

CARING FRIENDS

W I N T E R 2 0 1 7 N E W S L E T T E R

Ryder-Cheshire Victorian Homes Foundation Inc
ABN 94 074 894 677

10-14 Donaldson Street Ivanhoe Vic 3079
Tel: (03) 9254 2400, Fax: (03) 9254 2499
www.rydercheshirehomes.org.au

GREETINGS FROM OUR PRESIDENT

My, how time does fly! It only seems a short while ago that I was compiling my report for the Summer Edition of Caring Friends. Once more it is my pleasure to bring you up-to-date with happenings over the intervening months.

Australia Day Celebration at Government House

On Monday 23 January, my wife Ann and I were honoured to represent the Homes at Government House. The Governor - Her Excellency the Honourable Linda Dessau AC is our Patron. As Patron of many organisations, it is customary for her to invite representatives from these organisations to join her in celebrating Australia Day. Drinks and finger food were served late afternoon and as you may imagine, it was a wonderful function with several hundred people attending. This alone demonstrates the numerous organisations the Governor supports and holds in high regard.

Volunteers' Lunch

On Sunday 5 March we held our annual Volunteers' Lunch. Some 40 or so of our wonderful volunteers attended. Again, the weather was kind to us. You will know from our last Caring Friends that Jill Moor, our secretary of many years, passed away in November 2016. We were therefore particularly thrilled Jill's husband Alan was able to join us; it was lovely to see him continuing his support for the Homes.

While being a happy time; one of welcome and gratitude, it was also a time of sadness and farewell. It was finally time to say goodbye to Nola and Leo Jones - and Leo's dog Wilby - after many years of wonderful service to the Homes and its residents. However, we hope to see them again on a visit later in the year.



Autumn leaves



▼ Rotary Lunch



▼ Alan (left) with Committee members



▼ Jane, Leo & Wilby, Jan, Bruce and Nola



Luncheon for Heidelberg Rotary Club

On Monday 20 March the Committee hosted lunch for Heidelberg Rotary. At the luncheon, the Club made a very generous donation to the Homes. The donation has been earmarked for the purchase of a second defibrillator. Heidelberg Rotary has supported the Homes over many years and we thank them for their ongoing generosity.

Resident Carer Update

Sister Jane continues to provide tireless service to the Homes for which we remain exceedingly grateful. This year she has also enjoyed some 'milestone events' as you will read later in this edition. Congratulations Sr Jane!!

Meanwhile, our in-house Resident Carers Yasir and Batool are

approaching the end of their studies. Yasir has all but completed his degree and will be looking for employment while Batool will be leaving in August to get married. Congratulations Batool on your forthcoming wedding!

Our very best wishes go to Yasir and Batool as they work towards their final exams. We also wish them every success in achieving their personal and future career goals.

While one door begins to close another one opens, and we are excited to welcome Anne Chan as a new Resident Carer. Anne is a well-known and happy face around the Homes as she has been a volunteer for some time now. She will make a valuable contribution to the Homes both in her own right and as an assistant to Sr Jane. Welcome Anne, we look forward to seeing you around the Homes for a long time to come.

PRESIDENT'S REPORT CONTINUED

The Gardens

A couple of months ago we said a sad goodbye to our lovely Chinese Elm. A large tree, it provided shade to the gardens between Buildings



▲ Damaged Chinese Elm

12 and 14 while protecting the labyrinth. Age, wind and an abundance of rain created an environment where the 'lovely old lady' relinquished her hold of a large branch. Unfortunately, the branch, in breaking away from the trunk, made the tree and surrounds unsafe. Combined with a loss of good looks and charm, our Chinese Elm therefore had to go! We were fortunate no-one was hurt and that the labyrinth escaped any harm. There is now a gap where the Chinese Elm once stood; the Committee is presently considering a suitable replacement.

In Closing

I sincerely thank the Committee, our staff and volunteers for the dedicated, caring and selfless way in which you continue to work for the Homes.

