

# Ultimo Community Centre Newsletter

11 September  
2020  
Issue 18

## What services are now available?



We are currently open one day a week on Wednesdays.

Sessional bookings are 10.30am – 2.30pm in 45 minute slots. There will be NO ACCESS to sports courts, table tennis and the Library but you are welcome to use the lobby seating and to book and see our Community Worker.

To make a booking please contact our Community Worker Winnie:

Phone: 9298 3103 Email: [wkoit@cityofsydney.nsw.gov.au](mailto:wkoit@cityofsydney.nsw.gov.au)

Visitors will be asked to practise safe personal hygiene and use the hand sanitisers at the entrance before entering the centre and also on the way out.

It is a legal requirement for ALL visitors to sign in using the QR code with your smart phone camera, complete the form and show your registration confirmation message to staff on each entry

If you have any questions please feel free to contact us by phone or email.

## 'What's On' Sydney



City of Sydney Council Community Centres are continuing to offer Free Online Recreational and Exercise activities

[Online Internet Skills](#) – for new computer users

[Online Smart Phones and Tablets](#) – introduction to smart phones and tablets

[Online Web Page Design](#) – learning how to build a web site

For Exercise classes and lots more.

Go to [Community-Centres-Online-Programs](#)

[City of Sydney What's On Newsletter](#)- Jazz up the nights, history week and affordable Adobe classes

## How Are We Doing?



Hi there, from the Ultimo team with issue 18 of our newsletter. We would love your help with guiding the future content of upcoming issues. We welcome any suggestions for articles or local news that you would like to be included and invite your ideas for consideration.

[Let us know!](#)

# City of Sydney News Updates



Go to this link for [The latest stories from our local area](#) on business, planning building and city life



[Subscribe to City E-mail Newsletters](#)

To get the latest news, from our events listings to top tips on living green delivered directly to your inbox.

# Sydney Covid-19 Latest



NSW Health has advised of recent Covid -19 transmissions at Newtown Paddington in the City Camperdown and Balmain so it is more important than ever to stay informed and check the [Latest NSW Health Advice](#) advice as the Covid-19 situation continues to change rapidly.

Remember to:

- [get tested](#) if you experience any (even mild) symptoms
- [self-isolate](#) if you're waiting for test results, diagnosed with Covid-19, are a close contact, or are suspected of having Covid-19
- follow the [latest gathering and movement rules](#) when visiting family and friends or going out, and limit unnecessary activities
- check the [Latest NSW Health Advice](#) regularly
- consider [using a mask in high-risk public settings](#) - this is strongly encouraged
- be a role model for your family and friends and help [stop the spread by taking precautions](#).

# R U Ok Day



To celebrate R U Ok day this week one of our lovely readers Tim shared these lovely photographs of spring flowers from his walk in the Domain. The first photo features the flowers from the plant 'yesterday **today** tomorrow' Tim also shared his thoughts that this plant reminded him that the only thing you have influence over is how you live **today**, right now so it is no use worrying about the past or the future and to do what you can **today** to create the best outcomes for yourself, friends, family and workmates. To tread lightly and be generous of spirit and be forgiving during these challenging times. Which also reminded the editors of the quote 'the past is history, the future a mystery and today is a gift that's why it's called the present' - so Tim's message from R U Ok Day is to cherish the gift of **today** and be generous in spirit to others.

R U Ok Day is also a reminder to check in with a friend, family or workmate in case you or they are currently experiencing any emotional or financial stress and need support. It is a time to remind yourself and others that you and they are not alone. R U Ok also provide a range of [resources and tips](#) on how to have a conversation and be there for someone in need. We have also listed some contacts to seek further support **today**. Book in to see your doctor to get a referral for counselling or contact the Red Cross on Tel: 1800 733 276 or Life Line on Tel: 131114 or Beyond Blue on Tel: 1300 22 4636 for a telephone counselling session

# Sustainable Sydney



[Growing edible flowers online class](#) - In this class organised by our Sydney City Farm you will learn about edible flowers to grow in spring and summer. Edible flowers which will flourish in pots and small spaces. Including a demonstration of how to sow flowers from seed and one packet of seed mailed to you after the class.



[Eco living online for kids - sign up for fun!](#) - Eco-focused activities for the family and how it's the little things we do, that can make the biggest impact in protecting our environment. This program is available across a two and a half day weekend.

## Recipe of the Week - **Andrea's Roasted Tomato Bruschetta**



### INGREDIENTS

- ½ cup balsamic vinegar + 250g goat cheese or ricotta cheese
- 2 tbsp basil, sliced + 2 cups cherry tomatoes, diced
- 1 French baguette (or bread of your choice)

### INSTRUCTIONS

1. Pour the balsamic vinegar into a small saucepan, and heat over low to medium heat until it comes to a slow boil. Allow to simmer for about 8-10 minutes. The vinegar will thicken while it cooks. Once the amount that is in the pan reduces by about half, turn the heat off. Pour the vinegar into a bowl to allow to cool. As the vinegar cools it will thicken more and become a glaze. 2. Cut the tomatoes in half or thirds to desired size.

