

# A new, inclusive community centre aims to help a Covid-fatigued Sydney

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Participants at a recent One&All event. The community hub aims to offer a wide range of programs and activities for both disabled and abled residents. Photo: One&All Hub/Facebook.

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By TILEAH DOBSON

Jewish House, a non-profit organisation that assists homeless people and individuals in need, has collaborated with disability advocate and creative director Romy Wolman to create an all-inclusive community centre in Sydney.

Based in Rosebery, south of Sydney's CBD, the new **One&All** centre aims to help both disabled and abled individuals by providing daily activities, skills training and fostering social enterprise, in a bid to enhance the mental wellbeing of individuals.

Wolman created One&All in partnership with Jewish House in order to help those who have struggled with mental health, particularly through the Covid-19 pandemic, whilst providing support for those with physical and intellectual disabilities.

"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."

One of Wolman's goals with One&All is to highlight the abilities, potential and accomplishments of disabled people instead of focusing on the disabilities themselves.



One&All seeks to help Sydneysiders get back on their feet after the mental health impacts of recent restrictions and lockdowns. Image: One&All/Facebook.

Participants will be able to create a wide range of products including plants, juice, art, ceramics and even pickled vegetables. All products made on-site by participants will be sold in the One&All retail store at the nearby shopping and lifestyle centre, **The Cannery Rosebery**.

One&All will be offering eleven workshops and activities such as singing, dancing, yoga and meditation. These workshops and activities are designed to be customised to individuals' needs and help them build self-esteem.

Those who visit One&All are encouraged to create bonds through art, creativity and movement, as they learn critical life skills used through everyday life.

Each workshop will run for six to twelve weeks and will be assisted by co-creators, carers and support workers.

Examples of One&All's programs on offer include coffee making, street art, outdoor urban vegetable gardening, branding and selling.

Wolman has emphasised that One&All is inclusive of all.

"So there's something for everyone. It is important for our workers to create a space where absolutely everyone feels accepted, happy and safe," Wolman said.



Activities offered to both individuals and visitors include the arts, music, design and other life skills. Image: One&All/Facebook.

According to a recent National Disability Insurance Scheme (NDIS) study, 52,920 people living with a disability reside within a 50km radius of Sydney.

For those wanting to volunteer, One&All welcome volunteers to work alongside those with disabilities and gain not only firsthand experience but the opportunity to see beyond disabilities.

"Whether you want to pop in for 30 minutes or the full day, you will be welcomed with arms open wide," Wolman said.

To register your expression of interest or for more information on the community centre, visit [www.oneandallhub.org](http://www.oneandallhub.org).

**Tileah Dobson** is the news editor of the Sydney Sentinel.

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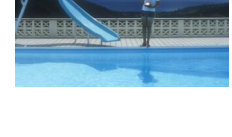


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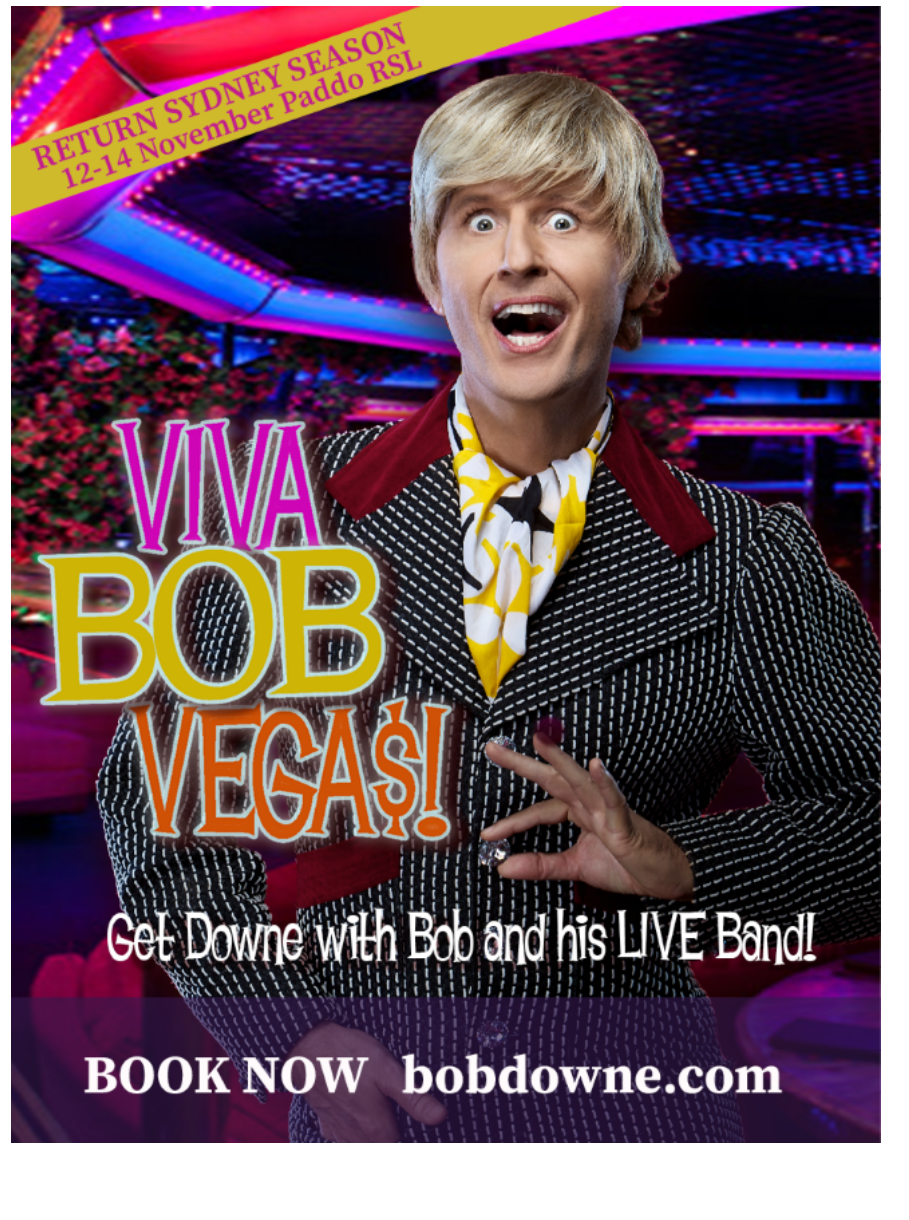
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