

NEWSLETTER

VOLUME 40 | February 2023

Happy 2023 to all and welcome to our new Assistant Manager, Fiona Paraman!

I hope the year brings some peace and happiness for all.

We wish those of you with ill health all the best and hope you are managing well.

We also acknowledge the passing of Forgotten Australians over the holiday period and send our sincere sympathy to all those who are grieving losses.

The end of 2022 didn't bring the summer change many of us had hoped for, but it has arrived since!

Regardless of the weather, 2022 ended on a bit of a high for our staff and many of our Forgotten Australians, with the return of the Malvern Town Hall Christmas event.

Over 300 people attended to enjoy the Christmas lunch, DJ, photo booth, raffles, spot prizes and much singing and dancing with Elvis. Most importantly, it was a chance to connect and reconnect with others. We have included many of the photos in the newsletter.

Many Social Support Groups also held their Christmas events throughout December. We hope you enjoyed any events you attended.

The new year started with Fiona Paraman joining the Open Place team as the new Assistant Manager. We are delighted to have Fiona on board and look forward to returning to a full team in coming months.

In this edition

A Message from Michelle McDonald	1
Welcome to Open Place	2
Victorian Government Redress Scheme Q&As	3
Alliance for Forgotten Australians Update	4
Reunions	6
Christmas Party Photos	7
Redress Team Update	11
Counselling Team Update	11
Records Team Update	12
Men's Walking Group	12
Drop-In Centre	13
Activities	13
Cook Up	14
Social Support Group Updates	15
Recipe	24
Contact Us	25

We're going green

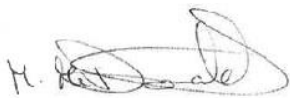
As you know, this newsletter is sent by snail mail to reach all our valued service users, stakeholders, funding bodies and members of the public. We're continuing to print and send the newsletter by post, but we'd like to send it by email to anyone who is happy to receive it.

If you'd like to help the environment and get the newsletter as quickly as possible by email, contact us on:

1800 779 379 | info@openplace.org.au | openplace.org.au

In October 2022, the Victorian Premier Daniel Andrews announced a Redress Scheme for Forgotten Australians. This newsletter includes an update from the Victorian Government Department of Families, Fairness, and Housing (DFFH) with answers to frequently asked questions (FAQs). In particular, please note that the scheme will be developed during 2023. If you would like to be involved in this process, please contact DFFH by email VictorianGovernmentRedressScheme@dffh.vic.gov.au. The scheme will not be accessible and operating until 2024.

We will be updating our website as information becomes available. Visit openplace.org.au. The website is a great resource to see what is currently being provided at Open Place that may be of interest to you. You can also share your feedback by visiting www.openplace.org.au/feedback or scrolling to the bottom of the website and clicking on the 'Feedback' button, located under 'Helpful links' heading.



Michelle McDonald
Senior Manager Open Place

Welcome to Open Place

Fiona Paramen, Assistant Manager

Fiona is a counsellor with experience in private practice, telephone crisis services, family violence and eating disorders.

Over the last 10 years, her roles have included training development, delivery and coordination and team leadership. Her specialisation in mentoring and training practitioners, often in risk assessment associated with trauma and suicide, has led her to care deeply about trauma informed service delivery.

Most recently Fiona was the Program Coordinator for Relationships Australia Victoria's (RAV's) Redress Specialist Services, and she is excited at the opportunity to contribute to services for Forgotten Australians at Open Place.

Fiona's other passions are music and nature.



Victorian Government Redress Scheme for Pre-1990 Care Leavers (Forgotten Australians) – Answers to frequently asked questions

On 12 October 2022, Victorian Premier Daniel Andrews announced that the Victorian Government will establish a Redress Scheme, provide support, and deliver a formal apology to Victorians who were placed in orphanages, children's homes and missions and experienced physical, psychological, and emotional abuse or neglect.

The Government is investing \$2.9 million to co-design the Scheme, which will include urgent hardship payments of up to \$10,000 for care leavers (Forgotten Australians) in exceptional circumstances.