We are so fortunate to have a team of volunteers who contribute so much to the running of the Homes, but there's always room for more. All you need do is contact Sr Jane or Angie during office hours on 9254 2400 to express your interest. I can assure you your contribution will be valued.

Best wishes to all associated with the Homes.

Don Hamilton, President

JANE & ANGIE'S REPORT

Australia has recently celebrated "National Volunteering Week". We thought it only appropriate that here at Ryder-Cheshire we introduce, celebrate and thank some of our newest hard working volunteers. We very much appreciate the goodwill of kind and thoughtful people among our community who give their time to help others.

Liz - for scrumptious morning tea on a Tuesday and being our dual co-ordinator of the monthly fundraising Morning Coffee; you will not have met a lovelier lady to talk to. She even has a crafty talent for making the Homes greeting cards.

Lois - for her no nonsense incredible organisational skills beautifying the Trading Table and ensuring the "price is right".

Michelle - for giving of her time in the office on Wednesdays while being a busy mum

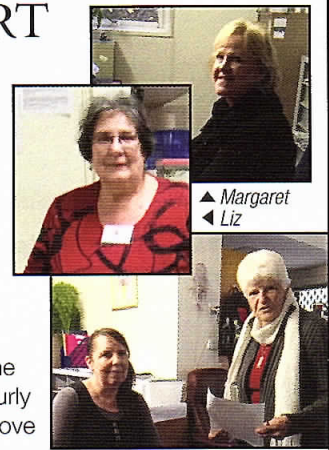
Margaret - our Friday afternoon saviour for doing so well on the hardest shift to fill.

Les - an incredibly hard worker, with a great talent for fixing things, whom I often cannot even coax to stop for a cuppa!

Hugo - our Monday morning resident lamb-dog! Who spends his morning

bouncing between staff, volunteers and residents sharing his doggie love. Thank you so much to

Ali, Bronwen's daughter for the loan of such curly unconditional love on four paws.



▲ Margaret
◀ Liz

▲ Michelle & Betty

And finally, but not least ...

- to all those thoughtful, kind people that send all manner of clever craft and goods for us to sell on our Trading Table. This includes Ron and Val, along with Steve, Toll's Mildura manager who has delivered items all the way from Mildura free of charge!

We appreciate you all! With your help, the gorgeous 'veteran' volunteers; our cleaning staff who daily go 'above and beyond' and our hard working Committee - Ryder-Cheshire remains a "Home Away from Home".

Jane and Angie

VOLUNTEERS' LUNCH 2017

On Sunday 5 March the annual Volunteers' Lunch was held in the courtyard of Building 14. The Committee hosts this lunch to say thank you to all the wonderful people who give their time, skills and energy to keep the Homes functioning and to work toward the Ryder-Cheshire aim of the relief of suffering.

The threatened rain held off and everyone enjoyed the chance to get together and enjoy a delicious meal and good company.

President Don Hamilton gave a short speech to thank all volunteers and made a special mention of Nola and Leo Jones and Leo's beautiful guide dog, Wilby. For many years, Nola and Leo have travelled from Shepparton to volunteer as relief Resident Carers, acting in place of Sr Jane for days or weeks at a time. While Nola and Leo have retired from this role, it is a joy to everyone to know that they will still be coming back to host the annual Christmas Day lunch.

Volunteers are vital to maintaining the work and life at the Ivanhoe Homes, and we are grateful to each and every person for their unique contributions. Volunteers support the Ivanhoe Homes in a variety of ways including administration duties, maintenance, organising morning teas and events, entertaining at music nights and other occasions, organising the Trading Table and raffles, making cards and other handcrafts for sale and lots of other ways. Many volunteers live locally, while others travel from near and far. Why not consider becoming part of our team? A warm welcome awaits you.

