

ROSS HOUSE ANNUAL REPORT 2015-2016



The Ross House Annual Report is now available for collection from the Front Desk or online @ http://www.rosshouse.org.au/sites/rosshouse.org.au/files/images/RossHouse_A.R.2015-16_lowres.spreads.pdf

Committee News

Ross House Association held its **Annual General Meeting** on Wednesday 23rd November, 2016. During the AGM, the following nominees were presented and duly elected:

Officer – Treasurer (2-year term)

Keith Bettles (U3A Melbourne City)

Ordinary Members (2-year term)

De Grebner, TreeProject

Maree Norris, Housing for the Aged Action Group (HAAG)

Ordinary Members (1-year term)

Martin Mureithi, Kenya Community Victoria

Additionally, the revised *Ross House Association Inc. Constitution 2016* was presented and accepted at the meeting. Copies are available, upon request, from the RHA Front Desk.



2016 RHA COMMITTEE

CHAIRPERSON

Valerie Elliott
(Handknitters Guild)

VICE CHAIR

Christine McAuslan
(COSHG)

TREASURER

Keith Bettles
(U3A City of Melbourne)

De Grebner

(TreeProject)

Maree Norris

(HAAG)

Martin Mureithi

(Kenya Community Victoria)

Charles Brass

(Futures Foundation)

Amber Moore

(Appointed Member, Staff representative)

Michael Griffiths

(Ex-officio, RHA General Manager)



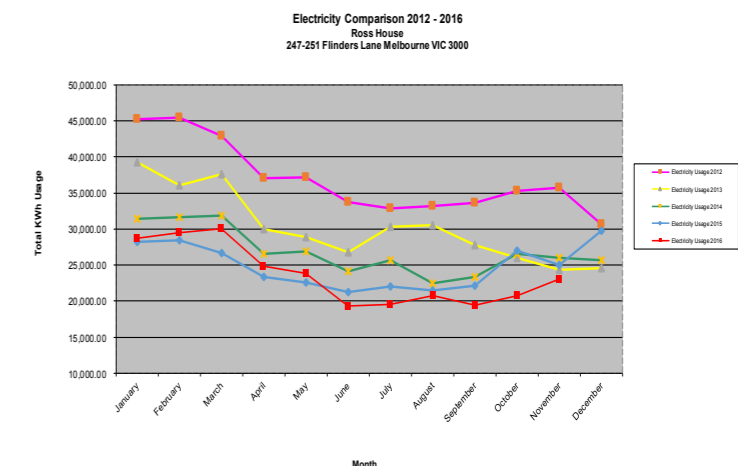
Building & Maintenance

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.

- ⚙️ Façade Works. – Works to the windows have finished and work is currently being done on the parapet.
- ⚙️ The Wi-Fi (Ross House Internet wireless access installation) is now complete. Each level is now equipped with seamless wireless access points that can be used across the building on all levels. User passwords will be available shortly.
- ⚙️ A friendly reminder about the additional lift maintenance works on Friday 16th December 2016 (6am - 10am). This means the lift will be out of action during this time - sorry for any inconvenience caused.
- ⚙️ Hard Waste - you can take your items down to Bay 2 from Monday 12th (today). Collection date is Wednesday 14th December. Please note that WE WILL NOT BE ACCEPTING E-WASTE such as computers, printers or monitors at this stage.
- ⚙️ **2017 upcoming works**

- **Level 2 Floor Entrance** - The entrance onto Level 2 is looking a bit uneven. Ross House Association will therefore be replacing the carpet on Saturday 21st January 2016, and therefore, there will be no access to this floor on the day.
- **Steam Cleaning** of meeting room chairs and office carpets will take place on Friday 13th - Sunday 15th January 2016. If you would like your office carpet cleaned, please have all of your items lifted off the floor prior to the above dates.
- **Switchboard RCD upgrade** - will occur in the new year. 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!



End of Year Celebration 2016!

It's nearly the end of 2016 and we're having a party for all our members & tenants! Our 2016 END OF YEAR CELEBRATION will be tea themed as our event falls on International Tea Day...

