



# South Port Day Links Inc.

Newsletter October 05

You are invited to attend

**The  
South Port Day Links Incorporated  
ANNUAL GENERAL MEETING**

TUESDAY NOVEMBER 15<sup>th</sup> 2005  
2.00 to 3.30 pm

At the **South Melbourne Community Centre**  
Corner Ferrars Place and Park Street  
**South Melbourne**

**For catering purposes, it is essential you let us know on 9646 6362 that you are coming. If you require transport to the meeting please book on 9646 6362**

### VOLUNTEERS

Six new volunteers have joined SPDL recently. Welcome to John, Natasha, Millie, Belinda, Margie, Glen

### Request to increase contribution to DayLinks Community Transport

As you are aware, the cost of petrol has increased dramatically. The petrol cost to SPDL in the 3 months July to September has **increased** by over \$2000. Other costs, for example insurance, have also increased yet our grant from the government has not. For the last 8 years, SPDL has asked clients to contribute \$2 for their transport, but we now request that this is increased to \$3. Please note that this contribution is not compulsory and that service will still be provided if you chose not to contribute. Also please note that all donations to South Port Day Links Inc. of \$2 or more are tax deductible. Please ask the driver for a receipt if you wish to claim.

### VOLUNTEER PROFILE

**Name:** John Jacobs

**Birthplace:** Kew in Melbourne

**Favourite things:** Being a volunteer driver for DayLinks, my dog Lily (a maltese cross, a little like a well-loved slipper), my partner of 15 years, Barb

**Interests:** having the odd dollar (or 2) on the horses, sport in general, AFL (C'arn The Hawks)

**Passions:** Supporting refugees to tell their stories (my mother was a refugee and arrived in Australia over 60 years ago), cooking garlic spaghetti

**History** –I am employed at Deakin university (since 1991) as a teacher in performing arts. I've had several TV roles including in Blue Heelers and Backberner. I have made many TV commercials including for Office-works, as the chauvinistic husband in Praise Mayonnaise and the absent minded executive in Startrack Express

**Where and how long have you been a volunteer.** Since 1995....10 years

**How long have you been with SPDL?** all of those long 10 years! And now of course, I'm a volunteer as well for a refugee group "Refugee Voices"

**What volunteering do you do with SPDL?** I'm a driver....every Tuesday morning...I used to do Fridays but my work time table changed, so now I'm meeting all the Tuesday clients.

**Why do you volunteer with us?** I like to do something I feel is worthwhile and I think helping people to get out and about is very important.

**What do you enjoy about volunteering with us?** I enjoy having a chat and a laugh with the clients...they have such stories to tell. I enjoy the camaraderie with the other volunteers

**What don't you like about volunteering with us?** It can be quite stressful...the roads are chaotic and we are very busy. I don't like it when Carolyn growls at me (just joking)!

## Dogs on Beaches

**These are seven designated off leash dog beaches all year round.**

- \* Port Melbourne beach (between Lagoon Pier and Sth West Dow St),
- \* Middle Park (between Langridge St and 140m past Fraser St towards St Kilda)
- \* West St Kilda (from St Kilda Pier along Pier Rd for 400m towards Middle Park Beach)
- \* St Kilda (Brook Jetty opposite the back of Luna Park to St Kilda Marina),
- \* Port Melbourne (Sandridge Beach between the rock groyne opposite Barak Rd and the rock groyne opposite Cumberland Rd)

### Early morning beaches 5.30 – 9.30am

- \* Middle Park (between Kerferd Rd pier and Langridge St )
- \* Elwood (between rock groyne sth of Point Ormond and the beach access ramp 35m sth west of Normanby Rd.

**Off season** from April 1<sup>st</sup> to October 31<sup>st</sup> dogs are allowed on all beaches but must be under effective voice control and a leash must be carried at all times except

- \* West Beach St Kilda from 400m north of St Kilda Pier to a point in line with the end of the pavilion past Cowderoy St.
- \* Sandridge beach in Port Melbourne, including all of the beach and the Perce White reserve, however dogs on leashes are permitted on the sealed road from Todd Rd to the Webb dock.

### Off-leash parks and reserves

South Melb.	Lagoon Reserve	57 C3
	Page Reserve	57 D1
	Howe Reserve	57 D1
	Smith Reserve	57 C2
	Hester Reserve	57 B2
Port Melbourne	JL Murphy reserve	56 K1
	Garden City Reserve	56 K2
	Julier Reserve	56 H2
	West Port Foreshore	56 H3
Middle Park	Gasworks Park	57 D4
	MO Moran Reserve	67 A1
St Kilda	Marina Reserve	57 K12
	Peanut Farm Reserve	58 A11
	Alma Rd West	58 D8
East St Kilda	Alma Rd East	58 E8
	Head St Reserve	67 D5
Elwood	Clarke Reserve	67 C1

Remember it is mandatory to carry bags to clean up after the dogs

[www.portphillip.vic.gov.au/dogs\\_on\\_beaches](http://www.portphillip.vic.gov.au/dogs_on_beaches).

