

IT'S ABOUT TIME!

A newsletter of the Yarra Community Support Program

Volume 14

Summer 2009

YCS Staff

Hello Everyone,

Currently on the YCS Staff we have Bronwyn (YCS Team Leader) and Helena who are based at the Carlton Site—Lygon Street

Ph:9349-7333

We have Annie (Editor of this newsletter) & Oriana & Hayley based at Collingwood Site—Hoddle Street.

Ph:9411-4333

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CONTRIBUTE TO THE NEXT YCS NEWSLETTER!

Send us your writings, poems, thoughts, small pictures, film reviews, TV reviews, & news items for the next edition. Speak with your support worker or send it to Annie, YCS, Collingwood Site.

Summer Fun At The St.Kilda Sea Baths!

Our Beautiful Public Sea Baths You Can Get To By Tram, By Maina

I must tell you that in my view the best thing about Melbourne City would have to be the St Kilda Sea Baths. I go there as often as I can. I have been to many baths around the World but these ones are definitely my favourite choice. For example, I have seen the outdoor baths at Moscow, Russia where people swim under the snow with the cold wind blowing –Much too cold for me!

The St Kilda Baths, in contrast, have well heated salt water which is from the sea. The entire complex is light and modern. In the sauna area the air has a fresh kind of herbal/medicinal aroma which is really comforting. The water contains salt and so it keeps you upright more (increases



buoyancy) and this allows you to float around and relax- It is such a pleasure!

Concession rates are only \$8 per person and this pays for entrance to the pool, free locker and access to the hydrotherapy spa pool, and to the sauna.

The doors are always open on the beach side of the building, and some brave people go out and swim in the sea, and then return to the warm baths.

Only those who are not afraid of cold water do this!

St Kilda Sea Baths are located at 10 -18 Jacka Boulevard, St Kilda Ph:9525 4888

OPENING HOURS:

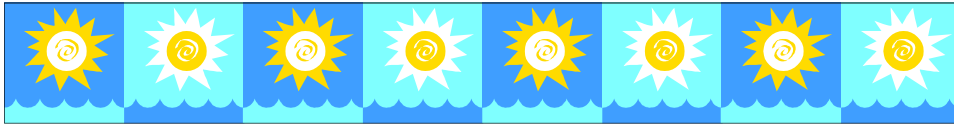
Monday to Thursday 5.30am to 10pm

Friday 5.30am to 9pm

Saturday & Sunday 8am-8pm

Public Holidays 8am-5pm

TRANSPORT: Catch the No. 96 or the No. 16 Tram to get there!



Are you doing or thinking of doing some tertiary study but you need some extra support because of your disability?

I am currently doing a course at Royal Melbourne Institute of Technology (RMIT) and there are two Student Services which provide special help for me so I can participate more fully in my studies. One of these is called **The Disability Liaison Unit**. The Unit is staffed by some really caring and understanding people who can talk to your lecturers about your special needs. They can also arrange for extra time for you to complete your essays, exams and assignments if you need it. They can be a place to go on campus if you just need a friendly person to talk to about any difficulties you are having.

The Study and Learning Centre has been particularly helpful for me. Here there are staff available at certain times to give guidance and advice to students about their subject areas and projects. They can give really good tips on how to present your work for assessment!

From Le.

YCS Recreation Outing to the Tulip Farm,

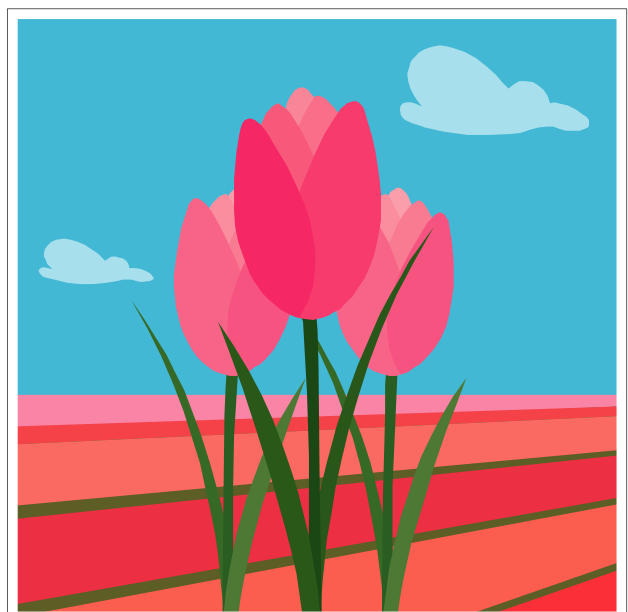
Dandenong Mountains

In Springtime I went on this outing and I had a really wonderful time.