The co-design of the Scheme is being led the Department of Families, Fairness and Housing (the department), who have provided answers to some questions about the Redress Scheme below. The department uses the term 'Pre-1990 Care Leaver' however, recognises there are multiple ways individuals and groups identify themselves, including Forgotten Australians and Care Leavers.

Why is the Victorian Government establishing a Redress Scheme (the Scheme) for Forgotten Australians?

The Victorian Government acknowledges the trauma and lifelong impact of the physical, psychological, emotional abuse and neglect experienced by many Victorian children while placed in historical institutional care.

Many of these children grew up not knowing their family and their grief and trauma continues today, with many experiencing poverty, homelessness, and mental illness because of the abuse they experienced.

What period will the Scheme cover?

The Scheme will cover the period before 1990, when an estimated 90,000 Victorian children were placed in care. This was due to factors such as economic stress, social disadvantage, being orphaned, having a single parent or parental mental illness.

After 1990, legislative changes in Victoria led to the closure of the last of the children's homes and orphanages. This period however will be confirmed during the design of the Scheme including a co-design phase with Forgotten Australians.

How long will the Scheme run?

It is anticipated the Scheme will operate for 5 years.

When will the Scheme commence?

The Scheme is expected to commence in early 2024. Ahead of this, exceptional circumstances payments will be available from early 2023.

How can I access an exceptional circumstances payment?

Information about the payment including eligibility and application process will be available early in 2023.

How will the Scheme be administered?

The Department will lead the design, preparation, and implementation of the Scheme. Any perceived or actual conflict of interest will be managed transparently with independent governance and oversight, and with living experience expertise.

How will the Scheme align to other Redress Schemes?

The new Scheme will build on support available through the National Redress Scheme, set up after the *Royal Commission into institutional Responses to Child Sexual Abuse* and comparable Schemes in Victoria and other jurisdictions.

How will Forgotten Australians be involved in the design of the Scheme?

Information about opportunities for Forgotten Australians to be involved in the design of the Scheme will be available in early 2023. It is anticipated there will be a variety of opportunities available for those who wish to be involved, including input via email, telephone and face-to-face forums. The department will actively seek to engage with Forgotten Australians from a broad range of backgrounds and experiences.

How will key stakeholder organisations be involved in the design of the Scheme?

Information about opportunities to be involved will also be available in early 2023 to organisations who are responsible for historic institutional care as well as those who currently provide services for Forgotten Australians.

Where can I find out more and register my interest in getting involved in the design process?

You can find information about the Scheme and consultation process by going to the [Pre-1990 Care Leavers](https://services.dffh.vic.gov.au/pre-1990-care-leavers) webpage - <https://services.dffh.vic.gov.au/pre-1990-care-leavers> or emailing [Victorian Government Redress Scheme](mailto:VictorianGovernmentRedressScheme@dffh.vic.gov.au) - VictorianGovernmentRedressScheme@dffh.vic.gov.au.

An update from the Alliance for Forgotten Australians

Life Stories Project

In 2022, the Alliance for Forgotten Australians (AFA) was pleased to conclude our Life Stories Project, which was funded by Department of Social Services, and due to the restrictions of COVID-19, took us just on 2 years to complete.

The Life Stories Project made it possible for 60 Forgotten Australians to tell their life story. The completed stories have been printed with photos and documents. Each Forgotten Australian has received 20 copies of their story. The Forgotten Australian is the owner of the story and decides who should receive a copy of their story.

The project had the following aims:

1. enabling and empowering participants, via storytelling, to claim or reclaim their identity;
2. assisting participants, via storytelling, in their emotional and psychological recovery; and
3. assisting participants, via storytelling, to reconnect with family.

The Life Stories Project developed a model for storytelling that ensured the support and wellbeing of participants. The project recruited and supported a group of writers with knowledge of and experience in working with Forgotten Australians.

The project successfully met its target of 60 completed stories.

Feedback from participants and writers suggests that the Life Stories Project met its objectives. As part of the wrap up of the project, a report will soon be published on AFA's website which includes lessons learned and suggestions for future life story work with Forgotten Australians.

AFA acknowledges all those who participated in the Life Story Project, first and foremost, the Forgotten Australians for their courage and wisdom. We also thank the writers for their skills and sensitivities and the Find and Connect service network for their support.

