12:00pm

Art Group: Thursdays & Fridays 10:00am – 12:00pm

Welfare Rights: Every second Thursday 10:00am – 12:00pm

Department of Housing: Every Friday 9:30am – 4.30pm