International Tea Day was established to raise awareness of the injustices suffered by many with regard to the production of tea. Tea originated in China thousands of years ago and today is a global billion dollar industry – the tea trade produces more than 5 million tonnes of tea annually, but farmers and workers at the beginning of the chain don't always get a fair share of the benefits of trade with tea growers and pluckers (workers who pluck the tea leaves) earning a fraction of the price tea fetches on the international market.

Not all trade is fair! Such injustices are what drive Fairtrade to do what they do; Fairtrade advocates for stable prices, decent working conditions and the empowerment of farmers and workers around the world. The Fairtrade movement enables consumers to help put these injustices right... visit the Fairtrade website for more information @ www.fairtrade.net

All members and tenants are welcome at the event, all in attendance will go into the draw to win a LUCKY DOOR PRIZE of FAIRTRADE PRODUCTS.

The party is on at 3pm, and we're having a band! So clock off and come down to see The Boys play their special blend of jazz & blues, eat some yummy snacks and have a bit of our cheeky Fairtrade tea punch – all tea served at the event will be Fairtrade.

- ⚙ **WHAT:** End of Year Celebration
- ⚙ **WHEN:** Thursday 15 December 2016 | 3-5pm
- ⚙ **WHERE:** Ross House Foyer
- ⚙ **LIVE MUSIC:** Jazz Blues Trio The Boys
- ⚙ **FOOD & DRINKS PROVIDED:** All tea based drinks served on the day will be made using Fairtrade teas.



Melbourne Osteoporosis Support Group

The Melbourne Osteoporosis Support Group will meet as usual on Tuesday 20th December (at 1.30pm) in the Hayden Raysmith Room. Their guest speaker will be Jane Keenan, one of their members who works at St Vincent's Hospital in the Fracture Liaison Dept.

The day will be celebrated with a gathering where there will be an afternoon tea.

Everyone is welcome to attend!

www.melbosg.org.au

CMVic Singing Camp 2016

The 2016 CMVic singing camp, Community Music Victoria's annual peer driven event for singing leaders and anyone who loves to sing, was another fantastic and uplifting weekend of singing and song.

Held from November 11th -13th (at Amberley in Lower Plenty), there was a great choice of workshops and sessions on offer across the two days, including Diversity in Song, Music in the Early years (and Singing with little ones), acknowledgement to Country songs, and learning English using Song.

One workshop offered advice and tips for leading singing with mixed ability groups, while another offered advice on how to attract and keep blokes in your singing group.

There was improv, there were Pop Songs, Madrigals and other 'bloody old songs'; there were chants and sacred Songs, Jewish Songs and love songs... songs with simple ukulele accompaniment, and songs with simple jazz arrangements. There was also a wellness workshop focussing on body/breath voice care. Amberley buzzed brightly all weekend with plenty going on and a great atmosphere of mutual support and connection.

Singing leaders found time in workshops or over a wine or indeed some of Barb's tasty tea to share inspirational stories and swap songs. There was a discussion group facilitated by Regional leaders about establishing Regional networks, what this means and how it works in practice.

The peer led exchange structure of this event is unique and ensures that the weekend forms around what people can offer and what people would like to learn about, each year. CMVic would like to thank everyone for contributing, volunteering to lead workshops and for participating.

If you would like to be informed of events run throughout the year by CMVic, please contact cmv@netspace.net.au or visit www.cmv.org.au



Lotus Group Projects

Lotus Group Projects is a coordinated self-help group for people with an Acquired Brain Injury (ABI), carers and supporters. Lotus Group participants organise awareness-raising projects, sessions and workshops promoting self-help and inner peace.

Lotus Group Projects will host 6 special workshops and events during 2017. People from other groups and the wider community are all invited to attend.