And finally, we thank Simon Gardiner for his coordination of the project, his patience, collaborative approach and his ongoing advocacy on behalf of and with Forgotten Australians.

AFA 2021-22 Annual Report

AFA held its AGM in December 2022, and the Board and members were pleased to release its 2021-22 Annual Report which is now available on our website:

<https://forgottenaustralians.org.au/assets/docs/AFA-2021-22-Annual-Report.pdf>

There is more important work ahead of us in 2023 which we look forward to spreading the word about soon.

National Redress Scheme Roundtable

It was fantastic that three AFA members and the majority of Find and Connect services were represented at a Roundtable with the Hon Amanda Rishworth MP in December to discuss the National Redress Scheme. As always, we wait to see how feedback is integrated into improving the system for all who need to access it.



Pictured: Gordon Hill (AFA WA), Dave Henderson (AFA Tas), The Hon Amanda Rishworth (Minister for Social Services) and Caroline Carroll OAM (AFA Vic)

Former Residents Annual Reunions

Child and Family Services Ballarat (Cafs)

You are warmly invited to attend the Former Residents Annual Reunion activities to be held across 2 days – 23 and 24 February 2023.

Thursday 23 February 3pm - 4pm, Re-opening of Cafs Exhibition Space

Over the past 12 months we've been redesigning the downstairs exhibition space in collaboration with the Former Residents Advisory Group. This is where we display objects and artefacts relating to the Ballarat Orphanage and Ballarat Children's Home.

Join us for its unveiling! Some light finger food and beverages will be provided.

Friday 24 February 11am - 3pm, Former Residents' Annual Reunion

Join us as we get together at the Russell Square clubrooms for the reunion lunch event.

Humffray Street North, Ballarat East
(enter via Stawell Street)

Lunch, nibblies and refreshments provided.

Please RSVP as soon as possible by:

Emailing records@cafs.org.au or phoning 5337 3333
and advising the following:

- The event/s you will be attending
- Attendee names
- Any special dietary requirements



Box Hill Boys' Home Reunion

All ex-residents of the Box Hill Boys' Home are invited to the next reunion which will be held on the 11 March 2023 at 12pm at Windy Hill Bistro (corner of Napier and Brewster St, Essendon VIC 3040).

For more information, please call Ray Turner on 0427 332 584.

Christmas Party Photos









Redress Team Update

Our Redress team is in full swing, supporting Forgotten Australians with their applications for the National Redress Scheme. Any Forgotten Australian considering making an application to the National Redress Scheme is strongly encouraged to get support, to ensure you receive the best outcome.

Redress Support Workers can visit regional areas in Victoria to meet people who would like in-person support with their Redress application. If you would like to discuss the National Redress Scheme, who is eligible to apply and what support we can offer, please get in touch with Open Place.

Counselling Team Update

Open Place continues to provide and fund counselling support for Forgotten Australians and family members. Open Place can help you find a suitable counsellor in most regions of Australia or even overseas, or you might already have found a counsellor you want to work with. We also have a small team of Open Place counsellors based at our offices at Richmond. If you would like to arrange counselling or find out more, please get in touch with us.

We recently said farewell to Ruth Adams, who finished up in her role as Senior Counsellor. Ruth worked in several teams at Open Place for over 8 years. Ruth was highly respected by her colleagues and the many Forgotten Australians that she supported with great care and compassion over the years. We say thank you to Ruth for her great contribution to Open Place and wish her all the best in her future endeavours.

Please note that our counselling service is appointment-based and operates during business hours. Unfortunately, there is not always an Open Place counsellor available to provide an immediate crisis response. The two main crisis services for 24/7 mental health support are Lifeline 13 11 14, and Beyond Blue 1300 224 636. You can find an extensive list of telephone and online support services at rav.org.au/resources/mental-health-services if you need immediate support.

Records Team Update

The Open Place Records Team currently consists of Diane Jacobson, Lydia Wasilenko, Emma Kitson and Sharon Guy.