The tulips were really beautiful and colourful and luckily we picked a lovely sunny day to go.

I really enjoyed myself!

By Ruth



Poetry by Maureen

THIRD POEM—PART ONE.

Tears stream down my face,
I'm so afraid of him, he keeps telling me
I'm just a waste of space,
He hits me, and mentally drains me,
He abuses me so badly, I need to be set free.

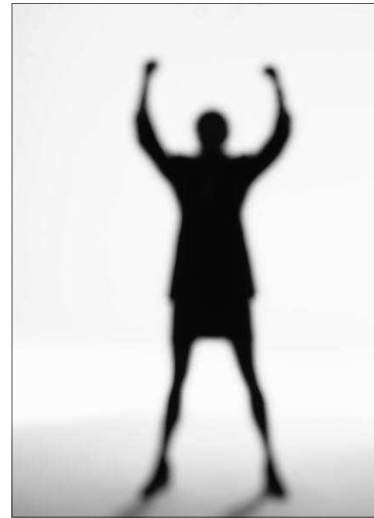
Living in fear, with no place to go,
Thoughts of suicide, but my religion says "no",
How do I escape this very real threat,
Before my body is broken, again yet.

I don't understand how anyone can be so mean,
Oh God how I wish it was all a dream,
Unfortunately it's a reality so clear,
That I live in mental anguish and fear.

Where can I escape to, when I have not a friend,
When the hell will this torture ever end,
He hates people, but I love them so,
But do I have friends, thanks to him, no.

He hates me conversing with anyone at all
He gets so jealous and mean, When I speak to others
It's like hitting a brick wall,
I need my freedom, I need to be myself,
But if I do that, it won't be good for my health.

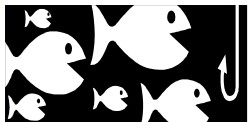
14-03-08 (c)



WOMEN'S DOMESTIC VIOLENCE CRISIS SERVICE OF VICTORIA (WDVCSV):

*For information, support and referrals to safe accommodation
Phone 03 9373-0123 or 1800-015-188, 24 hours.*

*You can also Speak to your YCS Support worker for assistance or
contact NYCH Reception and they can talk to you about how you
can make a time to see a social worker or counsellor.*



FREE (OR VERY VERY CHEAP) STUFF TO DO AROUND THE NEW YEAR/SUMMER PERIOD!

If you are celebrating Christmas:

Myer Christmas Windows:

Since their creation in 1956, the Myer Christmas Windows have attained a world-wide reputation. This years Myer window theme is based on Alan Snow's children book 'How Santa Really Works'. **Visit the windows from 7.30am to 1pm** every day until Sunday, 4 January.

(Location: Myer Melbourne, 314-336 Bourke St, Melbourne)

City of Yarra Carols by Candlelight Concert:

This free concert features the Australian girls choir, local school choirs, and community choirs. There will also be a special appearance from Santa Clause! It is held from **6 to 9pm on the 11th of December**.

(Location: Edinburgh Gardens, North Fitzroy, catch tram 112)

Rehearsal Night for Vision Australia's Carols by Candlelight:

This is a great way of experiencing the fun on Melbourne's famous carol by candlelight at a significantly lower rate, and is a great way of seeing how the event comes together and get a sneak preview of the show!! The night includes sound checks and rehearsals for performances. Okay so it's not free but it is still cheap- you can go by making a **\$5 contribution** at the gate. This event is held from 4pm on the **23rd of December (Note gates open at 4pm, however queues usually start from early afternoon)**.

(Location: Sidney Myer Music Bowl, King's Domain Park, near Linlithgow Ave)



Cultural Events

Tianjin Kite Festival:

This festival on the **18th of January (12-4pm)** celebrates the sister city relationship with Tianjin, China, and is an annual event presented by the City of Melbourne and organised by the Chinese museum. The event includes lion dancing, kung fu, fortune telling, ribbon dancing, Chinese music and traditional kite making and displays.

