



ROSS HOUSE ASSOCIATION

2017 RHA COMMITTEE

CHAIRPERSON

Valerie Elliott
(Handknitters Guild)

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(COSHG)

TREASURER

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(U3A City of Melbourne)

De Grebner
(TreeProject)

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(HAAG)

Martin Mureithi
(Kenya Community Vic)

Charles Brass
(Futures Foundation)

Agata Chmielewski
(Appointed Member)

Amber Moore
(Appointed Member, Staff
representative)

Michael Griffiths
(Ex-officio, RHA General
Manager)

in the house

APRIL 2017

NEW WEBSITE COMING SOON.....

It's been a hard slog, but we are nearly there. Once we have a date in hand we will let you know, but we envisage the new website will go live sometime this month.

Before we launch, you will receive an email advising of your user name and a link will be provided which will take you to a page to set the password for your User Account. This email will be sent to the administration email we currently have on file for your organisation.

Some key things to know about the new website:

- * The URL will remain the same – www.rosshouse.org.au
- * There is only one User Account per organisation
- * The new website will allow you to see room availability via a calendar
- * You can make meeting room bookings online
- * You will be invoiced at the beginning of each month as usual
- * Recurring bookings cannot be made via the website, you will still need to contact Katie who will make these for you (eg. First Monday of every month).
- * Carpark bookings cannot be made via the website, you will still need to contact Katie for these bookings

If you were unable to attend any of the training sessions held over the past 2 weeks, not to worry, contact Katie on rosshouse@rosshouse.org.au or phone 9650 1599 and arrange for a time to run through the new online booking system – we are here to help!

Keep an eye out for that email, coming soon.

MELBOURNE METRO RAIL PROJECT

As you may have noticed, preliminary works to the CBD South station site have started at City Square. Demolition of the former Brunetti café commenced on Wednesday 26th April and will take about one week to complete. These works are expected to produce medium to high levels of noise. A new Brunetti Café will be opening on 1st August at 250 Flinders Lane, just across from Ross House. Works to the CBD South stations site, adjacent to Ross House, are scheduled to begin in early 2018.

In preparation of the CBD South station works, Ross House Association will undertake noise monitoring from within the building, to establish a base line noise level. This will assist us in managing the noise levels during the construction period of the CBD South Station.

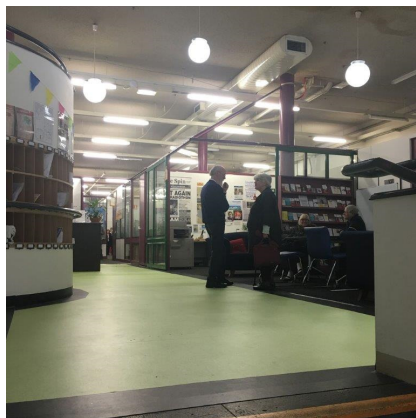
If anyone has any questions regarding the Melbourne Metro works, please don't hesitate to contact General Manager, Michael Griffiths at michael.griffiths@rosshouse.org.au or on 9650 1599.



