



Wesley School for Seniors Newsbites

TERM 1

29th Jan 2018 – 13th April 2018

First Newsletter of 2018 – Issue 1

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School for Seniors Update

Jeannie Mathews, Program Coordinator

We are nearing the end of an action packed first quarter of the year at School for Seniors. We started this year with a good uptake into our summer school program in January.

Our guest talk this term was on Elder Law and the attendees greatly benefited from the informative talk. Multicultural day was celebrated 2nd year in a row and had a wonderful representation of various cultures at the school. The Easter service was led beautifully in music by the talented SFS choir and Merry Music Makers class.

Thank you to all who participated and made all these events a big success. I would like to also extend our appreciation to the volunteer tutors and office admin without whose constant support we would not be able to organise these events.

Message

Andy Moore, Group Executive Manager

Mental Health impacts everyone with up to 25% of people reporting a poor mental health episode each year. Wesley Mission has a long history of providing mental health services across our community.

Lifeline was founded in 1963 by the late Reverend Dr. Sir Alan Walker, when he took a call from a distressed man who later took his own life. Determined not to let isolation and lack of support be the cause of more deaths, Sir Alan launched a 24-hour crisis support line. This service (13 11 14) now answers around 2,200 calls each day from 40 Lifeline centres with Wesley Mission maintaining operation of Lifeline Sydney and Sutherland centers.

December 2017 was the highest number of calls we have ever answered in a month with 3,871 calls answered. Lifeline Sydney operates on Level 3, just around the corner from the School for Seniors office and to February our Sydney volunteers answered 17,097 phone calls.

Lifeline Sutherland operates from our Frank Vickery Village site in Sylvania and they answered 6,785 calls bringing the total to 24,988 across both locations.

Following this experience Wesley LifeForce was established in 1995 to deliver resilience and suicide prevention training and expanded to include establishing community networks focused on helping communities with the challenge of suicide prevention.

In 2018 we have 82 Suicide Prevention networks in every state and territory and we'll be training 8,100 community members in suicide prevention and maintaining good mental health.

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The statistics show us that social isolation and a lack of connection (not the internet kind) have a huge impact on maintaining mental health.

While you can't vaccinate against it like we do with the flu, spending time each week doing something you enjoy builds up your "immunity" for when challenging times come.

School for Seniors is a great example of a strategy to build up your immunity, and is also a pathway into volunteering opportunities where you can help others.

Over the next 12 months we will be offering some free training to our School for Seniors students and our older residents to help them maintain good mental health, and to open conversations about what resilience services may be helpful in the future.

I would encourage you to start helpful conversations with your friends and peers at School for Seniors as we prepare for these sessions, and to be mindful that a kind word or a smile can make all the difference to those around us who may be struggling.

In the words of Fred Buechner

"The life I touch for good or ill will touch another life, and in turn another, until who knows where the trembling stops or in what far place my touch will be felt"

Tutor Column

Elvis, the King of Gospel Music

By Paul Hurst, 20th Century Music Tutor

Elvis Presley may have been the King of Rock and Roll, but he could also hold his own with the greatest gospel singers. Elvis often corrected fans who called him the King, by remarking that the real king is God above. Elvis grew up listening to gospel music in his local church. He started his musical career at the age of 19 by auditioning for a southern gospel group called the Songfellows where he was called on to sing harmony and lead. After several auditions he was finally accepted into the Songfellows, but had already signed a contract with Sun records. The rest is history with his entry into the musical stratosphere with his first hit record "That's Alright Mama".

Swedish musician Per-Erik Hallin, who toured with Elvis for several years, said, "Elvis had a special relationship to gospel music." In his most hectic moments in the high pressure music industry, gospel singing became a refuge for him.

Even though he was the world's biggest singing star, he could still sing with humility, "There's Somebody Bigger than You and I" Despite selling millions of records in a range of styles, Elvis only Grammy awards were for gospel songs. His first Grammy was in 1967 for his album of "How Great Thou Art" which sold over 1 million copies. He became a Grammy winner again with another gospel song in 1972, called "He Touched Me". So in the awards field, Elvis was recognised for his incredible gospel music. The King of Rock and Roll loved giving homage to the real King!

