



# NEWSLINK

The Quarterly Newsletter of South Port Day Links Inc.

October 2007

South Port Day Links Inc.

## Annual General Meeting

Notice of Meeting

**Tuesday 27 November, 2007**  
**1pm – 3.30pm**

South Melbourne Community Centre  
Corner Park St and Ferrars Place, South Melbourne  
(Melways Ref: 2K B4 or 57, F2)

All welcome: afternoon tea will be served after the meeting.

SPDL will provide transport: please book on 9646 6362

**Please note: no transport services will be operating after 12 noon on this day.**

**Community Ball 2007...** (see page 4 for more...)



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### **From the Chairperson**

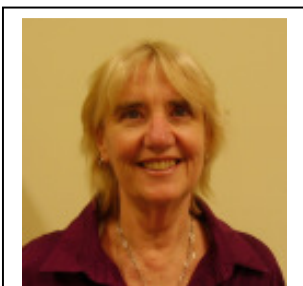
It's that time of the year again! Yes, it almost time for the AGM! At the AGM this year we will have some new people to introduce: our Coordinator of Volunteers, Mary Kehoe; our new Executive Officer, Megan Lilly and our new DayLinks Support Worker, Trish Hampson. Mary has been with SPDL since January and many of you will have met her at Carolyn's farewell. It's now my pleasure to welcome Megan Lilly, who took up the Executive Officer position in September and Trish who has only recently joined us. I am sure there will be many clients who have yet to say hello to our new team members so please take the opportunity at the AGM.

I mentioned in the last newsletter that SPDL had done very well in the recent National HACC Standards Audit. Now that we have official confirmation, I can let you all know that we got 20 out of 20! I am so proud to be associated with SPDL. I have always thought it was a quality organisation, and I love the fact that this has been recognised by government. Our challenge now is to keep working to maintain our high standard.

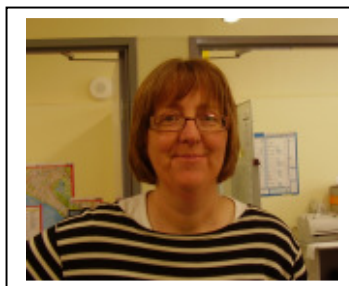
In the August newsletter we were also able to announce the purchase of a new vehicle that runs on LP gas. We have had further success in financial matters. We received a one-off grant from the Department of Human Services for \$1000 and also an \$800 grant to support the work of GardenMates. In addition, we recently received a donation of \$2,500 from the South Melbourne Community Chest for PetLinks and DayLinks.

I hope this newsletter finds everyone happy and well. I look forward to seeing everyone at the AGM. I hope to report to everyone on the SPDL Draft Annual Plan and seek your input into the planning for the next 12 months.

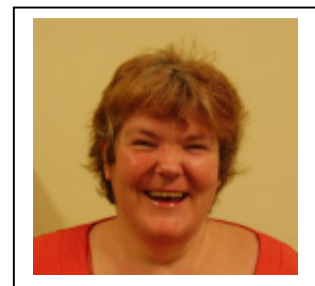
Kind regards,  
Catherine



Megan Lilly



Mary Kehoe



Trish Hampson

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### Gardening Get-Together

We were happy to reconvene our Gardening Get-Together group in October after a few months in hiatus. It was lovely to welcome Ray Grant and Matt Rodda to our little group.

We had a guest speaker this month. Marie Kehoe who is a volunteer gardener at the Royal Botanic Gardens in Cranbourne came along to give the group a talk about the gardens and her experiences as a volunteer. Thank you to Marie for taking the time out to talk to the group and we all enjoyed the free afternoon tea as usual!

Our Gardening Get-Together group meets in the child care room (ground floor) Liardet Centre on the third Thursday of the month at 1.30 pm. All welcome, transport can be provided and it's free.

**The Royal Botanic Gardens Cranbourne**, a division of the Royal Botanic Gardens Melbourne, is one of Victoria's most precious areas of native bushland and offers nature-lovers the chance to explore 363 hectares of untouched heathlands, wetlands and woodlands. These expansive natural gardens are also home to thriving bird and animal life, including several rare and endangered species.

The RBG Cranbourne is home to a new garden - the Australian Garden. The Australian Garden is a place where visitors can immerse themselves in Australian flora, landscapes, art and architecture. This amazing new garden features a gallery of exhibition gardens, sculpture and displays - all highlighting the beauty and diversity of our Australian landscape.