2017 Workshop and event dates @ Ross House, Hayden Raysmith Room

Tuesday 21/3/17 (Harmony Day)
From 11:00am to 2:00pm

Tuesday 16/5/17 (Personal Journey & self-reflection workshop)
From 11:00am to 2:00pm

Tuesday 6/6/17 Writing WorkShop)
From 11:00am to 2:00pm

Tuesday 22/8/17 (ABI self-awareness and community awareness)
From 11:00am to 2:00pm

Thursday 21/9/2017 (International Day of Peace)
Venue and content details later

Tuesday 21/11/17 - End of year party
From 11:00am to 2:00pm

Inquiries: Lyn 0413239236 or email
lotusgroupabi@gmail.com



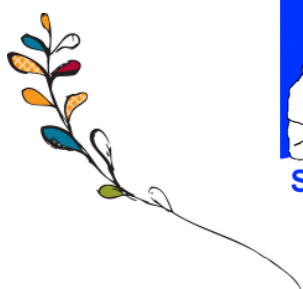
SARU, BIM, DBV and Reinforce doing great things.....

On the 7th November Directors from the Employment and Training Department of Timor Leste met with Dean and Jacqui from the Self-Advocacy Resource Unit (SARU), President of Brain Injury Matters (BIM) Peta Ferguson, Heather Lawson from DeafBlind Victorians and Susan Arthur from Powerful Parents (Reinforce). Discussions were focussed on the issues confronting people with disabilities in Victoria and how these issues are addressed through SARU's successful and sustainable model of self-advocacy for and by people with different disabilities.

The group were visiting Victoria as part of The Australia Awards Fellowship Program for 2016. The two week program provided a rich experience which included meeting with Government and non-Government stakeholders involved in the Vocational Education and Training (VET) sector, and also in wider equity and access policy making. The visit had a strong focus on disability inclusion in policy making for the VET sector. The fellows were very impressed by what has been achieved by SARU and Self Advocacy groups.

BIM, DBV and Reinforce are run by and for people with disabilities and are all members of Ross House. SARU supports self advocacy groups across Victoria.

www.saru.net.au



NOW I CAN

Freeze the magic when 'I wish I could' turns into 'Now I can'

You're just one click away from winning over \$6000 worth of prizes if you can capture the joy, laughter, excitement, grit, determination and satisfaction of that moment

ENTER NOW at www.sunflowerfoundation.ngo



Applicants are to submit their entries between the 1/11/16 and 15/1/17 by filling in the application form and attaching your photo submission. Voting will be open to the public between 20/01/17 and 28/02/17. Winners will then be notified by 1/3/17. For more information on the terms

Christina Noble Children's Foundation

Help support Christina Noble Children's Foundation in their mission to provide clean drinking water to the people of the Mekong Delta.

Although Vietnam has made rapid progress in improving its water supply situation in the past two decades, many parts of the country have been left behind, with water and sanitation related diseases.

Diarrhoea in itself causes approximately 250,000 hospitalisations a year nationwide, while statistics show that 44% of Vietnamese children are infected with whipworm, hookworm or roundworm.

As a consequence, Vietnam remains to have one of the highest rates of child malnutrition in East Asia, with poor hygiene killing around 20,000 people each year.

The Mekong River Delta is considered one of the three most vulnerable places in the world when it comes to the effects of climate change, with the deteriorating weather having serious impact on water resources.

This means not only do those Vietnamese living in the area struggle to find sufficient water for farming productivity, but they also suffer from having limited supply when it comes to their daily living needs.

The people of the Mekong River Delta are in need of grave help, and by just providing a little, you can give a lot.

Since 1997 the Christina Noble Children's Foundation has already benefitted approximately 500 people in Vinh Long province alone, just by providing them with one tank for clean drinking water.

All you have to do is donate to the 'Clean Water Tank System' project by heading to the CNCF website here >

www.cncf.org/au-water-tanks-donate.html



Grants News

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

Jetstar's Flying Start Programme is currently open and offering grants of up to \$30,000.

Jetstar's Flying Start Programme invites community groups and organisations across Australia to apply for a grant to fund a project that will enrich the lives of people in their local community.