[www.portphillip.vic.gov.au/dog\\_parks\\_reserves](http://www.portphillip.vic.gov.au/dog_parks_reserves).

Happy walking!!!

## THANKYOU

SPDL regularly has volunteer training and meetings and to ensure as many volunteers as possible can attend, these are usually held after work.....a time when we are all hungry! Many thanks to Mark, owner of Fisherman's Delight for providing fish, calamari rings and chips without charge for many of these functions over the past few months. It is very much appreciated.

Mark has key tags offering 10% discount to regular customers and is willing to give these to any client or volunteer of SPDL just by mentioning this newsletter. Fisherman's Delight do deliver!

Fisherman's Delight, 155 Bay St.,  
Port Melbourne. 9645 1855

## BREAST CANCER RESEARCH

Recently South Port Day Links, in conjunction with the Port Melbourne Neighbourhood House, held a fundraising luncheon in aid of breast cancer research. It was held in the hall at the Liardet Community Centre and was attended by 24 people. At the same time, the Neighbourhood House held its first Community Cafe for the year, so the hall was abuzz with people and chatter. There was a 'bring and buy' table also which added to the cheque of \$513 sent to the Anti-Cancer Council. Many thanks to those who attended and thanks to the wonderful catering skills of Julian, teacher of the Kitchen Skills class. Extra special thanks go to his pupils and to the volunteers who helped on the day, some of whom started at 8.30 am! A most enjoyable community occasion.

### PM Open Day

The next Community Cafe will be held as part of the Open Day on December 10<sup>th</sup>. This Open Day will be at the Neighbourhood House from 11.30– to 4 pm and will

hold a series of free and low cost activities showcasing the range of activities and classes. These activities include: face painting, a jumping castle, yoga, tai chi, dance demonstrations and workshops: singing and theatre performances and workshops, a sausage sizzle, an Italian Café, craft workshops and stalls: launch of the turnabouts calendar and a **pet parade and competition judged by Daska from PetLinks and**

## CHAIRPERSON'S REPORT

Is anyone else surprised at how quickly the year has gone? At SPDL we are planning the Annual General Meeting, as well as the next volunteer get together, in full knowledge that Christmas and the end of 2005 are less than ten weeks away!

The Annual General Meeting is scheduled for Tuesday 15<sup>th</sup> November and will again be held at the South Melbourne Senior Citizens Centre. I would encourage all volunteers and users of SPDL programs to attend. The AGM is one of the best ways to hear about the plans for the next 12 months, and to give feedback to the Committee of Management and voice your opinion. If you require transport, just phone the office and this can easily be arranged.

The next volunteer get together is being planned for early December. As you may know, we have two 'formal' volunteer celebrations each year, and this one will no doubt coincide with the end of year festivities. All of the SPDL programs are provided by volunteers – whether it is driving, or dog walking, or helping someone to maintain their garden. Without the volunteers there would be no programs so it is important that we recognise the valuable contribution as well as have opportunities where we get to know each other. Carolyn and Daska will be able to provide more information about the event, and I hope to meet many of the volunteers from DayLinks transport, as well as the Mates and PetLinks programs.

Our Treasurer (and DayLinks driver) Graham Cook and Carolyn recently met with the Hon. Gavin Jennings, Victorian Minister for Aged Care, at the City of Port Phillip Community Cabinet. Graham and Carolyn provided Minister Jennings with information about SPDL and ensured he was aware of the difficulties we are facing in regard to the loss of funding for vehicle replacement. Although we were not able to get his commitment to 'fixing' the problem, we continue to explore every avenue available to us to ensure we keep our current fleet on the road.

One of the things that everyone has noticed is the increase cost of petrol, and the impact of rising fuel costs has been keenly felt by DayLinks. We expect the cost of fuel to be approximately \$6,000 more this financial year than the last.

This increase in expenditure has forced the Committee of Management to accept the Coordinator's recommendation that the gold coin donation for DayLinks be increased from \$2 to \$3 per trip. It is important, however, that everyone understands that DayLinks users will not be refused transport if they are not able to afford to make a donation

Our plans to update our image and move into the 21<sup>st</sup> century are progressing as we get closer to launching the SPDL website. David Wilkinson, one of the members of the Promotions sub-committee, has been toiling away to create a website that will give people access to a range of information about SPDL, including program information and policies. The sub committee has also developed a new-look letterhead and business cards, and the Annual Report that is being prepared for the AGM should be better and more exciting than in previous years. Thanks to last year's donation from the South Melbourne Community Chest, we have a digital camera and plan to make our Annual Report something that will help us to raise the profile and promote the work of SPDL.