The Department of Human Services Care Leaver Record Service are catching up on their back log of records requests, which means that many of our service users are now getting their records. Some people have been waiting for almost 2 years. Sadly, there is still a delay in obtaining larger files, with the department only releasing 150 pages at a time.

It is worth noting that if our service user needs their records urgently for court or due to their ill health, the Care Leaver Record Service can prioritise these requests. Please let your records worker know if this applies to you.

Men's Walking Group

With the precision of a German car, the Men's Walking Group has been purring along.

In November, we set off on the golf course once again, newly joined by staff member Shaye, who had no knowledge of golf. After an early deadlock, the water hazard at the eighth hole soon sorted out the contenders from the wannabees.

Only David had the focus and skill not to get his ball wet.

After an ice cream for all, David was declared the winner!

Our next catch up was on a hot January night when we headed to the Big Bash at the MCG, again, accompanied by Shaye. After some people arriving early and others a little later, we managed to find terrific seats to watch the Melbourne Stars lose yet again.



Drop-In Centre

The Drop-In is well and truly back from the Melbourne lockdowns. It has been lovely to see you all back in 2022 and we look forward to seeing you all this year.

At our Drop-In Centre we aim to provide a safe and welcoming space for Forgotten Australians. Visit us at 1/8 Bromham Place, Richmond to:

- connect, support each other and share stories together
- access free laundry facilities, computers and our library
- have a cup of tea or coffee, as well as breakfast, lunch and snacks
- join other service users from 12pm on Fridays, for a sit-down lunch and a catch-up
- meet face-to-face with staff to talk about any support needs you may have
- participate in activities such as walking groups and art therapy programs.

On Tuesdays we have been enjoying soup during those colder months and fresh sandwiches when it's a bit warmer.

Our current opening hours are Tuesdays 10am - 4pm and Fridays 10am - 3pm.

Activities

Join Our Ladies' Art Group

If you are looking for a safe space to be creative, then our art group is perfect for you. From painting to sculpture work, collages and bead work, let your imagination run wild.

Not an artistic bone in your body? Don't worry, our Art Therapist, Susan, will guide you along the way, and you will still have plenty of freedom to express yourself and create something unique and personal to you.

WHEN: Third Thursday of the month in 2023

TIME: 1 - 4pm

WHERE: Open Place Drop-In Centre, Suite 1 / 8
Bromham Place, Richmond

For more information or to let us know if you would like to attend, please call Open Place on 1800 779 379 and ask to speak with the Drop-In worker.



(Pearl with her Art Group Design)

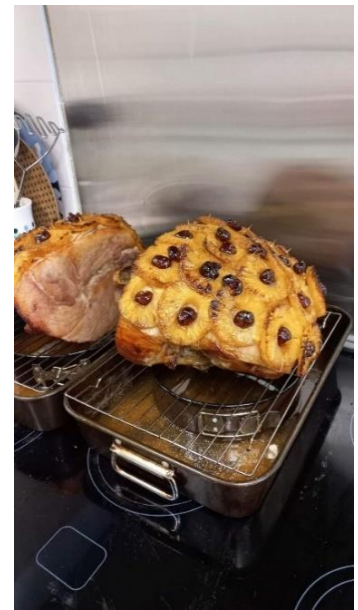
Friday Cook Up

Our Friday Cook Ups are always filled with laughter and fun, with the group enjoying some of our fan favourite lunches. Our 'Cook Up Queen' Emma delivered us a delicious Christmas ham for December which was a 10/10 all-round. Shaye has been enjoying helping Emma on a Friday and learning the Cook Up ways.

We also receive an Oz Harvest delivery each week, and often receive lots of different fruits, vegetables, frozen meals and treats for all to take.

On Fridays, we're open from 10am – 3pm, and lunch is served at 12pm.

All Forgotten Australians are welcome!



Social Support Groups (SSGs)

Gippsland/Sale SSG

The Gippsland/Sale SSG have been enjoying meeting each month over a warm meal and good chats.

In October, we travelled to Heyfield and attended the Railway Hotel – thanks to Allan for his recommendation. This hotel turned out to be one of the best meals of the year and many laughs were had this day.

