



CARING FRIENDS

S U M M E R 2 0 1 9 / 2 0 2 0 N E W S L E T T E R

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GREETINGS FROM OUR PRESIDENT

Welcome to our 2019 Summer Edition of Caring Friends! We have again experienced another very busy six months. In fact, during the 2018-2019 year we provided over 13,000 bed nights across our 42 rooms. My thanks to all volunteers and staff who assist in the smooth operation and running of the Homes. Of mention are our cleaning team who do a wonderful job, ensuring rooms are clean and ready as there is often little time between changes of occupants. The Committee has been kept active spending time in planning, negotiating and implementing a series of building refurbishments and improvements.

There is an old saying attributed to Longfellow: "The wheels of justice turn slowly but exceedingly fine." In the case of the Homes we should perhaps change it to read "The wheels of progress turn slowly but exceedingly fine." It was some 12 months ago when we were hopeful there would be some positive progress on renovating the en-suites in the rooms. It did not prove as simple as the Committee first thought; however, I am pleased to report things are now moving ahead.

En-suite Renovations

We are hopeful of work commencing early next year. Please note this project will impact on the availability of our rooms during 2020. There will be inevitable disruption of our normal activities, but we will endeavour to minimise the impact on residents as much as possible.

At the present time, tiles have been selected and architectural drawings have been submitted and approved. Our architect has now appointed the successful tenderer.

In addition, access doors to the rooms need to be made fire-safe to comply with current safety standards. Further, the renovation of the en-suites requires light switches to be moved, and the ventilation fans in the kitchenettes replacing. Overall, this is a costly exercise and we have budgeted some \$730,000 to get the job done.

New Carpets Building 10

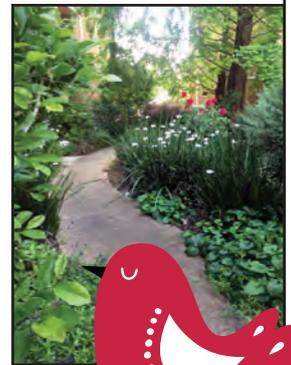
With Buildings 12 and 14 recently recarpeted, Building 10 remained outstanding. This situation was remedied during November when new carpet was installed throughout the whole building. The opportunity was also taken while the building was vacant to upgrade the electrical board and emergency lighting. As well as this, timber flooring was reattached to repair loose floorboards.

Future Plans

We also have plans afoot to replace the cabinetry in the kitchenettes. When this goes ahead it will also entail new refrigerators and stoves/oven tops. We expect to first put together a sample kitchenette.

Monthly Afternoon Teas

One of our hard-working volunteers, Rosemary Tait – with the help of the local CWA - has been arranging afternoon



teas for residents over the past two years. Unfortunately, these afternoons will cease at the end of this year as support for the monthly function has been waning. The last afternoon tea will be Wednesday, 27th November. Many thanks to Rosemary for her time planning and organising these afternoons.

Resident Volunteers

We have had some changes in our Resident Volunteers. Prashant finished his course at Latrobe University and left to pursue his career. Nicholas Dodd joined us in June. Jaysmine our third Resident Carer joined us more recently in September. We now have Anne who has been with us for some time, Nicholas and Jaysmine. Our Resident Carers do a wonderful job and ensure that there is always someone in attendance when needed at the Homes overnight and at weekends.

Christmas Party

Our annual Christmas Party was held Thursday 19 December. Residents, volunteers and supporters were warmly invited to attend the evening. Committee and staff attended, and all shared some Christmas cheer which was followed by singing a selection of Christmas Carols.

► Building 10 new carpet and stairway

▼ Building 10 new carpet



Congratulations Prashant

Prashant graduated with a Bachelor of Business (Accounting) degree on 16 July 2019 at the Melbourne Arts Centre. Not only this, Prashant was awarded the Dean's Excellence Award for outstanding academic excellence in his studies.



Prashant has since spent time visiting his family in India before returning to Melbourne. He plans to keep in touch with the Homes.