3. Roll the basil to chop into fine strips. Combine tomatoes, and basil together and gently stir to mix. 4. Slice the baguette into desired slice size. You can toast the baguette if desired or serve un-toasted. To toast preheat the oven to 180 C. Lay the slices down and cover with butter or olive oil. Bake for 8-10 minutes until golden brown.

5. Spread the bread with goat cheese or ricotta cheese and serve with the bruschetta on top. Drizzle with the balsamic glaze on top. Enjoy!!!!

# Have Your Say On Our Inclusive and Accessible City



We're working on our fifth [inclusion \(disability\) action plan](#) and your input can help shape it.

We want to hear from people with disability, people with mental health conditions, carers, disability workers and disability organisations. Help us better understand the needs of our communities and share your experience about physical and less visible, barriers you may face in our area.

You can complete a [digital survey](#) attend an [online workshop](#) or provide input over the phone.

We're committed to creating an inclusive workplace and more liveable community for people with disability. The results will help us better support our employees and communities.

Feedback closes on Wednesday 9 October

## Finding Financial Security



Some of you missed the 'What's On' Free Zoom class presented by General Assembly and we know many of you have family and friends looking for work right now so we asked on your behalf and General Assembly have generously supplied us with a recording of the zoom class "**How to Adult - Getting and Keeping a Job**" [here](#).

Did anyone ever actually teach you how to be an adult ? Or where you just expected to pick it up somewhere along the way? If so you may have missed a few important steps; like how to be financially responsible, how to save for a house, how to network effectively...the list goes on. This zoom class is designed to teach you not only how to talk the talk, but actually walk the adult walk.

School and university are very different to workplaces. This class runs through the whole job process, including finding, applying, interviewing and then keeping your job. You will see a live demonstration of how to fix your resume, the exact words to use in an interview and some meditation techniques to calm your job stress. The Zoom class also highlights how to cope with failure and why self-awareness and empathy are key aspects with regard to getting a job. This can actually be an exciting time to learn new skills and find new opportunities as you look for a job, hold onto your job or even make a new job for yourself.

General Assembly are also running a new community initiative - **The 2030 Movement** - a free week-long festival 14-19th September (starting next week), of learning to inspire you to upskill, reskill and to use technology to build a better world by 2030. As part of the movement, General Assembly is partnering with leading companies to bring you an exciting and quality program of events. Check out the program and register at the official website: <https://www.the2030movement.com/>

# Harris Community Centre



The staff at the Harris Community Centre are running activities for families.

- **Fridays - Uniting Mustard Seed Church Playgroup 10:30am to 12pm**

To attend you must pre-register and book by phone or email. Limited places available

- **English classes for parents and carers.** Children welcome. Call to register

- Tai Chi - Wednesdays 10am Zoom class <https://us02web.zoom.us/j/82595794748>

- “Sky English” – Wednesdays 1pm via Zoom in English/Mandarin, suitable for pre-beginner seniors “空中英語” 每星期三下午1.00-2.30中英教學, 送姆網址: <https://us02web.zoom.us/j/82595794748>

- Dancing Workshops Wednesday 11:15am Zoom class <https://us02web.zoom.us/j/89835737708>

- Emergency Relief Service for Ultimo Residents who are in need of help. Call to register

**Anyone experiencing difficulties is welcome to access this emergency service**

Monday to Thursday 10am-12pm and 2pm– 4pm

97 Quarry Street, Ultimo

9552 1140

[harriscentre@uniting.org](mailto:harriscentre@uniting.org)

## Latest Updates

- **COMMUNITY GRANTS**

The Centre for Volunteering has Supplementary Grants of between \$1,000 and \$5,000 to support organisations working with volunteers during COVID-19 pandemic conditions.

Applications close Sunday 20 September: [Supplementary-volunteer-grants](#)

ANZ and the Sydney Gay and Lesbian Mardi Gras offer grants to LGBTIQ+ not-for-profit community organisations, charities and individuals supporting Australian LGBTIQ+ communities.

Closes 4 October: [Mardi-gras-grants](#)

- **POWERHOUSE ULTIMO RENEWAL**

You can take an online survey or join a webinar to look at the future of the Ultimo Powerhouse Museum as part of the development of a business case. This follows the decision to retain this site as part of a museum over four sites: [HERE](#).

- **SUSTAINABLE SYDNEY**

[How to go renewable without rooftop solar](#) - Even if you're renting, you can go 100% renewable. Learn about Green Power and power purchase agreements.

[How to switch to renewable energy if you rent](#) - It's faster and easier than you think. Learn about Green Power