In November, we attended our home base at the Sale City Band Hall and in December we had a Christmas celebration at the Sporting Legends in Sale. It was a lovely day with Christmas cheer and was great to see some new faces.

Liz and Shaye look forward to the year to come and seeing all of you at the group each month.

The Gippsland/Sale group meets every second Thursday of the month. For anyone who wishes to join the group, please call Open Place on 1800 778 379 to receive the monthly flyers by mail.



Frankston SSG

The Frankston SSG has continued to meet at the library and enjoy some outings. The group bid farewell to Ruth at their October outing to the Moonlit Sanctuary. Ruth had co-facilitated the Frankston group for several years. Thankfully on that day the heavy rain eased, and we had the opportunity to walk around and see and feed the animals. Our Christmas party was held at the Seaford RSL. We had a great turn out of over 40 people attending. Many of the group also made it to the Malvern Town Hall for the Open Place Christmas party.

Donald and District SSG

Donald and District SSG, meet on the fourth Thursday of each month. An Open Place worker attends bimonthly. In the last few months, the group have enjoyed get-togethers at Donald, Warracknabeal and a very special Christmas lunch at Halls Gap hotel. The next outing is on 23 February 2023. Call Sharon at Open Place on 1800 778 379 if you would like more information.

Bacchus Marsh SSG

The Bacchus Marsh SSG has had a lovely year catching up each month for lunches and some outings.

In December we met at Stoney's Club for our Christmas catch up, where we enjoyed a Christmas themed lunch.

Lots of people came decked out in their Christmas attire and after lunch we shared a small gift to wrap up the year.

Mary and Megan are enjoying getting to know everyone and are excited to see you all again this year.

As always, please let us know if you'd like to receive our monthly flyer or be taken off the list.



Preston SSG

The Preston group has been meeting each month, enjoying afternoon tea, lunches and outings. In November, the group enjoyed a big day at the Werribee Zoo. The group took the safari bus, exploring the grasslands and spotting giraffes, zebras, ostriches, antelopes and rhinos. It was great to have a big group together to wrap up the year. Some of the group were also able to come together for the Open Place Christmas party at the Malvern Town Hall in December.

It has been lovely meeting new group members who have attended over the last few months. We welcome anyone in the local area who would like to attend the upcoming groups in 2023.



Ballarat SSG

The Ballarat group had a lovely picnic at Lake Wendouree in November. The sun was shining, and great company enjoyed.

For our end of year get-together, we lunched at the Golden Point Hotel. It was wonderful to see so many people attend.

The Ballarat SSG meets on the second Tuesday of the month at the Sebastopol RSL. Please contact Open Place on 1800 778 379 if you would like to receive our monthly flyers.

We are looking forward to seeing everyone in 2023!



Bendigo SSG

The Bendigo Social Support Group meets on the third Thursday of each month at the Long Gully Community Centre, 23 Havilah Rd, Long Gully.

Some of our recent outings have included, lunch at the Marong Hotel and a picnic at Lake Weroona – with catering from Beechworth Bakery. Our Christmas lunch was at the Windermere Hotel in Kangaroo Flat. New members welcome give Sharon or Annie a call.



Wangaratta/Wodonga SSG

Despite the challenges of flooding and generally awful weather during the final months of 2022, the Wodonga/Wangaratta group forged ahead with typical good spirit.

The trip to Mansfield Zoo was a particular highlight. As you can see, everyone had a great time making friends with some of the locals.



The Christmas lunch at the Wodonga Golf Club was a great opportunity to get together to celebrate and reflect on the year that was. There were a couple of regulars missing, however, and they were in everybody's thoughts during the day. We send our best wishes to those who couldn't be there on the day.

It was a nice way for the group to end the year, with good food and good company. As it is a bit too far travel for most people to Melbourne for the Open Place Christmas Party, the chance to catch up for Christmas lunch with other Forgotten Australians is a special occasion.

We are looking forward to seeing everyone again in 2023. Any Forgotten Australians in the Wodonga or Wangaratta area who'd like to find out more about the group are welcome to contact Munki or Cameron at Open Place on 1800 778 379.



Horsham SSG

The Horsham SSG has enjoyed a variety of lunches over the past few months.

