



NEWSLETTER

November 06

YOU ARE INVITED TO ATTEND

SOUTH PORT DAY LINKS' 18TH BIRTHDAY PARTY AND ANNUAL GENERAL MEETING

ON
TUESDAY NOVEMBER 21st 2006
FROM 2pm TILL 3.30pm
IN THE MAIN HALL,
LIARDET COMMUNITY CENTRE
154 LIARDET ST, PORT
MELBOURNE

WE ARE TURNING 18 YEARS OLD... OLD ENOUGH TO VOTE!

*PLEASE COME ALONG TO SHOW SUPPORT FOR SDDL AND TO CELEBRATE OUR
ACHIEVEMENTS THIS YEAR AND OVER THE LAST SEVENTEEN YEARS.*

*YOU WILL HAVE THE OPPORTUNITY OF SIGNING THE BIRTHDAY CARD AND SHARING
THE BIRTHDAY CAKE.*

*FOR CATERING PURPOSES, PLEASE LET US KNOW IF YOU CAN ATTEND BY PHONING
THE OFFICE ON 9646 6362*

IF YOU REQUIRE TRANSPORT, PLEASE ALSO BOOK THIS WITH THE OFFICE.

From the chairperson

I hope this month's newsletter finds everyone healthy and happy. At SPDL we are all gearing up for the Annual General Meeting (combined with our 18th birthday party), so everyone has been busy.

Since the last newsletter, we have been working hard to review and update our promotional material. We have completed the website and if you get a chance, please take a look. The address is www.spdl.org.au. Developing a website took much effort on the part of many people. Special thanks, however, are owed to Committee volunteer David Wilkinson and Carolyn Fuller who really worked hard to get the site up and running.

We have also reviewed our brochures and you will find the updated versions of these on the website. Hard copies are also available if you should want one.

The other large piece of work that is currently being undertaken is the development of a new database. The systems that we currently use to maintain our volunteer and client records are quite old, and of course, we don't have the money to purchase an off the shelf database. We have enlisted the skills of one of our volunteers to build us a specifically designed system that will enable DayLinks, PetLinks, and the Mates programs to exist together. This is proving to be a very big job but is also a great example of how small organisations like SPDL find creative ways to respond to challenges rather than simply buy the solutions. The old saying "*Necessity is the mother of invention*" is certainly true for us.

Talking about resources leads me, inevitably, to providing an update on our actions to convince government to help us solve our financial problems.

In June 2006 we wrote to the Southern Metropolitan Region of the Department of Human Services as we are directly supported by the regional office. Our letter asked for an increase in funding to enable us to resolve the issue of capital funding and the cost of regular vehicle replacement. We were, unfortunately, unsuccessful.

We submitted an application to the Honda Foundation in August but have yet to hear whether this application for a new vehicle was successful.

We also wrote in September to our local member, the Hon. John Thwaites, requesting his assistance towards successfully resolving our problems, but as yet, he has been unable to meet with us to discuss the matter.

Copies of all correspondence are available from the SPDL office if you are interested.

In closing, I hope to see you all at the Annual General Meeting on the 21st November. The AGM will be held at Liardet Street Community Centre, and as such, marks a return to this community facility. Please come and help make it the best birthday party-AGM ever.

Kind regards,

Catherine Healion
Chairperson

The Christmas Day Lunch

Holy Trinity Port Melbourne are organising the 10th Christmas Day Lunch at the South Melbourne Town Hall beginning at 12.30. We encourage people who have made no other arrangements, to join in and share a beautiful lunch and enjoy this festive occasion. DayLinks will again be providing transport.

Please book through South Port Support Services on 9209 6350 or 9209 6360

VOLUNTEERS ALSO NEEDED

**YOU DON'T HAVE TO BE DEPRESSED
TO KNOW ABOUT DEPRESSION**

Depression and Older People: Community
Forum
Tuesday November 14, 1- 4.15 pm - Council
Chamber, St Kilda Town Hall

This forum brings together a range of organisations with expertise in the prevention, identification and treatment of depression. The aim of the forum is to raise community awareness of the signs and symptoms of depression in older people and what can be done about it.

There is no charge for the forum, which is an initiative of the Port Phillip Older Persons Consultative Committee.

If you would like to attend, please respond to **9209 6777**. DayLinks will be happy to help you with transport – ring the office to book transport on 9646 6362

DID YOU KNOW THAT

The Sandridge Bridge refurbishment project has won the prestigious 'Heritage Property Award' in the 'Excellence in Property Award 2006'. The current bridge, opened to rail traffic in 1888, is constructed of steel and is considered one of the earliest examples of steel girder bridge construction in Australia.

