



# NEWSLINK

The Quarterly Newsletter of South Port Day Links Inc.

March 2009

## SPDL Sunday Bar B Q

26 April, 2009

11am - 2pm

Mary Kehoe Centre

Gold coin donation

Transport available

Bookings essential (for bar b q and transport if required)

RSVP to SPDL Office: 9646 6362

### We're Twenty-One this Year!



Watch for news of our celebrations as the year progresses!

### Wednesday Lunch Trips

Third Wednesday of the month, various destinations.

\$20 includes transport and lunch.

Enquiries: SPDL Office  
9646 6362

### SPDL Garden Get-togethers

Third Thursday of each month, 1pm-3pm

Afternoon tea provided

Transport available

Liardet Centre

RSVP essential: 9646 6362

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## From the Chairperson

They say that the days fly by faster as you get older and it certainly seems to be true. Can you believe it is already March?

At SPDL everything seems to be going smoothly. We have recently had a shortage of volunteer drivers for DayLinks Community Transport although Megan reports that some new volunteers have come on board and I am hopeful that we will be able to maintain the balance.

You may be interested to know that on average, our volunteers provide 1500 individual transports each month, with destinations including local shopping, doctor and specialist appointments, community health and social support venues. It is quite impressive given we have only 3 vehicles. In addition, another 500 bus trips are provided each month, using the City of Port Phillip buses. Of course, we also support clients through the GardenMates and PetLinks programs. If you don't know about these programs, please contact reception on 9646 6362 and ask for some information to be sent out to you. We are currently having our information sheets translated into a range of languages and hope that we will be able to meet the language needs of most members of the community.

Aside from the operational activities involved with providing volunteer programs, our other main area of activity for this year is the planning of the SPDL 21<sup>st</sup> Anniversary. We have had some work done on the history of our organisation and will be able to share this with you soon.

I know many of you have been enjoying the weekend trips and my little band of volunteers is planning to host a BBQ at the Mary Kehoe Centre on Sunday 26<sup>th</sup> April. Please let your driver know if you are interested, or contact reception. It would be lovely to see as many of you as possible.

I hope this newsletter finds you healthy and well.

Kind regards,  
Catherine

**South Port Day Links Inc** acknowledges the funding it receives from the Victorian Department of Human Services, the City of Port Phillip and our other generous sponsors and donors – see them on our website at [www.spdl.org.au](http://www.spdl.org.au)

## Volunteer Profile: Gunter Wachsmuth

Gunter Wachsmuth started driving for Daylinks 'accidentally'. He helped in an emergency situation when no one was available to pick up a Daylinks driver at the airport who was scheduled to drive later that day. Gunter has been a regular driver ever since and has now been driving for Daylinks for too many years to remember. During this time he has gained lots of friends in the community and certainly now knows the best routes to drive to avoid all the local road humps.



Tuesday is Gunter's regular day driving for Daylinks - he calls this his '**day at the Opera**'. After arriving at the office and picking up the car he gets into the driver's seat and turns on the radio to either of the two classical FM stations – 103.5 and 105.9.

The day is then spent in a state of euphoria as he drives around the streets of Port Phillip taking his passengers to their varied destinations.

To date most passengers have found the drive and the music very enjoyable. At the end of the ride he has found more passengers thank him for the music than for the ride! Gunter recalls one passenger who he was dropping off at home who asked if he could stay in the car till the music finished. A diligent Gunter checked his schedule before saying 'OK'.

Gunter always keeps a full set of opera on CD with him in case of emergencies – when the radio station plays music he thinks his passengers wouldn't like. Some of his favourite operas are '*The Magic Flute*', '*The Tales of Hoffmann*' and '*Rigoletto*'.

These days Gunter is not only a driver, he is also a Daylinks customer who is driven to the gym for rehabilitation each Thursday.

He hopes to be a driver for many years to come.

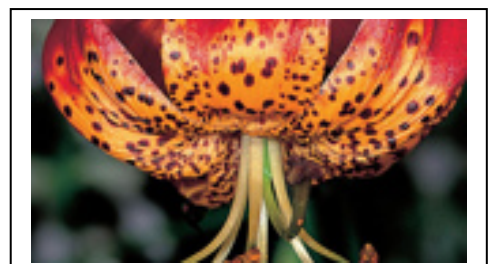
## Gardening Get-Togethers

Our gardening get-togethers are held on the third Thursday of the month at the child care room in the Liardet Centre, Port Melbourne. They are an informal chat group who get together to exchange ideas (and occasional cuttings!) about the garden.

The March meeting was well attended and the feature item for discussion was Growing Bulbs.

In the past year many great ideas about looking after your garden have been exchanged and a yummy afternoon tea is served as well! Transport can be arranged through DayLinks so you can attend, and our gathering is held from 1.30 pm to 3.30 pm.

Our next gathering will be on **Thursday 16 April**. All welcome. Don't forget to RSVP to the SPDL Office on 9646 6362 and to ask for transport if you need it.





## Volunteer News

Happy New Year to everyone and we hope you are easing your way into new challenges for 2009. A big thank you to all our volunteers for all the wonderful work you did for the local community in 2008. I know how grateful our clients are and I'm sure you know how grateful we are for all the assistance you give. Compassion and caring is not dying in our community!

