

News and updates

- Dementia – learn about dementia or some tips on how to care for them and yourselves as a carer.
- Art competition on Climate Action for ages 10 to 25 years – [register your entry](https://communityflowerstudio.org/climate-action-entry-form/)
<https://communityflowerstudio.org/climate-action-entry-form/>
- Duke of Edinburgh with RTAI – [join here](https://resiliencetogether.org.au/volunteer/)
<https://resiliencetogether.org.au/volunteer/>
- New subcommittee chapters and committee profiles - [read](https://resiliencetogether.org.au/about/)
<https://resiliencetogether.org.au/about/>
- Mandarin classes – [enrol for Term 3](https://resiliencetogether.org.au/mandarin-class-registration/)
<https://resiliencetogether.org.au/mandarin-class-registration/>

Understanding Dementia – seminar Do you need help in how to care for someone with dementia?

Together with First Light and Willoughby Multicultural Mosaic Malaysian and Singapore Social Group, we are proud to bring you this free wellbeing event.

How to Care for Someone with Dementia?

English/Mandarin/Cantonese Q&A
Monday 4th September, 11:15am - 12:45pm
Dougherty Community Centre, Chatswood

Whether you are caring for someone with dementia or you would simply like to learn more about dementia, you will benefit from this informative and interactive seminar presented by The Director of First Light Care, Mr Gerard Cheung.

How to manage challenges and stress
Know when to seek help and counselling

Opportunity to ask questions.

We thank Gerard for providing his expertise for this talk on this mental health condition. Dementia affects an estimated 15 people per 1,000 in the Australian community, with higher numbers for those aged 65 and over (AIHW).

Gerard Cheung is Centre Director, First Light Care, and has extensive experience in mental health nursing and family therapy. -

RSVP and more information:

<https://resiliencetogether.org.au/blog/>

Art competition for ages 10 to 25 years Promote Climate Action – use your mixed media artistic flair.

Prizes: 6 x \$100 Westfield gift card

Judging panel includes professional artists

People's Choice: 3 x \$50 Westfield gift card

Start work on your entry now

Closing date - 1 October 2023

Public display, Chatswood: 15 Jan to Thurs 25 Jan 2024.

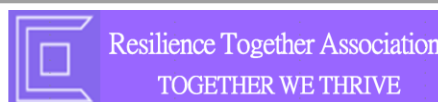
We are proud to support the Climate Action Art Competition run by Community Flower Studio. Now calling for entries. See details for prizes, showcase exhibit and awards ceremony.

Register here:

<https://communityflowerstudio.org/climate-action-entry-form/>

Duke of Edinburgh program – calling student volunteers

Alex from Knox Grammar School testimony: "Working with the RTAI was a rewarding experience in which I could have flexible volunteering hours due to most work being online. It also taught me how a non-profit organisation works and the preparation leading to



an event while meeting new people from different backgrounds.”

We welcome students who would like to volunteer as part of the Duke of Edinburgh program. Both working remotely and working onsite opportunities are available. To volunteer <https://resiliencetogether.org.au/volunteer/>

Castle Cove After School Mandarin Class - Term 3 Enrol now

Following the successful pilot program in Term 2, we received very positive feedback from students and parents. Term 3 enrolment has started. <https://resiliencetogether.org.au/mandarin-class-registration/>

New Chapters

Our association is proud to announce new subcommittee working groups:

Family Harmony – Joyce Yuan, Alan Lau, Jorida Zeneli, Julie Chong, Margaret Koh and Kahwah Wee
Volleyball – Ying Chao Guo and George Long

Family Harmony chapter – emerging from our AGM discussion is the importance role of healthy family relationship plays on our wellbeing. Family Harmony Chapter focuses on initiatives of improving connections within the family member. It also works on increasing the awareness and promoting preventive measures for gender based violence.

Volleyball Chapter – It focuses on reshaping the physical fitness and improving mental health through playing light volleyball. It is volleyball played with a ball so light, that there is no or little impact on the hands when striking the ball.

Annual General Meeting – April 2023 – news

Committee profiles are now online <https://resiliencetogether.org.au/about/>

An outdoors lawn bowls activity to let off green steam in team efforts to out-bowl their opponents, was the order of the members' day at the AGM. Held at the Willoughby Bowling Club on 23 April, some were experienced bowlers and others, first timers.

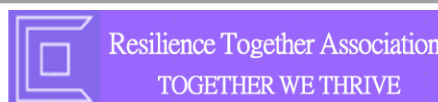
Importantly, transpiring from the meeting that followed, were members who put their foot forward in the new RTAI organisation to form new working groups. Each group seeks to empower everyday people in the community, with skills and knowledge when faced with personal, social, financial and life problems. Build resilience.

We would like to thank members who are volunteering their professional expertise and time to run RTAI and assist to implement community programs for adults and children.

RTAI is an organisation working with English speaking and CALD communities through a range of languages.

We encourage you to join us and together we can build community resilience:

- [Attend Dementia talk](#)
- [Join Duke of Edinburgh RTAI program](#)
- [Join Community Flower Studio Art Competition](#)
- [Join Mandarin classes for children](#)
- [Support our initiatives through a donation or sponsorship](#)



- [Join Resilience Together](#) – make a difference to our community through [volunteering](#)

[Become a member](#) - Meet like-minded people who are compassionate about humanity, our community and our environment. Become empowered to make a positive difference. Not to mention to enjoy a whole lot of growing benefits.