Jetstar offer grants which include:

- ⚙ \$15,000 Cash
- ⚙ \$15,000 worth of travel with Jetstar anywhere on the Jetstar network
- ⚙ Promotion of their community group or organisation on Jetstar's website
- ⚙ National and local level media leverage to be facilitated by Jetstar PR agency partner

Entry is open to not-for-profit community groups and organisations of any size, who are seeking funding to help enhance the lives of people in their local community; and can be classified into one of the following categories:

- ⚙ Charity
- ⚙ Educational group or organisation
- ⚙ Health group or organisation
- ⚙ Sporting group or organisation
- ⚙ Arts group or organisation

For more information, please visit <http://www.jetstar.com/au/en/flyingstart>

The **Department of Social Services** Volunteer Grants Program is currently open and currently offering grants of up to \$5,000. Submissions are due by 20th December 2016, 2pm AEDT.

Volunteer Grants Program aims to support the efforts of Australia's volunteers. They provide small amounts of money which organisations and community groups can use to help their volunteers. They are part of the Government's work to support the volunteers who help disadvantaged Australian communities and encourage inclusion of vulnerable people in community life.

The Community Grants Hib, on behalf of the Department of Social Services (DSS), is inviting organisations and individuals/authorised signatories representing volunteer based community groups to apply for Volunteer Grants 2016 funding.

The funding will help volunteers to do their important work, and the grants of between \$1,000 and \$5,000 each will allow organisations to buy much needed equipment, such as computers, or help with training volunteers, fuel costs or undertaking background security checks.

For a full list of guidelines and eligibility criteria, please visit <https://www.dss.gov.au/grants/grants/funding-open-for-application/volunteer-grants-2016>



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.

RAINBOW RIGHTS AND ADVOCACY



Friday 27 January
10am to 3pm

Multicultural Hub
506 Elizabeth Street, Melbourne

The Rainbow Rights and Advocacy event is centred on LGBTIQ rights for people with disabilities with a video production around advocacy. This event will showcase the anti-hate campaign as well as other published material around individual rights and the law. An exhibition of works by GLBTIQ artists from Melbourne's west titled 'Life & Love' will also feature. Inspirational guest speakers including 'The Commish' Ro Allen will be joining us for this empowering community event.

www.midsumma.org.au



Housing for the Aged Action Group

Launch of Older Person's Housing Strategy and Annual General Meeting

On 22 November, Housing for the Aged Action Group (HAAG) held its Annual General Meeting, in the Hayden Raysmith Smith room, which this year was combined with the launch of our Older Person's Housing Strategy, *A Home to Age Well*. The Strategy is the result of six months work with a coalition of organisations concerned about the increasing housing affordability crisis facing our ageing population.

The Strategy was launched by Commissioner for Senior Victorians Gerard Mansour and it was introduced by Joan Lansbury, a former client and member of HAAG, who graces the cover of the report. She spoke very eloquently about her experiences of being in housing stress, how it affects health and wellbeing, and how important having a service like Home at Last was for her in helping her find secure and affordable housing.

Members of the coalition who worked on the strategy all spoke briefly about their work, and the importance of housing for older people. These speakers included Myfan Jordan from Council of the Ageing Victoria, Marion Lau from Ethnic Communities Council of Victoria, Roger Wilson from Fair Go for Pensioners, Helen Small from Wintringham, Rachel Vanstone from Carers Victoria, and David Brant from Australian Universal Housing Design Network.

The AGM also featured some awards – two life membership awards and two surprise awards for Jeff Fiedler and April Bragg for "Outstanding Commitment to Housing Justice for older people". These were organised by our Committee of Management who wanted to acknowledge the years of dedication to both HAAG and for older people's housing justice.