Introducing Nicholas



Hello, my name is Nicholas Dodd. I grew up in New York City and have also spent a few years in other cities, including San Diego, California where I was

stationed during my time in the U.S. Navy. Currently, I am in Melbourne undertaking a Masters course in Health Information Management at La Trobe University. This program was preferred over similar programs in the States, because the healthcare system in Australia is not as privatised and commercial as the American healthcare system. I have 3 younger siblings, 2 brothers and a sister.

While looking for an apartment closer to campus I saw a posting by Ryder-Cheshire and reached out to find out more. Initially, I was looking to shorten my commute. However, upon learning more about Ryder-Cheshire and its mission I have found it to be a noble endeavour. As a charitable organisation helping to provide a warm and welcoming place for folks who are facing difficult medical experiences, is truly admirable. It is my continuing privilege to volunteer and aid in this service.

Introducing Jaysmine

Hi my name is Jaysmine. I am from a small town in India from called Sangrur. I have two siblings, a younger brother and sister. My father is a businessman and my mum a housewife.



After completing my bachelor's degree in chemistry, I wanted to further my studies specialising in food testing. Wishing to travel and study in another country, I researched this course in Australia and found RMIT University was the best. So, here I am completing my honours degree!

By good fortune a friend studying at La Trobe University told me about accommodation in Ryder-Cheshire Homes. When I came here for an interview I was in love with the place and the environment at first-sight. I have come to learn that I am part of a wonderful organisation (which I can say is my Australian family now) helping people in their most precious time. Everyone is so helpful, especially Nicky and Angie guiding and supporting me. I am very happy to be here and be part of the team!

PRESIDENT'S REPORT CONTINUED

Donations and Contributions

We have been very fortunate over recent months with donations to the Homes. One of our residents, Mr John Bond, in co-operation with the Sunraysia Prostate Cancer Support Group arranged for four DVD players to be gifted to the Homes. This will ensure that residents who need some entertainment have the facility to choose and play what they want. However, not to be outdone, a BBQ arrived, and with the generous support of Bunnings and Kate who assisted with its assembly, we now have a brand-new BBQ. We also have a gas bottle, cover and BBQ tools. Many thanks both to John and Bunnings. Your joint generosity is very much appreciated.



- ▲ Nicky, Murray, Kate, Iwan with new BBQ finally assembled
- ▲ Putting the BBQ together
- ◀ DVD and headphones

Other groups who have been supportive of the Homes include Snowflake Laundry and Linen Services, Probus, CWA, Rotary, Lions, Metro Printing and our rural support groups. Please visit our website for a more comprehensive list of supporters. Not forgetting our many Caring Friends who provide us with a consistent flow of cash donations. The Homes as you will have noted have a very expensive refurbishment program to fund, so any support you can provide is very welcome. We are a charity registered with the Australian Charities and Not-for-Profits Commission and all donations over \$2.00 are tax deductible. You will find a form on this newsletter or there is a facility on our website to allow you to make donations online.

On the subject of our website, many thanks are due to our Day Manager Nicky Robinson who manages the site. We are now receiving over 2,000 visits – or hits – a month which is excellent. Our website address is: www.rydercheshire.org.au I'm sure you will find it very informative.

Committee News

I stepped down as President of the RCVHF Inc Committee of Management at the Annual General Meeting held in November, after 4 years at the helm. I will continue to be a member of the Committee. I wish to congratulate Senior Vice-President Peter Overton who now assumes the role of President. Sandra Bartelt one of our Committee members also recently resigned due to ill health. I thank Sandra for her valued contributions to the Homes and on behalf of the Committee wish her well in the future.

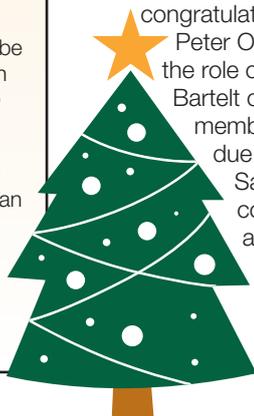
In Closing

Our Mission Statement is a simple one: "For the Relief of Suffering" which reflects the mission of our founders, Group Captain Leonard Cheshire VC OM DSO DFC and Lady Sue Ryder CMC OBE Baroness of Warsaw. We would not be able to carry out this mission were it not for our supporters, volunteers, hard-working staff, and our Committee. My sincere thanks once again to you all for the support you have given to the Homes in the past and particularly during my presidency.