Kathy Oswin



▼ Angie & Batool



▲ Ready to serve



AROUND & ABOUT JOYCE GROVE, NETTLEBED

Travelling further afield in this edition, in fact to the UK some 67 km west of London, we visit Joyce Grove in Nettlebed. Quite by accident two Committee members while recently touring in the Oxfordshire countryside noticed a sign along the road to the Sue Ryder Nettlebed Hospice. Curiosity and an interest in a 'sister' organisation they decided to visit. Baroness Sue Ryder or Lady Ryder of Warsaw as she is also known was the wife of Group Captain Leonard Cheshire.



Nettlebed Hospice has an inpatient unit with 12 beds located on the first floor providing supportive care for 12 patients. The rooms overlook the lovely landscape gardens. Community nursing and hospice services are provided on a 7-day basis, to further support patients and their families at home.

Fundraising is a major focus of the Sue Ryder organisation. Ben explained the regular fundraising events held at Joyce Grove and collaborations with other external organisations, necessary to annually raise up to £3.1m to maintain the hospice and its services. Fortunately, the hospice receives about 25% of the amount from statutory funding.

There are over 450 Sue Ryder Charity shops in the UK! These too have become a considerable source of revenue. Profits from the shops and other fundraising go towards supporting the daily care provided by the 12 Sue Ryder hospices and neurological centres in the UK. More amazing, Sue Ryder has over 11,000 volunteers.

Ben also provided an outline of the history of Joyce Grove. Banker, Robert Fleming purchased the Nettlebed Estate in 1903. Demolishing the manor house, he asked respected landscape architect Charles Mallows to rebuild a Jacobean style house with 44 rooms and gardens; this was completed in 1908. Robert's grandson Ian Fleming, author of James Bond novels spent much of his early years at Joyce Grove! On Robert's death in 1933 the estate passed to his son Phillip who gave it to his nephew Peter in 1937. The following year Peter donated it to St Mary's Hospital.

Over the years Joyce Grove has featured in several well-known TV series and films.

An impressive estate and an impressive organisation, one of whose values is:

"Make the future together - sharing our knowledge with each other and collaborating with our volunteers, supporters and people who use our services to deliver positive outcomes." A value we at Ryder-Cheshire Ivanhoe Homes also wish to mirror.

Teresa Overton

Information sourced from: <http://www.sueryder.org> and https://en.wikipedia.org/wiki/Joyce_Grove

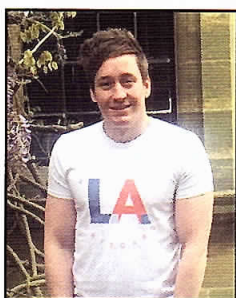
ANNE CHAN - AN INTRODUCTION

Anne began volunteering at the Homes some 10 years ago. Her first visit was prompted by reading information she received in a letterbox drop advertising Friday Morning Coffees. Over the years, in between her own busy schedule, she has provided head/neck massages and an understanding ear to residents and carers. Anne explains Chi Gong massage is an ancient Chinese healing practice that helps relieve stress and tension. She states that Chi Gong allows the natural flow of one's inner strength. Anne began her practice in Melbourne in 1990, subsequently studying in Chengdu and various monasteries in China. It was a time Anne describes as one of simplicity and humility.

Anne has expanded her volunteer work at the Homes more recently assisting with reception duties. Anne regards her new role as Resident Carer as a privilege and with gratitude she looks wholeheartedly forward to being able to

make a difference to others.

We welcome and congratulate Anne on her valued contribution to the work of the Homes now and in the future!!



▲ Entrance Lobby

▲ Ben, a fundraising manager



▲ Fleming Room

▼ The Sanctuary Room



TRADING TABLE

Very shortly there will be some hand-knitted beanies available at the Ivanhoe Homes' Trading Table. These are being knitted by a lady in Ballarat who lives in aged care. She was told about the Ryder-Cheshire Homes and she needed a project for a worthy cause.

She was most interested in the care offered those who are in need of relief of suffering and asked if she could knit beanies given that winter is upon us.

Her craft, knitting, embroidery and tapestry are of such a high standard. These activities keep her occupied and she feels that by knitting these woollen beanies her time is well spent in helping others.