Finally, Carolyn and Daska will be sending out surveys to all clients and volunteers over the next few weeks. I would ask that you take the time to complete and return them as they help us to continually improve the services we provide, and make sure we are working towards the achievement of our mission:

*To promote and enable equality of access and opportunity for frail aged people, people with a disability, and those that care for them, so that they can maintain their independence and links to the local community.*

I hope that this newsletter finds you happy and well, and look forward to seeing many of you at the AGM.

Kind regards,  
Catherine Healion  
Chairperson

### Vehicle Replacement

SPDL owns 3 cars that provide supported transport to our clients, and it is our aim to upgrade one of these vehicles every 3 years. We have embarked on a couple of fundraising ventures recently to be able to do this upgrade. Previously we had been able to apply to Department of Human Services for the capital required, but the department have now changed this system and we now receive only \$1000 per year for capital.....hardly enough to upgrade a vehicle!

So how can you help? By

- supporting our fundraising drives.(sorry about the pun)..every little bit helps.
- Making sure you make a donation each time you use the DayLinks car.
- making a donation....large or small.....to SPDL
- include a bequest to SPDL in your will
- becoming a sponsor

True Story: We recently upgraded one of our vehicles, thanks to an extremely generous donation from one of our clients." I don't have family to leave anything to, and DayLinks has become like a family to me. I have got to know most of the drivers over the years and I look forward to seeing them. I use DayLinks usually twice a week, and it is my salvation....I'd never be able to get out without DayLinks. I thought about leaving them money when I die, but there are tax advantages by giving the money now, besides, I'd like to see them enjoying it now....and make sure I ride in the new car!"

If you would like information on how you could become a sponsor, make a donation or a bequest, feel free to contact Carolyn on 96466362

A new booklet has been released called the Australian Directory of Human Animal Interaction Programs. This compiles a list of therapy, pet loss and grief, research & education, assistance and promotion programs. It is a good source for the valuable programs offered Australia wide including hearing dogs, disability aid dogs, riding for the disabled and pets for therapy. If anyone is interested please contact Daska for a copy.

### CHRISTMAS AND JANUARY HOLIDAYS

Could all DayLinks passengers let the office know as soon as possible if you will be away over the Christmas period. Also some classes will have a break and it is important we are informed of the break-up and resuming dates.

### BETTY'S CORNER

We have continued with our monthly outings, despite some cold and wet weather over winter, but we will make good use of the bus before the really hot weather comes. A visit to a market is always a winner to get those Christmas presents, so that is scheduled for early December. If you are interested in coming on that market trip or on any daytrip, please leave a message for me at the office on 96466362

In recent trips we have been on the steam train from Queenscliffe to Drysdale....a wonderful adventure. We went to a daffodil farm...it was a fundraiser for cancer and had a wonderful day...BBQ put on by the local rotary club and lots of home made preserves to buy. For lunch we could choose from a variety of home made hearty soups and some of us indulged in scones and jam and cream....naughty but nice! Last Sunday we got a bit lost, but did go to Jells Park and a dam....we still had a lovely day!

My market stall keeps me busy...not only on Fridays when I am at the South Melbourne market but on days during the week when I go in search of new material, information and brochures. I find this a very rewarding part of my volunteering work with South Port Day Links as I have always had an inquiring mind and a thirst for knowledge. Come and look at all the wonderful information on display every Friday, currently in aisle E. Betty Harrison

### Thankyou

PetLinks has received a \$1000 grant from South Melbourne Community Chest Inc to assist eligible people with annual vaccination costs. This is an important measure to ensure all our companion animals have updated health records. This helps maintain their health and also necessary for respite if community facilities are required.

SPDL received \$1500 to continue our upgrade of volunteer ID badges and brochures. We also received \$500 on behalf of RAPPORT, towards the 2006 port phillip Annual Community Ball.

Thankyou, Thankyou, Thankyou.

### BUMPER STICKER SEEN ON CAR

Wife and Dog missing  
Reward for dog

### **Mobility News**

The mobility centre is due to open at Federation Square on 2 December. This is an exciting development for TADAS and means that people will be able to hire scooters, electric and manual wheelchairs from a central location.

Building works at Flinders Street, are making life difficult for wheelchair and scooter users. TADAS advises to use Melbourne Central as an alternative as access is easy and staff there are well trained regarding disability issues.

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### **The Victorian Companion Card**

The companion card has been developed in response to people with permanent disabilities who need assistance to access community venues and activities via the support of another person/companion/carer. Companion cardholders are able to use their card with a range of participating organisations including public transport. The companion is able to get a no charge ticket to ensure that the person with the disability is able to participate in community events.