With best wishes for a safe and happy Christmas and New Year.

Don Hamilton
President

- Real nice place**
- Your needs are met**
- Delivers great accommodation**
- Ease of payment**
- Recreational possibilities**
- Glasses for art**
- Helpful volunteers**
- Easy going staff**
- Sing-a-long once a month**
- Helps country patients**
- Imaginative residents**
- Relies on volunteers and donations**
- Everyone should help**
- Ryder-Cheshire the place to stay**
- When sickness comes your way**



MANAGER'S REPORT



I hope all you country folk are well and enjoying, if not green fields, some pleasant Summer weather! Reflecting on the past year, I feel confident the Homes are making progress with planned improvements. Committee, staff and volunteers' efforts towards improving our facilities are ongoing and slowly but surely our projects are coming to fruition. These improvements are all directed towards making our residents and carers that bit more comfortable. Thank you to residents who have taken the time to fill in our evaluation sheet following your stay. In addition to your suggestions, they provide us with information useful to our planning.

The generosity and kindness of local and regional supporters with donations and gifts, assists us in meeting our goals. Thank you to the sewing ladies

who enabled the completion of bolsters for each room; to Cathy Whitby a past resident who donated a beautiful quilt and to John Bond and his wife Judith who were instrumental in the donation by Bunnings of the new BBQ. To

all the contributors to the Trading Table – thank you. All contributions are very much appreciated!

I would also like to thank Rosemary Tait for all she has contributed to the Homes over the years. Rosemary's efforts have resulted in the Homes being more widely known in the local community, thus gaining more volunteers, local support and donations.

Happy Christmas and New Year. Keep safe and well!

Angie

The Twelve Days of Ryder-Cheshire Homes

- One Ryder-Cheshire rose blooming
- Two Office staff a'planning
- Three Muso's jamming
- Four Ladies card making
- Five Volunteers hosting morning/afternoon tea
- Six Women sewing bolsters
- Seven Sausages sizzling on our new BBQ
- Eight Cleaners hands a'wiping
- Nine Social workers ringing
- Ten Rooms of new carpet
- Eleven Committee members meeting
- Twelve Rooms provided to very special and dear people

...and a resident recovering, hugged and heading home for tea!



▲ New blue bolsters
◀ Christmas tree, crib and Trading Table

“DID SOMEONE SAY RETIREMENT???”

Greetings to everyone coming from 1100 Dandenong Rd, Carnegie. The block of units we are in is called 'Princesa'. I've been here now for seven months but it feels much longer. We have the shopping mall right next door, very handy but also tempting at times specially for a quick coffee; the train station a short walk away and the tram down the road.

It took a while of course to get everything organised but I am very happy in my little unit and particularly love all the light streaming in from the large windows all around. I may not be as happy with the amount of summer sun that will shine in but we have block-out blinds and you can't have everything.

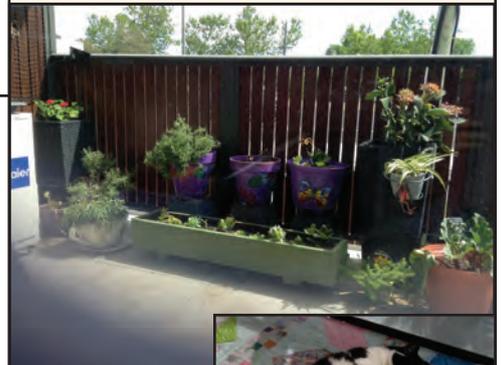
Suzy took a little while to negotiate the place and sort out her niches. On one roasting hot day I couldn't find her anywhere, she had found a little cool hidey hole to escape the heat. Like us all, she is getting older (18 years next month) so is not quite as nimble as usual but, still as beautiful.

I've been enjoying setting up my little balcony garden. It is trial and error to see what will survive with day long sunshine, but it has given me much pleasure. Suzy too loves getting out there. At first the traffic scared her but she soon got used to it and even sits and watches it stream by.

What am I doing? Well, a little leisure, a little painting, a little visiting to nursing homes and visits with St Vincent de Paul. Enough to keep me out of mischief!

