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NEWS

Sydney's first all-inclusive community centre opening soon

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A creative hub for people of all abilities is opening in Sydney on November 11.

One&All is a 400sqm loft space, located in The Cannery in Rosebery, just south of Sydney's CBD.

Founded by Romy Wolman in collaboration with Jewish House, the hub facilitates for people over 18 years with physical and intellectual disabilities or mental health issues. "It is truly unique as Sydney's only inclusive, daily creative arts centre for people with all abilities," Wolman said.

"Our mission is to create a lasting social impact within the community and beyond by providing a centre for elevation for one and all," Wolman said. "People with disabilities can flourish, learn skills, receive therapy, socialise and be creative, lift their spirits and enrich their souls in one supportive space."

She designed the centre as "a place to shine" pioneering a shift from focusing on disability and instead, highlighting and expanding abilities, accomplishments and the potential of all.

It will sell products including art, juice, plants, ceramics and pickles, created and made on site by the participants.

The centre provides 11 workshops and additional daily activities including singing and dancing, as well as learning life skills such as how to self-centre through yoga and meditation.

The workshops offered are designed to inspire, customised to the individual's needs to help build self-esteem.

Visitors are encouraged to bond through art, movement and creativity, while learning crucial life skills for use in their everyday lives.

Some examples of the program's workshops and social enterprises include: ceramics, street art, outdoor urban vegetable gardening, coffee making, branding and selling, daily yoga, meditation, art and a collective community art piece to showcase within the centre.

There are 11 workshops that run for 6-12 weeks each and feature co-creators, carers and support workers to help those undertaking the courses.

"It is important for our workers to create a space where absolutely everyone feels accepted, happy and safe," Wolman said. A volunteer program to give interested individuals the opportunity to work alongside those who have a disability and gain first-hand experience in the joy of giving is available too.

An NDIS study found 52,920 people live with a disability within the 50km radius of Sydney and that number is expected to rise to 100,800 by 2024.



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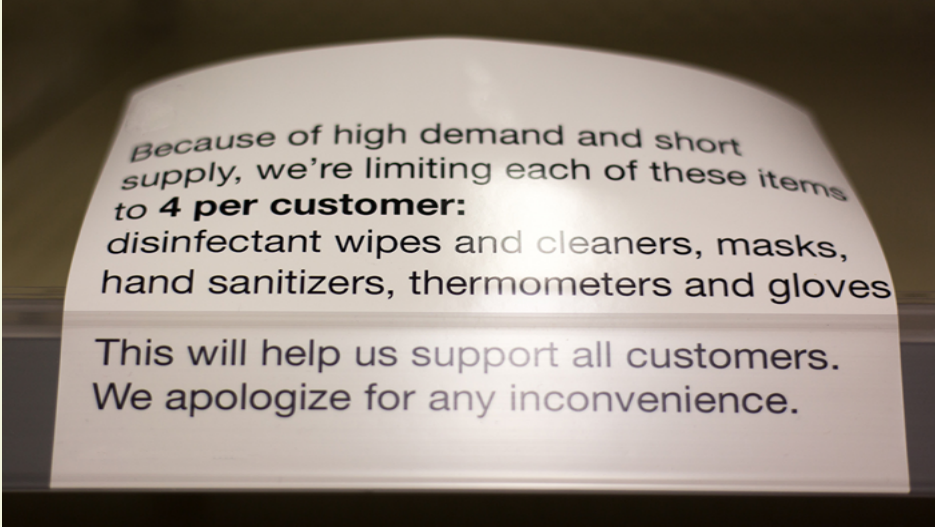
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