Companion Card Information 1800 650 611

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### **Good News**

Many of the problem aspects of the Clarendon Street tram project have been reversed. Also the PTUA reports that the Collins Street tram stops slated for deletion have been 'given a stay of execution', while Elizabeth, Exhibition and William Streets will still get super stops.

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### **Accessibility Forum**

If anyone is interested in attending the COPP Accessibility Forum (corporate) on November 29th, the venue has been changed to Middle Park Bowling Club at 2pm. The areas covered in this forum will be rates, Customer Service, Town Halls, Website, Payments, South Melbourne Market, Council Meetings and Neighbourhood Forums. If you would like to attend, SPDL can provide transport by ringing the office on 9646 6362.

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### **Senior Citizen of the Year Nomination**

Our indefatigable Betty Harrison received a nomination for Senior Citizen of the Year. Although Betty did not win the title, she attended a morning tea at Government House which was a great thrill. Whilst there, she spoke to several members of Parliament including our local member, Hon. John Thwaites, and enjoyed a morning tea. Congratulations on your nomination, Betty.

### **Need to Spend a Penny?**

Many clients are concerned about going out on a bus trip in case they need to 'spend a penny'. A major update of the National Public Toilet Map now shows the location of more than 14,000 toilet facilities across Australia. Useful information is provided about each toilet— opening hours, location and accessibility for people with disabilities. There is a tollfree number 1800 990 646 that you can ring (or a special number to text for those clever with mobile phones) when you are on the road to request information about nearby toilets.

Alternatively, before setting out you can email the helpline at toiletmap or check out the website )[www.toiletmap.gov.au](http://www.toiletmap.gov.au) and print off information to take with you.

For all bus daytrips, Betty now will have a toilet map with her of the area to which you are going. This should relieve any anxiety for the passenger and the driver!

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### **Medicare**

Advice was given in the latest 'News for Seniors' about your Medicare card.

To make sure your details are up to date. You should:

- \* let Medicare know if you change address
- \* check the expiry date on your card to make sure it is still valid
- \* destroy your old card when you get a replacement card
- \* contact Medicare if you lose your card or if it is stolen

Although individuals are automatically registered for the Medicare Safety Net, couples need to register. The Safety Net protects you from high out-of-hospital medical costs. There is also a Safety Net applied to prescriptions obtained from pharmacies...your local pharmacist will tell you when you reach the safety net amount. It is wise to carry your Medicare card with you when visiting the doctor, the pharmacy, public hospital or attending a Medicare office.

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### **Well For Life**

Strength Training Programs are being run at Napier Day Centre, Burra Club and Betty Day Centre in partnership with the Inner South Community Health Service. Contact the Duty Worker on 9690 9144 if you are

## **Privacy**

SPDL Inc. abides by the provisions of the Victorian privacy laws, the Health Records Act 2001, the Information Privacy Act 2000, as well as other laws that impose specific obligations in regard to handling information.

SPDL Inc. recognises that the nature of its service means that much of the information handled is of a sensitive nature. It is recognised that it is the essential right of individuals to have their information handled in ways they would reasonably expect. SPDL Inc. has a policy and procedure for maintaining your privacy and this policy is available from the office on request. All new clients are given a copy of our privacy statement (copied below). It is also available in other languages.

# Your Information It's Private



## **What happens to information about you while you are a consumer of this service?**

### **Who Are We?**

We are one of several health and community care services in your area, all working together in partnership to meet your health needs.

### **What Information Do We Collect about You?**

We keep your name and contact details on your consumer record. Other details such as your care plan and information about your health are recorded each time you visit.

### **Why Do We Collect Your Information?**

The information we collect helps us to keep up-to-date details about your needs, so we can care for you in the best possible way. We also use the information to better manage and plan this service.

### **Who Else Sees Your Information?**

Your information can only be seen by the professionals in this service involved in your care. Otherwise, we only release information about you if you agree or if required by law, such as in a medical emergency.

### **Any Other Questions?**

Please talk to one of our staff if you have any other questions or complaints about what happens to your information while you are our consumer, or if you wish to access your record.

### **What Say Do You Have in What Happens to Your Information?**

You have a say in what happens to your information. We rely on the information you give us to help provide the right care for you. If you decide not to share some of your information or restrict access to your consumer record, this is your right, but it may affect our ability to provide you with the best possible services. Talk to us if you wish to change or cancel your consent.

### **How Will Your Information Be Protected?**

We are committed to protecting the confidentiality of your record. The privacy of your information is also protected by law. We treat your information in the strictest confidence and store it securely.

### **Can You Access Your Information?**

Yes, you have a right to request access to your information and to ask for it to be corrected if necessary.