Based on articles published in elvispresleyphotos.Elvis Presley and the Grammy Awards. Elvisblog.net



Student Column

Conversational French Intermediate, Thursday, 1 - 2 pm

By Geraldine Haydock, Student

This term we are very pleased to have a new tutor, Madame Georgette. She is a native French speaker from Mauritius. The classes are mainly conversational with accent reduction (pronouncing French words accurately).

The classes are very enjoyable and Georgette creates a relaxed learning atmosphere for the participants. She uses various interesting resources such as song books which increases our knowledge of French. You will enjoy extending your French conversational skills and understanding the French language.

Playford Old English Dancing, Thursday, 11.30 - 1pm

By Sharyn Mattern, Student

The love of dancing and beautiful music is the reason a diverse group gathers at the Wesley School for Seniors every Thursday. We learn old English dances from 17th and 18th centuries, published by John Playford and his son, and dance to music by the likes of Henry Purcell.



Some of the group have been dancing for years while others are new to the group but we all come together for an enjoyable, challenging and social gathering.

We would love you to come along and join us – dancing is good for the body and good for the brain!!

Event wrap at SFS

Multicultural day

Our diversity makes Australia a great place to live. Harmony Day is a celebration of our cultural diversity – a day of cultural respect for everyone who calls Australia home and is held every year on 21 March. The Day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

School for Seniors Multicultural Day

Our 2nd Multicultural day was celebrated at school for seniors on Wednesday, March 21 on the same day as Harmony Day. The event first started in March 2017 and has now become an annual event due to its popularity. Students and Tutors participated in the event by dressing up and bringing a plate of food representing various cultures.

One of the highlights was the performance by the Marilag Dance Company, a dance group that showcased the culture of Philippines.



10 different nationalities were represented through entertaining songs, dances and informative talks.



There was a table to display artefacts from around the world which was collected during travel.



Thank you to all the students and tutors who participated and got the costumes, speeches ready for the event. The atmosphere was also made beautiful by the food that was brought in. This gave everyone an opportunity to taste flavours from around the world. We hope to continue this tradition in the coming years and make it a big success.

Easter service

The annual Easter service was led by SFS pastor Jeane Finnegan. The SFS choir and merry music makers led the service in music. Thanks to all who got food to share. We were also delighted to receive a generous donation of Easter eggs on the day from the volunteering team.





Upcoming Events

Events	Details
FREE three week program Manage my Money	Contact the office to register your interest

Additional notes

- Volunteers needed for our Carlingford and City SFS centre. Contact the office if you or anyone you know would like to volunteer their time.
- For chaplaincy needs contact Jeane Finnegan, Wesley Centre Chaplain.
- The school is considering upgrading our technology in 2018. Please contact the office if you would like to help.
- If you would like to offer ideas for any additional events that you would like to see at the school or guest speakers please contact the office at the start of the term or our social committee members Isabel Graham or Edita Diamante.

SFS Management would like to wish you all a safe and happy term break

Happy
Holidays

“**Music gives a soul** to the universe, **wings** to the mind, flight to the imagination and life to everything.”
Plato

Enrolment and course facts

Wesley School for Seniors has a brochure and we will soon have a student handbook which will be available from the office. Please handout to friends and family interested in courses for seniors!

The school is run by invaluable volunteer support. Current figures are as below

Enrolment numbers	476
Volunteer Tutors	76
SFS Classes	86
Volunteer admin including op shop	10
January summer school enrolment numbers	50

Term 2 enrolment for 2018 starts on Tuesday, 3 April 2018.

The school will be closed from Saturday 14 April 2018 to Sunday 29 April 2018.

Term 2, 2018 will start on Monday 30 April 2018.

SFS council update

Update on WHS and other training for tutors will be provided soon. As decided at the council all students will be given an opportunity to provide feedback about their classes at the end of every term. The feedback forms can be handed in anonymously to the school office. This feedback is separate to the annual survey run by the school mid-year.

The following changes have taken place in the SFS council. Georgette Kiosidis has joined as a tutor representative member on the council. Edita Diamante is the new chairperson of the council.

Edita Diamante and Paul Hurst have been appointed as members of the Fundraising Committee. Edita Diamante and Isabel Graham have been appointed as Social Committee members.

Both these committees will report into the school council.