In September the group went to the West Side Hotel and a lovely lunch was had by all. October the group decided to enjoy some Chinese food at the Tasty Express Chinese restaurant and November everyone had a delicious lunch at the White Hart Hotel in Horsham.

The group has grown in numbers which has been wonderful. Horsham SSG welcomes any people registered with Open Place who are interested in joining the group, to contact Phillip Chalker on 0428 173 606 or Open Place on 1800 779 379.

Warrnambool SSG

As of February 2023, the Warrnambool/South-West Social Support Group has changed our catch-up days from the first Tuesday of the month to the first Wednesday of each month.

The group will meet bi-monthly at the Archie Graham Centre and on alternate months we go on an outing. If you are thinking of returning to or joining our group, you are most welcome to give Annie a call on 0427 695 600.

In September, we enjoyed High Tea at the Panmure Hotel before we wandered over the road to the Crows Foot Pottery Gallery where we were provided a demonstration on making a pot from raw clay.

In October, we welcomed special guest Brett Clarke from the Kirrae Whurrung Tribe who provided a wonderful talk on local bush medicines and their beneficial properties. Brett will come back in 2023 to share some of his artwork and music with the group.

In November, we enjoyed a catch up/lunch at the City Memorial Bowls Club.

We celebrated our Christmas get-together for lunch at Proudfoots by the River. The group enjoyed Kris Kringle gift giving, lucky door prizes and much laughter was shared to end the year.



Dandenong SSG

Since our last newsletter write-up, we've had an activity every month.

For both our September and October group outings, we had our lunch at our new 'home base' at 101 Strong Drive, Hampton Park. Parking is easy and the room is light and spacious. A bonus is the compact kitchenette with stove, microwave and fridge.

Those who attended the Neil Diamond Tribute at Club Noble had a great introduction for the lead up to the Open Place Christmas Party, with a clapping and sing-along practice, plus a lovely lunch.

The Christmas Party at the Malvern Town Hall was well attended by the group, and it was great to be back in the beautiful town hall, enjoying singing, dancing, raffles (congratulations Anna), lunch, the photo booth and Elvis! The bus was well utilised too. It was also lovely to see former group members John and Heather again, who currently attend the Gippsland group.

Lesley and Di look forward to seeing as many of our Dandenong group as possible in 2023.



Shepparton SSG

Happy New Year from the Shepparton SSG!

In October 2022, Shepparton and surrounding areas were impacted by extensive flooding. Fortunately, residents and businesses in the Shepparton region are a community-minded set of people. Just like during the COVID-19 emergency, everyone showed their resilience and stepped up to help and support each other in whatever way possible. Together, we were able to navigate way through these challenging times.

We didn't let these challenges stop us from enjoying a paddle steamer cruise aboard the Cumeroona along Lake Mulwala. The weather was picture perfect, the sun shone brightly, and we welcomed a large turnout of SSG members who had arrived to enjoy each other's company and lunch on a feast of chicken, chips, and gravy.

After the cruise, we finished the day by stopping at the Avalanche Ice Creamery in Yarrawonga for a delicious dessert of gelato – one scoop or two? It certainly complimented the end of a lovely day.

In November, we gathered at our base at the North Shepparton Community Learning Hub and enjoyed some hot finger food and sandwiches. We talked about the upcoming 'big event' – the

Christmas party at Malvern Town Hall. You could feel the buzz of excitement in the air as everyone who was going was very much looking forward to the day in December.

Again, we had a significant turnout to the group which is wonderful as it shows how socially interactive and supportive of each other the Shepparton SSG truly is.

December saw a very large attendance at our Christmas lunch at the Peppermill Hotel, Kialla. A 2-course Christmas meal was had by all at the popular venue, with the tables set with a Christmas theme. The day was happy, loud, and filled with much laughter and showed just how resilient the group were considering the previous challenges they had endured.

We look forward to the group getting together again in February 2023 and welcome anyone who is registered with Open Place and lives within the Goulburn Valley area to contact us if they are interested in attending the Shepparton SSG. Please ring Open Place on 1800 779 379.