Building & Maintenance

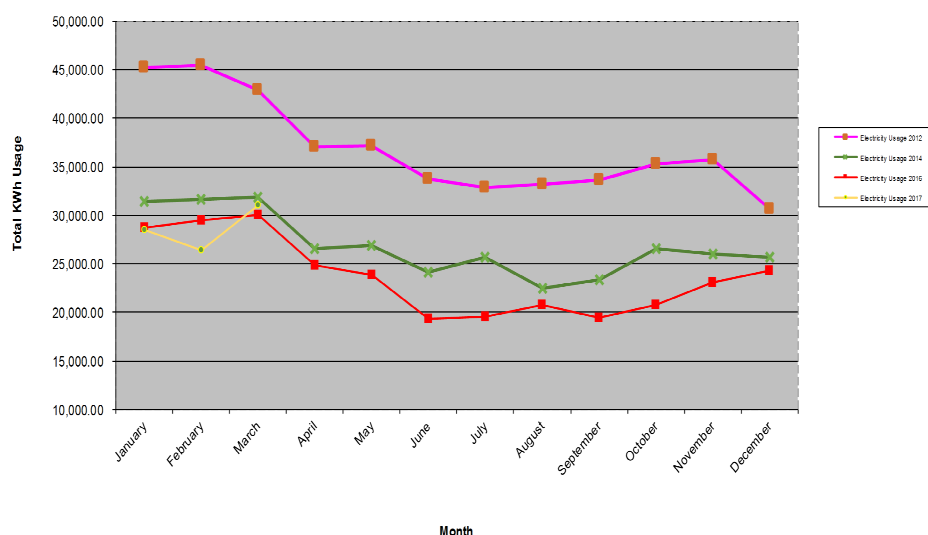
There's always a lot going on in this big old building of ours, so please make sure you keep an eye out for the building maintenance emails that circulate regularly.

- ⚙ Level 1 kitchen - there has been an upgrade to the level 1 kitchen - we are almost there, just a couple of things to complete!
- ⚙ The vinyl floor works in the Foyer and entrance are also finished and, I think you'll agree, it really brightens up the place! Well done Nazz.
- ⚙ Upcoming works: the Foyer and Mezzanine room will soon be painted - dates TBC.
- ⚙ Nazz will also be in touch with you all regarding the next Fire Drill. More details to follow.



Ross House Association continues to make incredible energy savings as a result of sustainability works to the building, behaviour change and continued commitment from the entire Ross House community. Compared to 2012 the reduction is remarkable!

Electricity Comparison 2012 - 2017
Ross House
247-251 Flinders Lane Melbourne VIC 3000



Call out for Volunteers

On the 1st of March, the Stroke Association of Victoria (SAV) had the opportunity to be a part of the Boroondara Volunteer Expo at the Hawthorn Arts Centre. Their aim was to raise local awareness of their Boroondara Community Stroke Hub (BCSH) and to make contact with people interested in offering the gift of their time and skills to the BCSH - resulting in support for extra stroke survivors and carers.

It was an extremely successful day and they received a great deal of interest. However, SAV never have enough volunteers - so if you are interested in making a difference to our stroke community, we have several volunteer vacancies available.

Volunteer vacancies exist at their Boroondara Community Stroke Hub, Barwon Stroke Support Centre and also at the head office of the Stroke Association of Victoria.

Please contact the below relevant SAV team members for more information about current volunteer vacancies.

- * Boroondara Community Stroke Hub —
Juley Thai on 8529 5307 (available Mon/
Tues/Wed)
- * Barwon Stroke Support Centre — Carly
Stephens on 0450 955 226 (available
Mon-Fri)
- * SAV Head Office — contact Paula Theo-
charides on 9670-1117 (available Mon/



Welcome to Australia - Harmony Event

Welcome to Australia will be holding a Harmony Event, in conjunction with the Western Bulldogs, on 20th May, during a VFL game at the Whitten Oval in Footscray. They will be providing heaps of fun, free and family-friendly activities, food and entertainment, as well as free admission to the game for all people newly arrived to Australia.

They are keen to engage the local community with members of our new community, bringing everyone together for a really fun day. Games, food etc. will be available throughout the game, so that anyone not interested in watching can still come down and have fun. They will also have representatives from local clubs around so that those interested in learning about how they can play can have a chat.

If you or a group you work with are recently arrived in Australia and would be interested in coming to the game, please email Elizabeth so tickets can be arranged for you.

For more information, email

eilizabeth@welcometoaustralia.org.au

Community Organisation Training

The City of Melbourne provides free training to help community organisations build their capacity to better manage and run their organisations.

The training program offers a range of topics such as grant writing, program evaluation, strategic planning and governance.