I wish everyone a very peace-filled and happy Christmas.

Cheers, Jane & Suzy



▲ Looking out to my patio garden

► Suzy - "Ahh, retirement it's good!"

MELBOURNE CUP SWEEP

The annual Ryder-Cheshire Cup Sweep was once again organised by Resident Carer, Anne. There was much excitement for participants keen to have a flutter, in anticipation their horse would 'come in'. Congratulations to Glen whose horses came 1st and 3rd - this was not rigged! Julie from Tasmania took 2nd place. Julie was also a leader in the fashion stakes, conjuring up creative headwear fashioned out of a porcelain cup adorned with a flower.

Thank you to everyone, punters and onlookers alike who joined in the fun celebrating this iconic horse race.

Anne – Resident Carer



▲ Julie winning in the fashion stakes

AROUND & ABOUT MOULAMEIN, NSW

Our residents come from places far and wide. Moulamein is one such place. In the last edition we visited Murrabit in Victoria and now cross the border into New South Wales. Just 60km further north is Moulamein a small township of some 330 inhabitants. The settlement of Moulamein is claimed to be the oldest town in the Southern Riverina. It was surveyed by Thomas Townsend in 1851. The town lies at the meeting of the Edward River and Billabong Creek. The name Moulamein is derived from a local Aboriginal word meaning "meeting of the waters". Along the riverbanks are many beautiful tall gum trees. The unique

tall river gum area has a deep significance for the Wamba Wamba people who lived here as a community for hundreds of years, hunting, fishing and holding ceremonial gatherings. Taking the River Walk 100m downstream from Edward Bridge "The Big Tree" sits majestically near the water's edge. This river red gum has a girth of 11.6m and is estimated to be between 500-1000 years old. Culturally important to the Wamba Wamba people as a Meeting Place, it is also recorded in the National Tree Register. Moulamein in its heyday was once a thriving port. The Wharf constructed in 1908 is one of the few surviving links with the historical river steamer trade. Many a cargo boat and river barge travelled the waters. Some of the river steamers arriving at the wharf were the Australian built 1897, Clyde-1883, Glimpse -1888. Several steamers and barges were built in Echuca. Progress, in the arrival of the railway line in 1926 saw the end of river boat trade. A hand sculpted statue today now commemorates this bygone era. Around the town there are two pubs now



▲ The Royal Hotel
◀ Wharf and punt crossing



▲ Courthouse

closed, a few stores, a gallery and some colourful buildings. The restored historical courthouse sits on the creekbank. Being the earliest courthouse, built before the Albury court, it saw many prisoners from all around the Riverina brought here to be tried. For a small town, Moulamein has much to interest the visitor with its history and impressive river gum scenery.

Teresa Daws



▲ Carved wooden commemorative statue
▲ Caught out!
◀ The Big Tree



COME TOGETHER FOR A CHAT - TEAS & MORE!

Although our monthly afternoon teas will be finishing in 2019, residents, carers and supporters are warmly invited to drop by to Building 14 and join in weekly:

Morning tea - Tuesday mornings at 10.30am hosted by volunteer Liz.

Afternoon tea - Wednesday afternoons at 2.30pm hosted by volunteer Audrey.

Art and craft group - Thursday afternoons at 1.00pm.

Join us and bring along your own art/craft works.

Share some ideas, good conversations and a laugh or two!



Audrey and Marty ▶
Afternoon tea



CARING FRIENDS NEWSLETTER

A reminder to all recipients of our newsletter – instead of receiving a hard copy, we can send it to you via email. By providing your email address you will be contributing a considerable and welcome saving on postage costs. A phone call to our office to pass on your email address is all it takes. Or go to www.rydercheshirehomes.org.au and follow the links.

DONATION

Ryder-Cheshire Ivanhoe Homes (ABN 94 074 894 677) receives no government funding and is financed entirely through its own efforts and the generous support of Caring Friends.

Donations of \$2.00 and over are tax deductible

Visit www.rydercheshirehomes.org.au

If you would like to make a donation, please fill in the form and send it to the address below:

RCVHF Inc. 10-14 Donaldson Street
IVANHOE VIC 3079

Amount \$ _____

Name: _____

Address: _____