The Bridge is also home to *The Travellers* - 10 sculptures seven and a half meters high – depicting the story of the arrival of migrants to Melbourne. It's well worth a visit.

AND

Lady Forster Kindergarten is having a fete on Sunday November 19th from 10am – 2 pm at the kindergarten, 101 Liardet Street.

AND

The Port Melbourne Neighbourhood House is holding its AGM on Tuesday November 28th at 6.30 pm

South Melbourne Community Chest

The South Melbourne Community Chest raises funds by operating an op-shop in Banks St, South Melbourne, near the Town Hall. This money is then distributed amongst many local community groups and organisations. This year DayLinks has been granted \$1500, PetLinks \$1000 and also a contribution of \$500 towards the Port Phillip Community Ball. Thank you.

PetLinks News

I would like to take this opportunity to say farewell to the PetLinks Program. I have enjoyed my work at PetLinks and all the volunteers, clients and companions animals I have met. I wish you all the best for the future.

For your interest, there is a new program, the Delta Purina Pet Partners Program. This program recruits volunteers and their dogs to visit residential care facilities to facilitate positive interaction between people and companion animals. The dog is first tested for suitable temperament and if passed, both dog and volunteer undertake a one-day accredited training seminar. Delta also has other initiatives such as the Certificate IV course in Pet Dog Training and Canine Good Citizen dog training programs.

Wesley Do Care East has a new Pet Pals Program 9762 5211 which matches friendly volunteer dogs and their owners with older people or people with a disability who enjoy contact with pets and would appreciate a visiting companion animal.

Pets in Peril Domestic Violence Service 9870 5939 is a program caring for animals in violent homes by providing temporary emergency shelter and immediate veterinary care if required.

SPDL PROGRAMS

The recent client survey showed that several clients did not feel they knew enough about all the services of SPDL, so below are details about all our programs.

SPDL programs are designed to encourage participation in individual and social activities, both inside and outside the home by frail aged people, people with a disability, and those that care for them. Our goal is to enhance our client's independence, autonomy and community connectedness. SPDL volunteers provide the links, assisting in the following range of community programs:

DayLinks Community Transport

SPDL Inc. recognises that transport is a vital link in supporting the health, well-being and independence of people living in the community and in particular older people and people with disabilities. Inability to 'get there' has been identified as one of the biggest barriers to people participating in their community and therefore SPDL Inc. provides a co-operative, safe, flexible, door-to-door affordable transport program that complements existing transport systems.

InfoLink is an information program, which operates from a stall at South Melbourne Market every Friday. The program distributes information about the local services and activities relevant to older people and also information relevant to our target group. Knowledge empowers the receiver, enabling them to make informed choices about lifestyle, thereby strengthening their independence, confidence and quality of life.

GardenMates is a program that links people who enjoy gardening and have some free time with people who cannot maintain their gardens because of frailty or disability...chats and cups of coffee soon become part of the gardening regime!

The **WalkMates** program builds on the SPDL tradition of forging friendships in tandem with providing a service to meet individuals' needs. WalkMates is suitable for those who have been encouraged to take exercise as part of their rehabilitation after surgery, stroke or heart problems, and also to those who may have lost confidence in walking on their own, either following a fall or because of reduced mobility or isolation.

PetLinks Program

PetLinks is an innovative program which helps frail aged people and people with a disability care for their animal companions at home. The PetLinks program assists residents of Port Phillip with the following services:

Dog walking – to remain happy and healthy, a dog needs regular exercise. If illness, injury or some other constraint prevents owners from walking their dogs, a PetLinks volunteer can be assigned to assist.

Pet Grooming – loss of strength and mobility in older age can often make general pet care tasks such as feeding, grooming and washing difficult. Volunteers may be able to assist in the day-to-day care of pets.

Pet Transport – volunteers may be able to assist owners by transporting pets to the vet and other destinations when necessary.

Foster care – in the event that a PetLinks client is hospitalized or away from home for an extended period due to illness, PetLinks may be able to find foster care for the pet.