For more information, please visit:

<http://www.melbourne.vic.gov.au/community/strong-communities/community-organisation-training/Pages/community-organisation-training.aspx>



Ross House 30th Year Celebration

Ross House 30th Year Celebration

This year, as some of you may be aware, we are celebrating the 30th Anniversary of Ross House Association. To mark this memorable occasion, we will be holding a special event for all those who have supported Ross House over these past three decades.

What's Happening?

We'll be opening up our doors to the public on Thursday 12th October for an exciting Ross House Open Day. This event will be a celebration of all the amazing work that members and tenants do to make our world a better place. So please get involved, whether it's volunteering on the day, presenting on one of your special projects, engaging in a public discussion, participating in a flash mob or opening your door to the public.

What to expect?

You'll soon receive a 30th Anniversary Member & Tenant Participation Pack, which will be mailed (or placed in your pigeon hole) over the coming weeks. This pack will detail the many ways in which your group can get involved in celebrating this wonderful occasion.

Please don't hesitate to contact the Front Desk with any queries - 9650 1599



ROSS HOUSE
ASSOCIATION

MELBOURNE OSTEOPOROSIS GROUP INC

Having just celebrated their 20th Birthday in April, the Melbourne Osteoporosis Group are all very enthusiastic about their upcoming activities.

In May they are visiting two research laboratories – On 2nd, they will be at the Walter & Eliza Hall Research Institute, and on 23rd, they will be at St Vincent's Research Institute. They have visited both of these in the past and are looking forward to returning again.

The speaker at our June meeting will be Dr Howard Zeimer, endocrinologist, who will talk about Calcium and Vitamin D which are very important for people with osteoporosis.

Details about their Group and its activities can be found on their website – www.melbosg.org.au



The Sunflower Foundation Presents Future Girl

On Saturday 29th April, the Sunflower Foundation hosted its gala fundraising event of the year: the Future Girl Cocktail Party. Future Girl celebrates a world where everyone can thrive because girls are educated and able to achieve their full potential, benefitting their families and communities.

Attendance numbers at the party broke the record of our previous Future Girl event and included many guests who were new to the Foundation, giving positive growth to our supporter base. Guest speakers were very insightful about the benefits of educating girls and filled us all with hope that the achievement of gender equality is within our reach. There was a diverse selection of silent auction and raffle items available, with great excitement generated by our MC during the bidding in the live auction.

Funds raised at the Future Girl Cocktail Party will support a range of initiatives at the Akili Girls Preparatory School in Kenya. The Akili School provides underprivileged girls in Kisumu County with quality education that will help them to break the cycle of poverty. Akili also strives to be self-sufficient through its own farming and renewable energy systems.

The Sunflower Foundation's event calendar for the remainder of 2017 will continue to provide a range of activities to suit adults and children, so there is always something for everyone. Our hugely popular Trivia Night will return in August, so come along and help the Sunflower Foundation seed hope through education for girls



Top Grant Writing Tips

1. Follow the guidelines and align your project to what the funder is looking for. If you're unsure, contact the grant provider directly.
2. If you see a grant that you may be eligible for but it closes in less than 7 days – think twice! Quality applications require plenty of time and attention.
3. Keep it short. Sometimes grant providers have to read 100's of applications. Concise yet informative applications will stand out and be appreciated.
4. In strategic giving, it's all about the outcomes. Be focussed on your outcome and how this aligns with your organisations mission statement.
5. Acknowledge your key risks and how you will mitigate them.
6. Advise how success will be measured.

Grants News

There are many grants open at the moment, but here are a couple of grants that look great!

The **Australian Ethical Investment Ltd** Community Grants Program is currently open and offering grants of up to \$20,000. Submissions are due by 31 May 2017.

Australian Ethical donate 10% of their yearly pre-tax profits to charitable organisations. Their grants are for \$10,000 and \$20,000 and their preference is that the money is spent within one year of receipt.

Australian Ethical will fund small capital items and specific project costs with clear outcomes. They will not fund core expenses (eg. rent, insurance, admin and general business operations), retrospective funding, fundraising appeals, or funding to direct individuals.

