



CARING FRIENDS

W I N T E R 2 0 1 6 N E W S L E T T E R

The Ryder-Cheshire Home
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GREETINGS FROM OUR PRESIDENT

Lifts and Air-conditioning Project

It is now early June as I write this report. I am delighted to be able to say that the lifts in both Buildings 12 and 14 are installed and operating. Building 14 also has a new, spacious entrance lobby, reception and waiting area, featuring a curved glass exterior wall. A beautiful montage created by Jane depicting the Ryder-Cheshire rose and a new artwork sourced by Carol Wines, a committee member, now grace the lobby walls. In addition, new upholstered chairs and side tables furnish this area.

Volunteers Lunch

We celebrated our Volunteers Lunch on Sunday 6 March and enjoyed the company of over sixty volunteers. The weather was very kind to us, and in fact some thought it a bit too hot! The lunch is a firm fixture in our calendar and provides the Committee the opportunity to express its gratitude to volunteers who help in no small way to keep the Home running. Without you... the volunteers, we could not provide the services we believe are so important to residents and carers who, due to many and varied circumstances, may be experiencing difficult and stressful times.

Overseas Visitors

In April we welcomed Brigadier Arun Bhatnagar CEO of Raphael in India and his wife Shobhna to the Home. We also welcomed Joaquim Soares Director of Klibur Domin in Timor-Leste and his wife

▼ Joaquim Soares & Maria, Brig Arun Bhatnagar & Shobhna



Maria. Joining us for afternoon tea, they also enjoyed a tour of the refurbished buildings prior to attending the Biennial Conference in Ballarat.

Celebrations

Well, with the lifts installed, the air conditioning connected, it seemed a good time to have a celebration to mark the event. So, on Sunday 29 May the Committee organised a special celebratory afternoon tea. Over sixty volunteers, supporters, contributors and site workers attended, enjoying a very pleasant, sunny Sunday afternoon. Guests were also invited to inspect the lifts, take a guided tour of upper floor levels and view a room.

The Committee saw the occasion as an excellent opportunity to personally recognise the valuable support given by our Caring Friends and donors. Their contribution towards the lift construction and air conditioning projects has been enormous. It was also an opportunity to thank those directly involved in the project. Gary Hancock our architect. Gareth Owens, Wally and Luke from Metrozone, our builders. Eardley Mendis, from Mendis Hanna our electrical consultants. Hamid from AbsTech who installed our new security system. Bert Cai from CZ ICT Solutions, our IT consultant. Along with our hardworking cleaning team, and many others.

The opportunity was also taken to thank Jane, Angie, Sandra and many others who worked so diligently under extenuating circumstances. Without complaint they shifted office from building to building as lifts were assembled around them, together with noise, dust and everything else which accompanies a building site.

With best wishes,

Don Hamilton, President



▲ Foyer, waiting area and entrance



▲ Guests enjoying afternoon tea



▲ Centre of attention



▲ Don, Hazel, Anita and Dianne at the afternoon tea

INTRODUCING OUR STUDENT VOLUNTEERS



Yasir Qayyum is well travelled. Studying and graduating in London with a BA

(Hons) Applied Accounting, he is now studying a Masters in Professional Accounting at La Trobe University. Yasir comes from Chitral in north-west Pakistan, close to the borders of Afghanistan and China. A mountainous area with 3 months of snow a year and temperatures down to -15 C in winter, it can be a very cold place! The area according to Yasir is famous for its fruits. In terms of interests, Yasir loves soccer following Barcelona, and naturally, cricket! Outside of study he enjoys travelling and camping.

