



South Port Day Links Inc.

Newsletter July 06

ARE YOU A SWANS FOOTBALL FAN?

South Port Day Links has organised some FREE tickets to the Sydney Swans versus Melbourne match at the MCG on August 12th

DayLinks will provide transport for those that need it and also disabled access to the undercover seats

To secure your place, please ring the office on 9646 6362

Tickets will be allocated in order of bookings received.

BETTY'S CORNER

The SPDL Information Stall continues at the wonderful South Melbourne market every Friday. I have so many new brochures...come and visit me and see how many things are happening in our local area. I have a questionnaire to fill in about City of Port Phillip and a wonderful book on disabled access around Melbourne. The market upgrade is progressing well and building works should be complete within a few months.

The daytrips have continued...just once a month during the colder months. Recently we have been to Torquay, to Queenscliffe and a very funny trip to the Dandenongs trying to track down a special shop that sells wonderful vanilla slices. We never did find the shop but we did see the beautiful autumn colourings of the trees around Kalorama and Mulgrave. Betty Harrison

The next daytrip is on
Sunday August 27th

to the fantastic **Daffodil Farm** in Narre Warren. This is an annual trip for us and those who have been have thoroughly enjoyed themselves. You can pick or buy flowers, fresh homegrown vegetables and enjoy hot soups, BBQ, cakes, and fantastic scones with jam and cream. Also lots of home produce to buy...jams and chutneys and lavender products and craft items. All the money raised is donated to the Cancer Council.

BOOK NOW TO SECURE YOUR PLACE
9646 6362

GUESS

WHO

WENT

ROCK

CLIMB-

ING ?



ME! (& Badge). We spent 4 days camping near Mt. Aripiles with some friends—some were experienced rock climbers, the others (including me) novices. We had a wonderful time cooking and solving the world problems around the camp fire with a glass or two of red! The try at rock climbing was challenging, fantastic fun and very successful despite one of my arms becoming a little too intimate with a jagged rock! The photo was taken by Menno Hoffmann who assured me that the photo of me taken from directly behind was less flattering!
Carolyn

VOLUNTEER PROFILE

Name: Doris Pace

Birthplace: Melbourne—both my parents came from Malta in 1954, married at St Joseph's church in Port Melbourne in 1955 and I was born at the Queen Victoria Hospital on May 28th 1956, the eldest of 4 children. I have lived all my life in Port Melbourne and can't imagine living anywhere else.

Favourite things: Music—I love all sorts -, cafes and restaurants, going to the movies (especially to The Sun theatre in Yarraville), walking by the beach.

Interests: Gardening — I do all the gardening at home and I love propagating. ...I often propagate things to pass on to the GardenMate clients. I belong to the South Melbourne Garden Club which is most interesting and the people are very friendly and welcoming. I also love all sorts of crafts, antiques and cooking.

Passions: My friends and family –niece Maddy and nephews Matthew and Brendan. And my 18 month old pomeranian dog, Rusty.

HISTORY

I attended St Joseph's Primary School—it was on the corner of Bay and Rouse Streets— after the school moved to Princes Street, the building became the Robert Timms factory and is now—guess what—apartments! My secondary schooling was at Kilbride, Albert Park, after which I began work at the Commonwealth Aircraft in Lorimer Street, working as a receptionist in the laboratory for 20 years. I travelled overseas for 4 months during my long service leave—around Europe, the Greek Islands and Turkey cruise on a Contiki tour– and afterwards visited family in Malta and England. I have been back to Europe several times and I can't decide what is my favourite country...each one has its highlights! I have travelled a lot also around Australia - 'I still call Australia home'!

Why do you volunteer with SPDL?

Because I love interacting with people and helping within my community.

How long have you been a volunteer with SPDL?

It will be 4 years in November

What volunteering do you do with SPDL?

My volunteer job description tells me I am a Volunteer Receptionist....BUT I could best be described as a 'Jill of all Trades'. I do photocopying, collect mail, assist with mail-outs, shopping, helping with food preparation, making tea and coffee, walking our mascot, Badge, giving him his treat(s)....he usually gives me a nudge if I forget! And more importantly, I'm in charge of remembering all the volunteer drivers' birthdays... I'm in big trouble if I miss one!

What don't you like about volunteering with SPDL?

The occasional rude client who forgets I am volunteering my time (although most clients are great and appreciate the service). I HATE it when drivers don't answer their mobile phones

What do you enjoy most about volunteering ?

Meeting different people, talking to clients on the phone and getting to know them, then eventually getting to meet some of them. Having a joke and a laugh with clients and volunteers. Mostly I love Badge's freaky smile and the welcome he gives me when I walk in the door.