(Location: The museum of Australian Chinese History, 20-24 Cohen Place, Melbourne)

Osaka Twilight Festival:

This festival is held on the **22nd of February (4pm-8pm)**. During the evening you can take part in a traditional tea ceremony, try on a kimono, and enjoy interactive

dancing and music (both traditional and contemporary).
(Location: Treasury Gardens, 2-18 Spring St, East Melbourne)

Free entertainment

Movies on the Waterfront:

Enjoy a free movie on the big screen at Waterfront City, **every Thursday and Friday from 7.30pm during the month of December**. Waterfront City's Piazza is the perfect setting for this outdoor event and you can see the screen from any point in the public area. Movies includes Bicentennial Man (Thu 11/12), Muppets from Space (Fri 12/12) and Christmas with the Cranks (Thu 18/12).

(Location: Waterfront City, Docklands. Waterfront City is 5 minutes from the CBD and is assessable by tram (48, 86, & 70).



Summer Fun in the Parks:

Sunset Concert: The Black Sorrows

Enjoy a free concert as the sun goes down on **Saturday 17th of January at Fitzroy Gardens (7.30pm – 9.30pm)**. Bring a blanket and picnic and your dancing shoes (just in case) and enjoy the soulful soundtrack of the Black Sorrows.

(Location: Fitzroy Gardens, 230-298 Wellington Pde, East Melbourne, at the stage lawn opposite Model Tudor Village)

JazzHead: Noisy Jamana @ Piazza Italia

On **Sunday 18th of January (10.30-12.30pm)** grab a coffee in Lygon St and wonder down to Piazza Italia to listen to live JazzHead artists and their bands.

(Location: Piazza Italia, Lygon St (Argyle Square), Carlton)



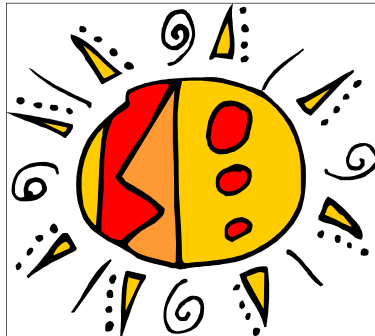
Getting Active

Ready Set Sail:

Learn the basic sailing skills for free within the protected area of the Docklands waterway and see a whole new perspective of Melbourne. This is a hands-on workshop that will provide you with the opportunity to sail in a safe and fully supervised environment. Lessons run for 90 min and suitable for adults and children aged 5 and older (participants aged 5-18 must be accompanied by a guardian). You will need to bring a hat, waterproof

jacket and a change of clothes. There are **4 lessons daily at 9.30am, 11am, 1pm, and 2.30pm, and this opportunity will run from the 9th and 10th of January, 2009. Bookings are essential** and can be made by calling 9658 9658.

(Location: Victoria Harbour, Victoria Harbour Promenade, between Corporation Road and Shed 4, Docklands)



Sand Sculpting:

Come play and create your own sand carvings at a hands-on 30 min workshop at Waterfront City. **There are 4 workshops daily at 9.30am, 11am, 1pm, and 2.30pm on the 14th and 15th of January. Bookings are essential** and can be made by calling 9658 9658.

(Location: Waterfront city Piazza and Pavillion, 429-437 Docklands drive, Docklands)

Free Aerial Trapeze Workshop:

Don't miss your chance (if you dare) to experience the thrill of the trapeze when the City Square becomes home to the flying trapeze from the **17th of January to the 1st of February (4 workshops daily at 8.30am, 11am, 3pm and 5.30pm, plus the Flying Trapeze spectacle at 1.30pm daily)**. Young and Old can book in for a free aerial trapeze workshop which runs for 2hrs. Please note participants aged 7 to 18 must be accompanied by a guardian. **Bookings are essential** and can be made by calling 9658 9658.

(Location: City Square, cnr Swanston and Elizabeth St, Melbourne)

Tai Chi @ Federation Square

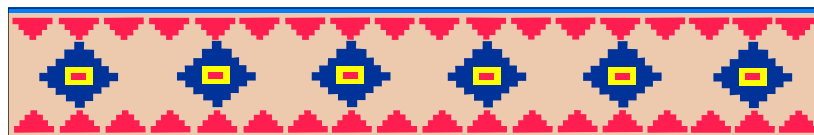
Tai Chi is held **every Tuesday from 7.30am to 8.30am**, and is a great way to begin the day refreshed, energised and rejuvenated.