Feeling very much part of the Ryder-Cheshire Home, Yasir enjoys meeting residents and carers, and helping them in any way he can. Coming from a family who work in the healthcare sector, caring for others is second nature. One of Yasir's guiding principles is: "Not to compromise on quality in anything I do"



Batool Abbas is also a keen fan of soccer and cricket! She also loves the movies and watching animated

films including Zootopia, Minions and Kung Fu Fighter! Batool completed her Master of Commerce in her home town of Karachi. She is currently completing a Masters in Accounting and Financial Management at La Trobe University. Batool's plan is to follow in her father's footsteps in the banking sector. She enjoys chatting to residents and carers, other volunteers, helping Jane and minding Suzy, as she loves animals but not reptiles! Batool is delighted to be contributing to the Ivanhoe Home.

RESIDENT CARER'S REPORT

Warm greetings to everyone! After the events of the last 12 months it is lovely to be able to say life at Ryder-Cheshire has settled down once again to the daily routine. All buildings are open and residents enjoying the lifts and individual reverse cycle heating/cooling systems. We are all enjoying the return of peace and quiet.



▲ Courtyard and ramp Building 14

At the beginning of the year, we farewelled our student volunteers, Romish and Sneha. They have finished their study and successfully gained full-time work. We then welcomed student volunteers, Batool and Yasir. They are being a great asset to the Home.

On Sunday 6 March the Committee put on the annual 'thank you lunch' for all our wonderful volunteers. It was again a great success and enjoyed by all. Earlier in the year, some residents decided laughter was a good remedy. On St Pat's Day some appeared in their green bowler hats and even wore them into treatment causing great laughter! Then came Easter and out came Easter bunny ears, also worn in the car to treatment. Laughter could be heard everywhere which was great. It was also good to be able to pull out the BBQ once again now that the courtyard is back in action.

As well as Wednesday afternoon teas with Betty, which people love, we now also have Tuesday morning tea with Liz. As is always the case, some weeks there might be one resident, other weeks twenty but it is great to have the opportunity to get together and support each other. Anne is also back this year offering shoulder massages to carers. People certainly appreciate their time with Anne.

Another Anne has taken over the Trading Table this year and we must be receiving great goodies as sales have been excellent. Thank you to all who send us these lovely items, please keep them coming! Everyone's contribution is significant no matter how small it might be. With the onset of cold weather I wish everyone a cold/flu free winter. Keep well, keep smiling!

God Bless, Cheers Jane



▲ Green hats - St Patrick's Day celebration



▲ Easter bunnies!



▲ BBQ area Building 14



▲ Trading Table goodies

RYDER-CHESHIRE AUSTRALIA BIENNIAL CONFERENCE

Every two years, the Ryder-Cheshire 'family' gather together to catch up on developments, renew old acquaintances and make new friends. The Biennial Conference on this occasion was held in Ballarat on 15-17 April. Australian branches of Ryder-Cheshire were joined by visitors from India, Timor-Leste and New Zealand. The Victorian Home was represented by Jane Gorey, Don Hamilton, Jill and Alan Moor, Michael and Kathy Moignard.



▲ Joaquim Soares congratulating Don Sinclair

On Friday evening delegates were welcomed by the Mayor, Cr Des Hudson at a Civic Reception in the beautiful Town Hall. On Saturday, the conference was opened by His Excellency Sr Abel Guterres, Ambassador to Timor-Leste. Over the next two days, speakers comprehensively reported on activities of the Ryder-Cheshire in Raphael, Klibur Domin and New Zealand, together with updates on work undertaken in the various Ryder-Cheshire Australian operations.



▲ Michael and Kathy Moignard

A highlight was the warm and enthusiastic recognition of the wonderful work of Don Sinclair to Ryder-Cheshire over many years. Peter Newton, National President formally acknowledged and thanked Don for his outstanding commitment and contribution to Ryder-Cheshire Australia.



▲ Conference delegates ▼ Ballarat

Congratulations to Dianne McGrath, President of the Ballarat Support Group and her team for arranging and hosting an excellent Conference. The venue was perfect the papers were extremely informative and the friendships developed will be long standing. The 2018 Biennial Conference will be held in Melbourne.

Don Hamilton

RECOGNITION OF SERVICE

Jane Gorey

Resident Carer at the Home since 1995, Jane was honoured with a Medal of the Order of Australia (OAM) in the 2016 Australia Day Honours List for service to health care support organisations.