Diane McGrath - Ballarat Support Group

Editor - It's definitely time to visit the Trading Table.

NEW WALL PLAQUES

We wish to thank ex Red Cross driver Murray McBain who generously donated four wall plaques. The blue and white plaques depict air force servicemen and a spitfire, the plane flown by Group Captain Leonard Cheshire during his service. The attractive plaques are displayed in each of our buildings.



SNIPPETS

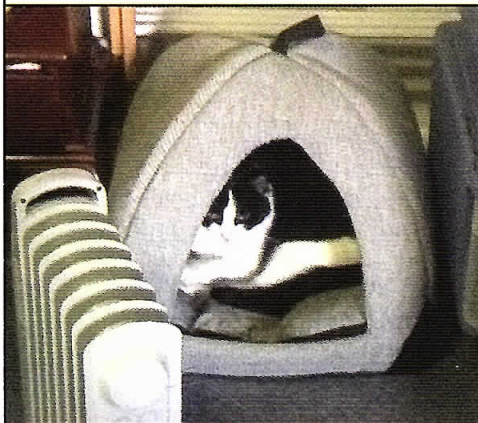
"To staff and volunteers. Thank you for all the care you have given us for the past 7 weeks. It's a great place to stay..."

"To all the wonderful people at Ryder-Cheshire. Thank you. A quiet, peaceful, respite during treatment."

"Thank you for being our home away from home during this difficult time. It was fantastic to have great accommodation so close to the hospital."

"Thank you so much for your kindness."

▼ **Suzy - "One spoilt cat!"**



MORNING COFFEES - 2017

Dates for your diary – last Friday of the month at 10am, everyone welcome!
Cost: \$5 per person to cover food, raffle and door prize!



DATE	TOPIC	PRESENTER
28 July	Taking Henry Home'	David Hay
25 August	Greensborough Historical Society	
22 September (Third Friday)	Melbourne City Mission	Chris Dickons
27 October	Chocolatier	Bruce Nethercote
24 November	Christmas Carols with Dorothy	

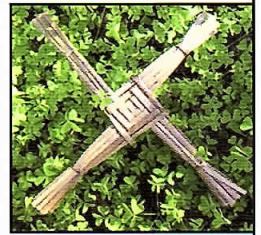
MILESTONES FOR SISTER JANE

This year has seen our wonderful Resident Carer Sr Jane Gorey celebrate two significant events!

Early in the year Sr Jane celebrated the 50th anniversary of her profession in the Order of Brigidine Sisters (an order of Catholic nuns). Sr Jane's many years of service within the Order have included a range of settings in schools and welfare organisations in Victoria and interstate, as well as two stints as Resident Carer at the Ryder-Cheshire Ivanhoe Homes. We congratulate Sr Jane on this marvellous record of service and express our gratitude for everything that she has done, and continues to do, here at the Ivanhoe Homes.

The other big event for Sr Jane was the celebration of a 'significant' birthday. But, as a true lady will not disclose her age, we won't either! However, what we will reveal is that Sr Jane had a series of lovely celebrations with

members of her family, the Brigidine Sisters and friends. Here at the Ivanhoe Homes we celebrated with Sr Jane on a couple of occasions and we would like to take the opportunity to once again wish her a very happy 'significant' birthday year from all the Ryder-Cheshire community.



Kathy Oswin

▲ Brigidine Cross
▼ Jane celebrating



Call for Weekend Volunteers

While we have a committed and dedicated group of volunteers, there are always places for others wishing to assist. Every volunteer brings something new to the Home by way of skills, experience or knowledge.

If anyone knows of a friend or relative who is willing to provide us with some help, please pass on their name to Jane. All help, no matter how minor it may seem, contributes to making our residents and carers stay more comfortable.

To receive newsletters via email or learn more about the Homes go to: www.rydercheshirehomes.org.au

DONATION

Ryder-Cheshire 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: _____