Grants are offered to not-for-profit organisations and registered charities based in Australia. Organisations working for a charitable purpose for the benefit of people, animals, and/or the planet in Australia or internationally are encouraged to apply.

For more information, please visit: <https://www.australianethical.com.au/community-grants/>

The **City of Melbourne** Community Grants Program is currently open with submissions due 29 May 2017.

The Community Grants Program provides funding to support and empower people and communities to engage, connect and take local action with a focus on local and vulnerable people. Grants are provided to schools, not-for-profit sports and community organisations to improve people's quality of life.

There are two levels of funding available:

Up to \$3,000

This level of funding is aimed at supporting smaller, ongoing social support or communications activities that build community connections. Funding can contribute to administrative, core operational costs and recurring activities.

Between \$3,001 and \$20,000

Applications can only be funded two years in a row for the same project and must be focused on a new initiative beyond core business activities.

For both levels of funding, applicants are required to outline how they will contribute to one or more of the outcomes listed below.

People:

- are healthy
- are safe
- are connected and participate
- have knowledge and skills
- feel they belong



For further information and guidelines, please visit <http://www.melbourne.vic.gov.au/community/strong-communities/funding-grants/Pages/community-grants.aspx>

Non Profit Training

Non Profit Training are now associate members of Ross House Association. They provide tailored training services to educate and empower non profit organisations. Their goal is to provide Australian non profits with educational services designed to help build their capability so they can focus on their purpose and deliver better outcomes to the community.



Disability Discrimination Legal Service Inc.



Law Week 2017
15 to 19 May

The **Disability Discrimination Legal Service (DDLS)** is a state-wide independent community legal centre that specialises in disability discrimination legal matters

Phone: 03 9654 8644

Fax: 03 9639 7422

E-mail: info@ddls.org.au



Disability Discrimination Legal Service Inc.

Law Week Presentation

Thursday 18 May at 2.30 to 4.00 pm at Ross House level 1 room 3

247 Flinders Lane Melbourne 3000

Contact Deborah Randa on 96548644 or solicitor@ddls.org.au for bookings

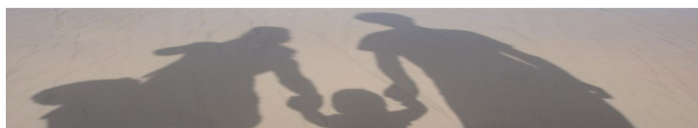
During this presentation, we will look at the law surrounding disability discrimination and the rights of people with disabilities against unfavourable and unfair treatment.

We will look at the law of disability discrimination generally, including:

- What constitutes disability discrimination?
- What are 'reasonable adjustments'?
- What constitutes 'unjustifiable hardship'?

In addition to giving an introduction to the law of disability discrimination generally, we will focus on **disability discrimination in the workplace:**

- What rights and responsibilities are present when you return back to work from a non-workplace illness or injury?
- What are an employers requirements to make reasonable adjustments to enable employees to return to work from a non work related illness and/or injury?



For more information on the Disability Discrimination Legal Service, visit us at www.ddls.org.au

Ross House-keeping

After-hours Users

- * A friendly reminder to please avoid letting people into the building who don't have access.

Meeting Rooms

- * Unfortunately, we are aware of some tenants utilising available meeting rooms and car parks without a booking, or in some situations arriving early and occupying rooms before their allotted time. Please be reminded of our policy regarding unauthorised use of space - if a group is found to be utilising a meeting room or car park without booking, a penalty fee will be charged equivalent to a 2-hour booking for that space.
- * A huge thank you to those who are making last minute bookings via phone or at the Front Desk – we really appreciate it!
- * Please do not remove chairs from meeting rooms, always ask at the Front Desk before doing this.