CAULFIELD CUP SWEEP

SPDL had 5 Caulfield Cup sweeps...not a fundraiser, as all money was distributed in prizes...just a bit of fun. \$2 per horse and everybody gets a horse. The winners were:

First place: Thelma Wertz, Marj Peterson, Gunter Wachsmuth, Lila Harbright, Peter Sutherland,

Second: Mavis Arrowsmith, Joan de Jonge, Nita Titler, Gwen Wilson, Carolyn Fuller

Third: Harry Willey, Nicky McLean, Maria Pappazo, Pat Blair, Pat Schroder,

Last: Janet Hansen, Betty Urmston, Stan Arrowsmith, Maureen Walker, Carolyn Fuller

MELBOURNE CUP SWEEP – There are eight sweeps this year at \$2 per horse and prizes will be paid to first, second, third and last places.

Heroes & Villains:

Anybody interested in Australian comics and their creators will be interested in a free exhibition at the State Library of Victoria. It explores the colourful, and sometimes controversial, history of Australian comic books, from their wartime origins in the 1940s to the present day. It is in the Keith Murdoch Gallery, State Library of Victoria.

THANK YOU

I would like to thank the many clients, volunteers and organisations who sent me cards, flowers and messages of sympathy on the death of my husband, Neil, and my mother, Gwen Garside. Mum died on October 2nd, just five days short of her 96th birthday! I really appreciate the concern everyone has shown and thank the SPDL committee for allowing me such flexibility over this period. Thanks to Bob and Meryll for being so adaptable and filling in whilst I was away, and to the reception volunteers who had lots of extra work to cope with. Carolyn Fuller

ARRANGEMENTS FOR CHRISTMAS

OFFICE: The office will close on Friday December 22nd at midday and reopen Wednesday January 3rd at 9 am. During the period when the office will be closed, the office phones will be diverted to a mobile for emergencies.

SHOPPING: There will be transport provided for shopping to Coles Port Melbourne and to the South Melbourne Market on Friday December 22nd **AND** on Friday December 29th. There will be a minibus going to Coles and a minibus going to the market by 10am, returning 11.30am **AND** by 2pm returning 3.30pm.

IT IS ESSENTIAL THAT ALL PEOPLE WANTING TO GO SHOPPING ON EITHER OR BOTH OF THOSE DAYS RING THE OFFICE AS SOON AS POSSIBLE TO BOOK.... EVEN IF YOU GO REGULARLY ON FRIDAYS.

WHEN YOU RING PLEASE TELL US

- Which date or dates you wish to go
- Whether you want to go to Coles or the market or both
- Whether you want to go morning or afternoon

You will need to ring on Thursday December 21st after 3.30 to get pick-up times for both days.

SOME OTHER TRANSPORT: may be available by ringing the normal office phone number 96466362. If the phone is not answered, be sure to leave a message and the driver will return your call and make arrangements to transport you if possible.

CONFUCIUS SAYS:

Man who runs in front of car get tired.

Man who runs behind car get exhausted.

VOLUNTEER PROFILE

Name: Liz Burke

Birthplace: Melbourne

Favourite things: films, horse racing, dogs

Interests/Passions: films, horse racing, dogs

History of Volunteering: I am a PetLinks volunteer and have also been on film committees such as 'Women in film and TV' and other lobby groups

How long have you been with SPDL? I have been a PetLinks volunteer since 1999...Kate recruited me and I have been involved ever since

What volunteering do you do with SPDL? Mostly I have done dog walking. My most recent PetLinks experience has been walking a whippet, Shadow, five mornings a week...I did this for about 18 months...I walked him with my own dogs, and occasionally provided foster care for him. I have also cared for some cats, visiting daily.

Why do you volunteer with us? It's important to do something for the local community and its fun and good exercise. I get to know the owners and feel part of their lives.

What do you enjoy about volunteering with us? Its good for people who can't have an animal it gets them out doors mixing and doing things.

What don't you like about volunteering with us?

Nothing – I love it!

Remember: You don't stop laughing because you grow old, you grow old because you stop laughing.

The photo below is of volunteer, Liz Burke with her whippet, Agnes and Neil Fuller with his whippet, Shadow, who Liz walked five mornings a week.



VALE NEIL FULLER

We were very sad to farewell Neil Fuller who died suddenly on August 26th. Neil was a volunteer with SPDL for over five years. He drove the minibus regularly for the St Kilda drop-in so people attending could go on outings, drove for the self-help health group, and also drove every Wednesday morning, taking participants who attended the exercise class at Betty Day Centre.

Neil had health problems that made walking a dog – particularly an active whippet - very difficult, so Neil also became a client of SPDL in the PetLinks program.

Neil was a gentle, kind-hearted man who, despite many health set-backs, joined in everything and contributed as much as possible. Nothing was too much trouble for him and he was generous in all ways...he really understood the meaning of community.

We thank Neil for his contribution to SPDL and the community.