Of course our challenges remain in maintaining the services we provide. Volunteers are required for our Committee of Management, our transport program, InfoLink (our stall at the South Melbourne market on Fridays), WalkMates, GardenMates and PetLinks. Later this year we may be losing some of our longest serving volunteers in GardenMates and on our Committee in particular, so if you can bring some professional skills or insight to our Committee (or you know someone who may be wonderful to recruit), give us a call at the office and we can discuss these roles with you. I can foresee we may have a much greater need for new GardenMates volunteers as well, so if you know of anyone who may like to spend some time assisting an elderly person with their garden, give us a call.

We have been very fortunate to gain some new volunteer drivers in the last month or so and this has definitely eased the burden. A very big welcome to Phillippe Wilde, Robin Waters, Horatio Berri, Jenny La and Marino Candusio. We would also like to extend a warm welcome to Jenny Dunning and Catherine Watt with PetLinks and Wai Choong with GardenMates. Also recently we have had a surge of volunteers in training for driving which is fantastic! Welcome to Neil Kline, Percy Vatsaloo, Neil Maraj, Gary Epple and Peter and Ursel Brooker.

We would also like to extend a very big GET WELL SOON to our wonderful volunteer Matt Rodda who is unwell.

## Volunteer Meeting

Our first volunteer meeting for the year was held on Tuesday 24 March from 5.30 pm at the Port Melbourne Community Centre. Mary, our Coordinator of Volunteers, outlined some of our plans for the year. As well, Graham Cook, SPDL treasurer as well as volunteer driver, talked about the Committee plans, especially plans for our 21st Birthday Celebrations later this year.

It was lovely to see some of our newer volunteers attending, and we hope they will be able to come to many more of our get-togethers.

Our next meeting will be held at our annual dinner to celebrate National Volunteer Week, 10-16 May: details of the day and venue will be available closer to the event.

## Training

SPDL would also like **ALL** it's volunteers to have basic first aid training. If you have never done basic first aid training or it is more than two years since you have done it, please speak to me about doing some training this year. We would like to host some more training (hopefully with Steve Roper from our Committee!) ourselves or we can do our best to get you enrolled in some training through the Home and Community Care (HACC) training calendar.



## TIPS ON BEATING THE HEAT

*While we all hope there will be no more days of record heat to come this year, the following is worth reading, keeping it for reference for next summer, and perhaps giving it to friends and carers. It comes from information provided by the Department of Human Services.*

The following practical advice can help to prevent heat-related illnesses:

- Check on older, sick and frail people who may need help coping with the heat.
- Never leave anyone in a closed parked car;
- Drink plenty of water and fluids (non-alcoholic) (Note: If your doctor normally limits your fluids or you are on fluid tablets, you may need to check how much to drink while the weather is hot);
- Limit or avoid alcoholic drinks
- Stay indoors, if possible in air-conditioning, or in the shade;
- Take a cool shower or bath;
- Wear lightweight, loose-fitting clothing;
- Reduce physical activity;
- Don't rely on fans unless there is adequate ventilation;
- Know the signs and symptoms of excessive heat exposure and know how to respond;

The body normally sweats to cool down but sometimes sweating isn't enough and rising body temperature can lead to heat stress.

Effects of heat-related illnesses can range from mild conditions such as a rash or cramps to very serious conditions such as heat stroke - which can kill. Heat may worsen the condition of someone who already has a medical condition such as heart disease.

Those most at risk are people over 65 years, particularly those living alone without air conditioning, infants, pregnant women and nursing mothers, people who are unwell, especially with heart disease or high blood pressure and people on medications for mental illness.

Evidence has shown that excess mortality amongst the elderly population occurs when extremely hot days are followed by high overnight temperatures.

Elderly people are more prone to heat stress than younger people because their body may not adjust well to sudden temperature change. They are more likely to have a chronic medical condition and to be taking medication that may interfere with the body's ability to regulate temperature.

If people must be out in the heat they should limit outdoor activity to morning or evening hours, protect themselves from the sun and **slip, slop, slap** when outside by using sunscreen, wearing a hat and covering exposed skin and rest regularly in the shade and drink fluids frequently.

More detailed information about heat stress can be found at:

[http://www.health.vic.gov.au/environment/downloads/heat\\_stress.pdf](http://www.health.vic.gov.au/environment/downloads/heat_stress.pdf)

For health information regarding heat-related illness contact Nurse on Call – 1300 60 60 24

## **Policy: Clients Rights**

### **PRINCIPLE**

SPDL. believes all clients are entitled to full information as to their rights and responsibilities and about services available. SPDL acknowledges that carers play a vital role in maintaining the independence of the frail aged and people with a disability, enabling them to remain living at home and in the community.

### **POLICY**

Each client, and carer where applicable, when they commence services with SPDL is informed about his or her rights and responsibilities in relation to the services, programs and activities we provide.

### **PROCEDURE**

All clients and carers of clients, when they first use SPDL services will be provided with a copy of 'Clients Rights and Responsibilities'. Current, relevant and timely information will be provided to clients regarding existing services, to enable them to make informed choices from alternatives available. All information will be provided to clients in a sensitive and culturally appropriate manner.

The Statement of Rights and Responsibilities will be explained in a manner sensitive to any linguistic, cultural, physical or intellectual requirements of the client/carer.

SPDL will:

Provide an information package to all new clients and/or their carer at the time of assessment of eligibility

Update client information to ensure currency is reflected

Inform current clients of changes

Provide regular newsletters including new service options and relevant activities



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.

[www.spdl.org.au](http://www.spdl.org.au)