Congratulations to Rosemary Chenhall

We also congratulate group member Rosemary who was awarded a medal from the Country Fire Authority (CFA) for 15 years' service. A wonderful achievement for an outstanding service to community!



Geelong SSG

The Geelong Social Support Group meets bimonthly at The Grovedale Neighbourhood House on the second Wednesday of each month and the alternate month we go on an outing.

In September we had a BBQ lunch at Eastern Park Gardens; we rugged up and enjoyed a good catch up in the fresh sea air. In October we had a meeting/lunch at the Grovedale Neighbourhood House.

In November we had a big crowd attend lunch at The Gateway Hotel. They don't call it a "FEAST" for nothing. All you can eat buffet and its delicious food.

Christmas was celebrated again at the Leopold Sportsman's Club. We had a great day together to end the year. We had some fun and games with door prizes & Kris Kringle gift giving.



Richmond SSG

The group had its final catch up in November 2022

During the second half of 2022, Richmond Social Support Group transitioned from a regular Saturday catch up to a Thursday catch up.

This was not an easy decision or process, nor one that was supported by the whole group. Historically, Open Place had been operating 2 groups outside of regular business hours on a Saturday. With staff changes and the ongoing impacts of COVID-19, this became no longer sustainable and both groups transitioned to a weekday in 2022.

The group chose Thursdays from 12 - 3pm as their preferred new time and a search for a new meeting venue commenced. A couple of venues were trialled with limited success manifesting in reduced participation and cancellations of the group when only 2 RSVPs were received.

Based on feedback about the change and subsequent lack of participation, it was decided that the Richmond SSG would have its last group in late November at the Royal Oak Hotel in Richmond which had been a favourite place for the group to meet for lunch.

The group had a relatively small attendance of 6 people and 2 staff. 'I can honestly say it was one of the best ends of year Social Support Groups I have been to', said Sue Kilfeather, Counsellor. There was lots of laughter and stories and good food to eat. The participants said that they were really appreciative of the Open Place staff attempts to maintain the Richmond group on a different day but acknowledged its ending.

Some of the group members have joined other SSGs and many were already attending other groups or were regular attendees at the Drop In Centre and our Friday Cook Ups. For those who haven't yet done so, please don't hesitate to contact us on 1800 779 379 to talk about other SSGs and Drop-In activities that may work for you.

Sausage Roll Recipe

Ingredients

- 500g minced pork sausage
- 2 sheets ready rolled puff pastry thawed
- 1 cup fresh breadcrumbs
- 1 brown onion, finely chopped
- 1 carrot, grated
- ¼ cup tomato chutney
- 1 egg, lightly beaten
- 1 pinch seasoning (to taste)



Method

1. Preheat oven to 220 degrees. Line 2 baking trays with non-stick paper
2. Combine mince, breadcrumbs, onion, carrot and tomato chutney or relish in a large mixing bowl. Season with salt and pepper
3. Divide mixture into 4 portions
4. Cut pastry sheets in half
5. Arrange a portion of the mix into a log shape along the centre of each pastry sheet
6. Brush one long side of pastry with the egg and roll up to enclose filling. Place seam side down on the tray
7. Cut each roll evenly into 5 pieces and brush top and sides with remaining egg
8. Bake for 30 minutes or until golden brown

Suggestions

We welcome any suggestions from you on how we can improve our service to better suit your needs.

Maybe you have some ideas for our social support groups, newsletter, Richmond Drop-In Centre or our workshops/activities.

Contact us and let us know. We would love to hear from you!

Contact us

If you would like **information** about your current services or want to share your **suggestions**, find out how Open Place can **support** you, or **subscribe** to receive this newsletter by email, please contact us.

- Free call **1800 779 379**
- Visit openplace.org.au/contact-us
- Email info@openplace.org.au
- Write to us at:
Open Place
Suite 1/8 Bromham Place
Richmond VIC 3121



We acknowledge the pain and loss of childhood experienced by Forgotten Australians and we recognise the lifelong impacts of childhood trauma.



We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia. We support Aboriginal people's right to self-determination and culturally safe services.



Open Place is committed to providing safe, inclusive and accessible services for all people.