This photo is of Doris, cutting the cake at her 50th birthday. There was a joint celebration at the Trugo Club in Edwards Park, to celebrate Doris's birthday and Carolyn's 9 years at SPDL. It was attended by many of the SPDL volunteers.

CHAIRPERSON'S REPORT

As winter progresses, the days are getting colder and more gray. It is sometimes difficult to maintain one's optimism and enthusiasm, particularly in light of the difficulties we continue to have in convincing the State government that we need regular funding to replace our vehicles.

In May, the Committee conducted the annual planning day. Our focus continues to be on income generation. We have received some incredibly generous donations from members of the South Port Day Links community—both clients and volunteers. Thank you so much—we really appreciate it. It was also great to find out that we were successful in our grant application for funding for a computer.

We wrote to the Department of Human Services formally requesting an increase in our Home and Community Care funding but have been refused. The Department's policy for the next three years is to give additional money to services like Home Care and allied health, and because SPDL is funded as Volunteer Coordination, we are not considered a priority. We are further disadvantaged by the fact that HACC money will not be targeted into our municipality, but directed to the outer metropolitan municipalities like Greater Dandenong and Casey. It is, however, an election year and we will continue to lobby until we are able to achieve a solution to our funding problems.

I often feel that my contributions to the newsletters are somewhat pessimistic and I would like to reassure you that life on the Committee is not all doom and gloom. In May, Carolyn and Daska organised a volunteer celebration, which was held at the Port Melbourne Bowling Club. The night was cold but inside the club, we were warmed up by Carolyn's beautiful homemade soup, complemented by bread and wine and a toffee peach cake. What more can anyone need! A trivia quiz was held to test our general knowledge and even though my team (the noisy roosters!) didn't win, I think we all had a fun evening.

We continued in celebratory mode at the surprise party that Marguerite and Meryll organised to recognise Carolyn's 9 years of working at SPDL. It is not often that any of us can pull the wool over Carolyn's eyes, but Meryll and Marguerite managed well. Congratulations to all.

Kind regards, Catherine

PETLINKS NEWS

There has been movement at the station. Several of our volunteers have left us for overseas shores, and others due to family commitments. Another was accepted into the police force. We wish them all well and thank them for their work with PetLinks. Meanwhile past volunteers have returned to us who we welcome back as we welcome new volunteers joining us.

The PetLinks Brochure has been updated and will be printed shortly. We thank every one who participated. I would also like to thank the people who recently allowed themselves to be photographed for our records. There are still people to be contacted and if I have missed anyone please contact me and I will make a date. My job is now to make a mural of all of our current volunteers, owners and pets photographed together.

Daska Saleeba

Spotlight on Older Pets' Needs

Vets recommend that older animals 7+ need regular health checks. This allows the vet to monitor kidney function, arthritis and canine dementia. Warning signs of problems include bad breath, increased drinking or urinating, sleeping more and changes in weight and behaviour. As pets age their dietary requirements change and the vet will often recommend food more appropriate to an ageing pet's needs. These new diets can often assist in improving the pet's quality of life.

Awareness of Canine Alzheimer's is increasing as animals live longer. Behavioural changes are often exhibited and the vet should be consulted.

Things to monitor are

- Signs of disorientation, loss of recognition of familiar people and decreased alertness.
- Decreased interaction and desire for attention
- Changed sleep patterns particularly during the night
- Loss of bladder or bowel control

PetLinks volunteers, who have regular contact with the pets of PetLinks clients, are in a strong position to play an important role in monitoring the wellbeing of their pet.

SPDL POLICY UPDATE

Each newsletter, we include information from the SPDL governance area.

DayLinks has had a policy and procedure for the Stowage of Transported Equipment for several years, however this was reviewed at a recent meeting of the DayLinks drivers. We thank the drivers for their valuable input into updating this policy. SPDL Inc. recognises the dangers to drivers and passengers presented by incorrectly or poorly stowed items, so we request that clients assist the drivers in keeping to this policy.

POLICY

Proper safety and stowage methods shall be applied to all equipment and goods transported by and on behalf of SPDL Inc.