The Royal Botanic Gardens Cranbourne are located at corner Ballarto Road and Botanic Drive Cranbourne (off South Gippsland H'way) Melway Ref: 133 K10



The Australian Garden at the Royal Botanic Gardens, Cranbourne

### Volunteering

Thank you again to everyone for your ongoing support of South Port Day Links with your volunteering. Over the last month or two we have had a slight increase in our volunteer numbers which has been a tremendous help whilst drivers (especially) have been away or overseas!

A warm welcome is extended to our new volunteers; **John Dawes** (reception) **Anna Casasayas**, **Di Gross**, **Adam Archer**, **Jill Robb** and **Deb Brilleman** (driving), and **Jane Varney**, **Catherine Linton** and **Toni Mitrovich** (PetLinks).



### City of Port Phillip Community Ball

The City of Port Phillip Community Ball was held on Friday 12 October at the South Melbourne Town Hall. The capacity of the room was slightly reduced this year, but approximately 180 local people were able to enjoy the evening.

South Port Day Links would like to extend a very big THANK YOU to our drivers Ian, Millie and Trevor, Terry, Frank Kovacic and Frank O'Donnell for driving and assisting on the night and taking time out from their weekend to help. The evening was a very big success and the City of Port Phillip has committed to run the ball again in 2008.



Rose & Beris



Debra, Spiros, Tracey & Con



Betty H



Betty K



Jackson & Jean



The Mayor and Ball  
Organiser John

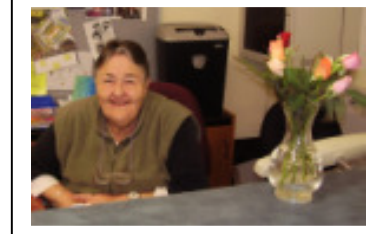
### **Volunteer Profile: Liz Van Dam**

Name: Liz Van Dam Birthplace: Melbourne

Favourite things: Books and diamonds

Interests: Reading, Swimming, Craft, Grandchildren

Passions: Politics, family, old friends and diamonds



Where and how long have you been a volunteer? DayLinks – 5 ½ years

What volunteering do you do with SPDL? – Reception and anything I am asked to do.

Why do you volunteer with us? – Love it. When you've got time to help others, why not? Makes me feel good.

What do you enjoy about volunteering with us? – People you meet on the phone, new and old. Social intercourse. Meeting the volunteers who work for DayLinks.

What don't you like about volunteering with us? – Nothing.

### **PetLinks Waist Watchers**

Do you like giving your pet treats? A piece of sausage from the barbeque here, a little bit of ice cream there, toast with vegie in the morning? If you do, you're not alone; most Australian pet owners do this. Treats are ok in moderation but over time, can contribute to an unhealthy expansion of the waistline. Getting the waistline back to normal is a priority as a recent study shows it could add 2 years to your pets life.

With at least 50% of pets overweight we are trying to help reverse this national epidemic. Being overweight shortens life spans and makes lives less enjoyable because of the diseases it fosters: arthritis, heart disease and diabetes are just 3 examples.

#### **Things to do at home:**

- Walks – regular walks are wonderful for pets. They burn energy and are fun
- Make meal times more interesting – rather than put all the food in a bowl, which gives a pet only 15 minutes of fun per day, hide food around the house, scatter it in the garden or use food dispenser toys. For cats, put food up high so they have to jump. All this helps to burn extra calories.



## Duty Of Care Policy & Procedure

### **PRINCIPLE**

A duty of care is to take reasonable care of a person.

Clients using any SPDL Inc. program have the right to expect that all those who provide services for them will take reasonable care to avoid harming them, and to protect them from foreseeable risk of injury.

### **POLICY**

All staff and volunteers owe a duty of care to clients and are responsible and independently accountable for their actions at all times. All staff and volunteers will possess the necessary skills and knowledge to provide risk free services.

### **PROCEDURE**

SPDL Inc. ensure that:

All Staff, volunteers and clients are provided with a pamphlet explaining Duty of Care upon their commencement with SPDL Inc. All staff and volunteers employ safe work practices

All staff and volunteers have adequate training to understand what 'Duty of Care' means.

Training about Duty of Care:

- new staff induction – responsibility of COM

- volunteer orientation – responsibility of coordinators

- new committee of management members– responsibility of COM.

All staff and volunteers will provide services so as not to unreasonably expose a recipient to a risk of injury.

## **Footy Tipping Competition 2007**

Our annual footy tipping competition was a great success this year, with 17 people providing fierce competition for our ultimate winner (Janet Hansen) and our second-place getter Sally McLeod.

Look out for news of Footy Tipping Competition 2008 in early March next year.

## **PetLinks**

We still have a couple of local people who would like to volunteer with our PetLinks program, so if you are having trouble walking your dog as much as you would like, or need help with grooming/caring for your pet, or you know someone who is, let us know by giving us a call on **96466362**.