Jane does an incredible job in both administering the Home and providing caring support to residents. Jane provides the listening ear, the words of wisdom, the practical advice and her presence by 'being there' when times are challenging.

For over 20 years Jane has willingly given an enormous amount of herself in helping others. Her commitment and dedication cannot be measured...she is surely a very worthy recipient of the OAM. A wonderful achievement – congratulations Jane!

Betty Trotter

Congratulations Betty on receiving a 2016 Jagajaga Community Australia Day Award! Betty has worked as a volunteer for many years. Firstly volunteering at Janefield Disability Services for children, she then moved to Plenty Psychiatric Hospital. At the hospital Betty worked in the coffee shop making coffees for the patients. Her next stint of volunteering was at the Eye and Ear Hospital kiosk, followed by the Austin Hospital Gift Shop and Op Shop. Attending Morning Coffees in the early days of the Home, Betty's energy and enthusiasm could not be quelled and she became a volunteer at the Home. Betty looks after reception on Wednesday and runs the Wednesday afternoon teas.

Thank you Betty so much for your commitment and hard work!





Suzy - relaxing in the sunshine

Call for Volunteers

Despite the Home being blessed to have many volunteers, we are always looking to add new names to the list. Every volunteer brings something new to the Home by way of skills, experience or knowledge. As you all know, we are a not-for-profit organisation. We are only able to offer the level of support and accommodation we do through the outstanding work of our volunteer team.

We are particularly in need of weekend and maintenance volunteers. If anyone knows of a friend or relative who is willing to provide us with some help, please pass on their name to Jane.



▲ Mining activity
◀ Entrance mountain bike path

FRIDAY MORNING COFFEES

Dates for your diary! Everyone welcome!



| DATE | TOPIC | Speaker/Presenter |
|----------------|--|-------------------------|
| 29th July | Experiences of a writer | Rebecca Hayman-Anderson |
| 26th August | 1916 – What are we still fighting for? | Walter Phillips |
| 23rd September | Coles Supermarkets | Todd Minton, Manager |
| 28th October | Ivanhoe Library | Allan Thomson |
| 25th November | Christmas Carols with Dorothy | Dorothy Nowell |

AROUND & ABOUT BLACK HILL, BALLARAT

This edition takes us to Ballarat, the venue for the Biennial Conference and the home city of many of our supporters and residents. While visiting the city the opportunity was taken to search for some gold! Gold surprisingly was indeed found in the suburb of Black Hill! Striking it rich, discovering not real gold but an area with arguably some of the best views of Ballarat and surrounds and more.



Black Hill is just over 1.5km north east of the CBD, bordered by the Yarrowee River in the south and east. It was originally known as 'Bowdun' by the local Watha Wurrung people. In 1851 William Urquart, who surveyed the region named the area 'Black Hill'. In particular, the Black Hill Heritage Precinct encompassing the Black Hill Reserve is of cultural and historical significance. Subject to extensive mining activity, the area provides visible evidence of three different mining operations,

alluvial mining between 1851-1852; deep alluvial lead mining 1853-1875 and quartz reef mining 1854-1918. It was also an area for brickmaking. As a result of the mining activity, the area is steep and undulating with exposed rock and soils. However, the landscape has been reforested with now mature pines and more recently plantings of native trees.

As a great vantage point for city views, the Reserve has also become a focal point for downhill mountain bike riding. The bike track terrain with many gullies and ledges appears very perilous – certainly, only an activity for the brave and fearless! Enjoying the views is far safer!

Historical information sourced from: Victorian Heritage Database Report, Ballarat Black Hill Heritage Precinct; <http://www.ballarat.vic.gov.au/lae/gardens/black-hill-reserve.aspx>

If you wish to receive future newsletters by email please go to www.rydercheshirehomes.org.au and follow the links.

DONATION

The Ryder-Cheshire Home
(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

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