Originally developed (and still practiced) as a martial arts system, Tai Chi has been used to keep fit and prevent and cure diseases amongst the Chinese people since the 16th century. The 1hr long classes are led by experienced instructors and free to all.

Anyone regardless of age or level of fitness can practice and benefit from Tai Chi. Loose, comfortable clothing and flat shoes should be worn to classes

(Location: Federation Square, 2-20 Swanston Street, classes are held adjacent to Federation Square's Swanston Street entrance.

In case of bad weather sessions will move to Federation Square's Atrium- entry via Flinders Street)



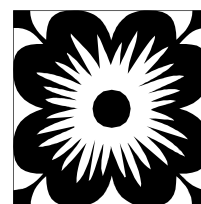
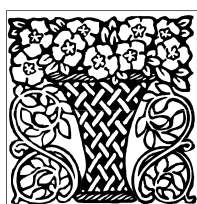
Arts and Gardens

Royal Botanic Gardens:

The Royal Botanic Gardens located near the south bank of the Yarra, is widely regarded as among the best in Australia and the world. Entry to the gardens is free and there are also free guided walks available.

The gardens are open daily from 7.30am to 7.30pm (during summer period).

(Location: Royal Botanic Gardens Melbourne, Birdwood Avenue, South Yarra, From Flinders Street, you can catch a tram (3, 5, 8, 16, 64, 67) Get off the tram at the Domain Road Interchange. Walk towards the Shrine of Remembrance and you will see the Observatory Buildings. The Observatory buildings are part of the Gardens. The Visitor Centre is located here and can be a good starting point)



Yarra River Art:

The Yarra River winds through the heart of the city, providing the backdrop for a vibrant outdoor art gallery including sculptures, architecture, paintings and 'soundscape'.

(Location: Yarra River, Melbourne)

Free Transport

Melbourne City Tourist Shuttle:

The Melbourne city tourist shuttle is a great way to see Melbourne for free. Hop on and off at key city destinations including Melbourne museum, Queen Victoria market, Royal Botanic Gardens, and Chinatown.

The shuttle runs 9.30am to 4.30am daily excluding Christmas day and Good Friday.

The complete trip takes 1 hr and includes onboard commentary. Pick up a brochure from Melbourne Visitor centre at Federation Square.

Free City Circle Tram:

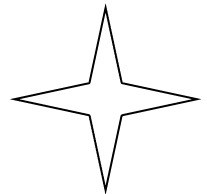
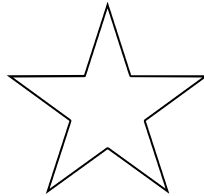
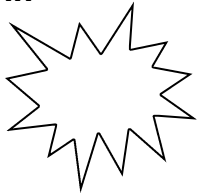
City Circle trams are burgundy and gold in colour and are Free. The tram goes on a full circuit of the city, which takes about 30 minutes, but you can get on and off as you please.

All the best with trying out some of these Free activities. Perhaps you and your YCS worker could try out some of what's available, be sure to let us know how you get on. A good website to find out about free activities and events in Melbourne is

www.thatsmelbourne.com.au

Ourconsumerplace.com.au

A New Website For Providing Support For People Who Have a Mental Health Diagnosis— Run for Mental Health Consumers by Mental Health Consumers. Our consumer place is a resource centre run by and for mental health consumers in Victoria. They offer tailored information, help advice, information and training to individuals and groups in Victoria who are providing services or trying to set up support groups etc for themselves. These “initiatives” can be support groups, businesses—whether these are happening in someone’s lounge room or are part of a larger organisation. You can come along to an introductory workshop to find out more by booking in from the consumerplace website. Otherwise you might just like to join a chatroom or find out more about other peoples experiences as “survivors” of mental health problems. The website can also provide a lot of useful information about particular mental health problems and how to deal with them, or support groups and services which you may want to become part of yourself.



*Seasons Greetings to All
Our Readers and We
Wish You A Very
Happy & Peaceful 2009
From The Staff At YCS!*

