

Stepping On Program to prevent falls in older people

One third of people over the age of 65 fall each year, with many falling more than once. Falls are a major cause of injury and death for older people, with falls in NSW alone leading to approximately 30,000 hospitalisations and at least 300 deaths in people aged 65 years and over.

Even non-injurious falls can have negative impacts on a person's life, including a loss of confidence and restriction in their everyday activities.

Falls can be prevented however, and one of the best ways is to participate in regular physical activity, which is an essential part of maintaining health, independence and quality of life in our later years.

NSW Health has a number of important initiatives underway to prevent falls in older people, including the Stepping On Program which is being run by the Sydney South Western Area Health Service.

Jane Palmer said the Stepping On Program is a free program where older people attend regular group sessions facilitated by local specialist health professionals and invited guest speakers.

"Stepping On is designed for people who are living at home and who have fallen or are fearful of falling. Participants must be able to walk by themselves or with a walking stick," Jane Palmer said.

"This program, which was developed in NSW, is considered to be one of the most effective falls prevention programs available, giving people the confidence to undertake their everyday activities safely.

"Participation in a program like Stepping On will help older people maintain independence and give them confidence in their mobility so they are able to undertake their everyday activities safely and without the risk of falling," Jane Palmer added.

The program covers a range of topics, including vision, medicines and practical exercises to improve strength and balance. The group-based sessions run



for two hours a week for seven weeks, followed by a refresher session three months later.

The first Stepping On program is starting the week of the 11th May 2010, in the local government areas of Canterbury, Bankstown, Liverpool and Campbelltown

To be part of this exciting program, contact the Stepping On Program Coordinator, Jane Palmer, on 9767 7815 today to secure a place.

Going Potty at Marrickville Library

Marrickville Library is celebrating Library and Information Week 24 May – 30 May 2010. Robert Hutchin-

son from the Marrickville Heritage Society will talk about the three art potteries that thrived in Marrickville - Fowlers, Diana and Studio

Anna. They were famous for their Australiana ceramics and their classic 1950s and 60s designs. Many examples of their kitchen and souvenir ware can still be found in Australian homes today.

Fowlers was one of the longest and most successful. Enoch Fowler established a small kiln in Parramatta Street (now Broadway) from 1836. The pottery moved to Glebe in 1848 and then Camperdown in the 1850s. The family home, Cranbrook, still stands in Australia Street.

In about 1919 Fowlers moved to Fitzroy Street Marrickville. While affected badly by the Great Depression of the 1930s, Fowlers was able to restore their fortunes substantially with the release in time for Christmas 1936 of 'Fowlerware' - iconic kitchen accessories in striking shades of blue, white and green. The entire pottery site was demolished and subdivided in 1982.

The most important manufacturer in the 1960s and 70s

was Diana. In 1940 Eric Lowe set up a pottery at 122-126 Marrickville Road. By 1952 they were employing 70 people. A 1960 catalogue shows a range of decorated oven and kitchen ware hand painted in maple, poinsettia, cornflower, blackberry, wattle, flannel flower, and a prawn design.

Karel Jungvirt, a sculptor and artist from Czechoslovakia, arrived in Australia in late 1951 and began working at Diana. In 1953 he set up Studio Anna which moved to Shepherd Street Marrickville the next year. At its peak, Studio Anna employed over 30 staff and by 1957 their ceramic ware was widely distributed in Australia, Tahiti, New Zealand, Fiji, the United Kingdom, Canada and the United States. When Jungvirt sold the business to return to Czechoslovakia in 1999, he was given a farewell reception by Marrickville Council.

Marrickville Heritage Society Talk about the three

art potteries that thrived in Marrickville

Where: Marrickville Library

When: Tuesday 25 May at 6pm

Bookings essential, call the library on 9335 2173 Pottery Demonstration by Jean Hartman from Silver Street Studio

Local artist Jean Hartman will be conducting free pottery demonstrations as part of Library and Information Week celebrations. A light morning tea will be provided.

Where: Marrickville Library

When: Wednesday 26 May from 11am

Art Stack, No Holds Barred... Complete Open Access and morning tea

Marrickville Library has a historic art collection which began in the early 1970s. The Art Stack holds many books about well known artists both Australian and International. The collection also includes books on art movements, art history and art theory. It is a treasure trove of books to discover and explore.

Where: Marrickville Library

When: Friday 28 May from 11am

Library and Information Week highlights the vital role and value of libraries. This year's theme - Access All Areas - celebrates libraries as the place to access, communicate, connect, educate, entertain and inform.

Greek Orthodox Parish and Community Schools of St Nectarios Burwood and District

Trivia Night

Hosted by Mr Magoo

A night full of family fun for all ages

Prize for the winning table and other prizes throughout the evening

All proceeds go towards the Burwood Community Greek School

Date: Friday 14 May 2010
Venue: St Nectarios Community Hall (upstairs) 7 Burleigh Street Burwood
Time: 7.00pm for a 7.30pm sharp commencement
Cost: \$15.00, under 8 year old \$10.00
Parking: Council car park opposite

Create your own table of ten (10) or simply request to join other tables.

Prize for best decorated table.

Bring along your own nibbles/drinks and loose gold coins.

Drinks can also be purchased on the night.

Bookings essential

Othon Sclavenitis M. 0417 408 862

Stella Apergis AH: 0408 410 607

Kathryn Efthymiades AH: 0400 493 895