PROCEDURE

- Items shall be carried behind cargo barriers or in designated storage areas, whenever practicable.
- Items including walking frames that are not behind cargo barriers shall be appropriately secured to the satisfaction of the driver using a seat belt or appropriate restraint.
- Passengers may keep their handbags or other small personal items with them but they should be kept on the floor.
- Items should be carried in a vehicle in a manner that enables easy access to entrance, aisle, exit and emergency exit.
- Items should be carried in a vehicle in a manner that does not hinder the comfort of the driver or clients.
- When carrying a domestic animal, the cage or travel box should be anchored by harness clip and/or seat belt to the satisfaction of the driver.
- When carrying a domestic animal that is not in a cage or travel box, the seat should be covered with a towel, blanket or sheet and the animal should then be secured with a harness clip. Other passengers in the vehicle should first be asked if they are allergic to animal fur and if they are happy for an animal to travel in the vehicle.

And a gentle reminder that SPDL has a Non-Smoking Policy

SPDL Inc. acknowledges the scientific proof that links smoking with damage to health, not only of the smoker, but also the non-smoker who comes into contact with the side stream smoke.

SPDL Inc. is a smoke free work place. This applies to all clients, employees and volunteers in SPDL Inc. buildings and vehicles in use for SPDL Inc. purposes.

Please contact the office on 9646 6362 if you would like to receive some QUIT information.

DID YOU KNOW????

That SPDL has a new website? It has been put together over several months by David Wilkinson, a member of the committee, with input from lots of others. It is a 'work in progress' but already has information about our programs, volunteering, events, our sponsors and links to other sites, and soon we will add volunteer and staff photos. For those with access to the internet, check it out on www.spdl.org.au

That Doris and I had a meeting with several GardenMates last week? At that meeting we discussed the possibility of forming a group to meet on a regular basis to talk about gardens and gardening. The group could consist of people – possibly a mixture of volunteers and clients – that have an interest in gardens and gardening – even if they are no longer able to 'do it' themselves. Perhaps we would take the group to visit some gardens in the Dandenongs, perhaps we could have a speaker sometimes to discuss topics of interest chosen by the members of the group, perhaps. Discussions have also taken place at a preliminary level with Learn For Yourself who are interested in resourcing the group. So, do you think it is a good idea? Are you interested in being part of the group? How often would you like to meet? Please contact Carolyn or Doris at the office on 9646 6362 and let us know if you are interested.

That the SPDL Annual General Meeting will be held at the South Melbourne Community Centre on Tuesday November 14th 2-3.30pm? This is always a wonderful afternoon with fantastic afternoon tea and an opportunity to hear what we do, how we do it and to be part of the SPDL community.

Put the date in your diary NOW. Transport will be available.

That in the recent State budget there was a significant funding boost to the Utility Relief Grant Scheme and the associated Capital Grants Scheme? The scheme has been expanded to improve access to assistance and broaden the type of assistance available.

Low-income households who are unable to pay a utility account or need repair or replacement of a major appliance may be eligible for assistance. For a booklet on the changes ring Sustainability Victoria on 1300 363 744

DID YOU KNOW????

Older people are much more vulnerable to pneumococcal disease and influenza, which can lead to pneumonia or other serious illnesses?

The Australian Government is offering free vaccines against pneumonia and the flu to all Australians aged 65 and over. Unlike flu vaccine, you shouldn't receive pneumococcal vaccine every year—usually just a booster dose every 5 years, but this should be discussed with your doctor.

For more information call the Infoline on 1800 671 811

That recently Clare, a student from the Photographic Studies College, visited South Port Day Links and took photos of some of our volunteers at work. It is part of the 'Photography in the Community' project where students learn about a community organisation and then capture what they do on film. Three of Clare's photos were selected to be in an exhibition at the St Kilda Town Hall. Clare has presented South Port Day Links with 12 large prints to use for publicity purposes.

That SPDL provides a range of training programs to its volunteers? Two very successful sessions were held in June, attended by a mixture of drivers, reception, WalkMates and GardenMates. Next week, there will be training specifically for volunteer drivers. Following this session, drivers will be instructed on various health and safety issues—for drivers and clients alike—by Sue Benn, Occupational Therapist and Peter Schultz, Physiotherapist. Topics covered will include assisting clients with various mobility restrictions into and out of the vehicles, helping clients up ramps and gutters, assisting clients to transfer from wheelchairs, and lifting wheelchairs and jeeps. **Thank you** to the Port Phillip Community Rehabilitation for providing this training for us and thank you to the staff for willingly coming after normal work hours.

In September there will be training on Cross Cultural Awareness by the Southern Migrant Resource Centre.

That our vehicles are kept clean and tidy and safe on the road thanks to Sandridge Motors who do a free vehicle check on each vehicle every week, and to Sheen Panels in City Road who recently removed all the dints and scratches from our cars, also free of charge. Thanks as well to volunteers Frank, Bill and Ian for cleaning the vehicles inside and out every week.

SPDL CLIENT FEEDBACK August 2006