Promotion

- * Please bring down any brochures to the ground floor bookshelf – it's such a great way to promote your organisation!
- * A reminder that the e-bulletin goes out every week to nearly 800 subscribers – send any info you would like included to rosshouse@rosshouse.org.au.
- * Facebook! Join our Facebook page and keep up to date with our community news. Please also send your delightful news and event items which we can share for you! Speak to Katie for more details.



What's going on at Reinforce...

Jane won the Inspire Award for Office of Public Advocate's Best Achievement in Disability Advocacy. Congratulations Jane!

She is very excited but was exhausted so went home afterwards, she may bring the award in to show everyone next week.

Reinforce will be doing filming in Ross House and around Degraves on May 4th this is the film which will be launched at Ross House at the end of year for the Melbourne 'Through The Eyes of a Friend Project'. This project is supported by Melbourne City Council and will feature amazing self advocates from Reinforce along with their friends. Self advocates their work, profiles and how they 'see' Melbourne will be featured in this film. The aim of the film is to create greater community awareness (understanding, respect and humanity) around issues that are faced by people with Intellectual Disabilities everyday.

Ross House has been mentioned by the majority of self advocates as a safe meeting place where everyone treats them equally...it is place of familiar faces, lots of hard work and memorable advocacy campaigns! www.reinforce.org.au



StreetSounds Festival—CMVic

The StreetSounds Festival will take place in Geelong as an integral part of 'Geelong After Dark' 2017, on Friday 5th May and Saturday 6th May, 2017. Calling all StreetSounders, family and friends! The festival will be a chance for everyone involved across the project to meet up, share food, music and good times with players from all of the other bands... The StreetSounds Festival will take place in Geelong as an integral part of 'Geelong After Dark' 2017, on Friday 5th May and Saturday 6th May, 2017. Calling all StreetSounders, family and friends!

For more information, please visit www.cmvic.org.au



Investment Discussion Group - National Seniors Australia

Dr Ross Macdonald will talk on 11 May. He is Managing Director and CEO of Cynata Therapeutics Limited, an Australian stem cell and regenerative medicine company. Come and hear about a cutting edge company that is developing a therapeutic stem cell platform technology.

On 8 June, the speaker will be Mark Trueman, Group Director - Planning and Investor Relations at WorleyParsons. This company delivers projects, provides expertise in engineering, procurement and construction and offers a wide range of consulting and advisory services.

Melbourne Investment Discussion Group meets on the second Thursday of the month at 10am, in the Hayden Raysmith Room on the 4th floor, Ross House to listen and learn more about investing and other financial issues.

Visitors are welcome. For more information, please contact Neville on 9500 1037 or email: npdaynes@bigpond.com





247-251 Flinders Lane
Melbourne VIC 3000

Phone: 03 9650 1599

Fax: 03 9650 3689

Email: rosshouse@rosshouse.org.au

www.rosshouse.org.au

in the house is a Ross House Association internal publication, produced six times a year.

If you would like to contribute an article, promote an event or share some exciting news about your organisation, keep your eye out for an email from Amber, advising of submission deadlines.

Please send all submissions to:
rosshouse@rosshouse.org.au

SUBSCRIPTION

You are receiving this newsletter because you are a member of Ross House Association. If you no longer wish to receive this newsletter, please send an email to amber.moore@rosshouse.org.au

Ross House Association Staff



General Manager

Michael Griffiths

michael.griffiths@rosshouse.org.au



Facility Manager

Nazzareno Marchionda

n.marchionda@rosshouse.org.au



Development Program Manager

Amber Moore

amber.moore@rosshouse.org.au



Finance Officer

Junxia xu

junxia.xu@rosshouse.org.au



Membership & Tenancy Officer

Samantha Thornton

samantha.thornton@rosshouse.org.au

Special Project Worker

Natalie Durkovic

30years@rosshouse.org.au



Information & Administration Officer

Katie Stadtfeld Cunnane

rosshouse@rosshouse.org.au

Casual Front Desk staff

Rebecca Jahr

Sue McDonough

Greta McMahon

Lucie McMahon

Xuejing Liu

Patti Gerken