The committee is lucky enough to have more people interested in joining than vacancies, and this year they went to an election for the ordinary member positions, overseen by Libby Jamieson from Women's Information Referral Exchange. HAAG have three new members of the Committee and farewelled a number of members, thanking them for their years of volunteer work to the organisation. HAAG are looking forward to working with the new committee in the coming year. www.older tenants.org.au



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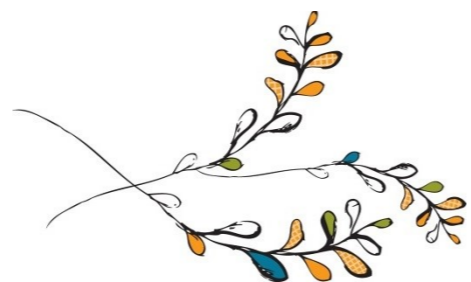
Volunteer Call - The Sunflower Foundation

The Sunflower Foundation (Australia) Inc is seeking a number of volunteers to fill important roles. Paramount, is a person who can develop quickly in knowledge and understanding of the Foundation's priorities, practices and processes, with a view to assuming the overall executive officer function - managing the day-to-day operations and maintaining oversight of all activities, with a direct reporting relationship to the Committee of Management. This role would suit a competent early retiree, or someone seeking an opportunity to work two or three days a week for a worthwhile cause.

Other positions include website management, social media researcher and Facebook manager; all positions that might suit a person who can work from home, but is willing to attend the office from time to time for meetings and briefings.

Further information can be obtained from the Foundation's office on Level 4 at Ross House, or by emailing amarbir@sunflowerfoundation.ngo, attaching a resume and including an expression of interest in one or other of these positions. Information about the Foundation can be found at www.sunflowerfoundation.ngo and general enquiries can be made by telephone on (03) 8547 1028 or 8547 1029.

Don't forget to enter the Sunflower Foundation's *Now I Can* Photographic Competition. Entries close on 15th January 2017. Professional, amateur and student photographers are asked to capture the moment when "I wish I could" becomes "Now I can!" for a girl or woman. Visit www.sunflowerfoundation.ngo for details.



Disability Resources Centre (DRC)

What do they do?

Disability Resources Centre (DRC) is a membership-driven organisation that provides assistance and support on a wide range of issues for example:

- * NDIS issues
- * Accommodation & transport
- * Centrelink
- * Education & Employment
- * Access to premises

The provide individual advocacy to adults with physical, sensory, intellectual, neurological and multiple disabilities across Melbourne including the Mornington Peninsula.

If you would to find out more information, please contact them at:
advocacy@drc.org.au or 03 9671 3000

www.drc.org.au



Ross House-keeping



The Ross House lift (priority)

- * A friendly reminder about our lovely Ross House lift - If there is someone with a wheelchair or other mobility aid waiting for the lift, please let them in first. This lift is priority use for people with limited mobility. The lift is slow, so if you are able, please consider using the stairs.

Meeting Rooms

- * A huge thank you to those who are making last minute bookings via phone or at the Front Desk – we really appreciate it, keep up the great work!
- * Please return all rooms (except the Hayden Raysmith), to a round-table position once used
- * Please do not put any un-used chairs from your office in Ross House meeting rooms or Foyer. Please speak to Nazz about the next upcoming Hard Waste collection.

Invoices

- * A friendly reminder that Ross House's invoice payment terms are 14 days from the date of invoice.

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 - if you have any great news or events coming up that you would like us to promote online, please send them through to Katie at rosshouse@rosshouse.org.au
- * Also, visit & JOIN the 30th Year Facebook Group here @ <https://www.facebook.com/groups/100229103799779/>

Changes to booking the Foyer for meetings

In 2017, conditions for booking the Foyer will change – only for special events will the space be available, or on the rare occurrence that there are no meeting rooms available. Contact the Front Desk to discuss your booking requirements (03) 9650 1599.

Ross House Building Closure

Ross House will be closed between Thursday 22nd December 2016 and Monday 2nd January 2017 (inclusive). The building will re-open on Tuesday 3rd January 2017.

All mail delivered to Ross House (247-251 Flinders Lane) will be ON HOLD between Thursday 22nd December 2016 and Monday 2nd January 2017 (inclusive).

Have a splendid break!



Drinks and snacks with Saru!

It's that time of the year again and SARU is hosting informal Xmas drinks in the Ross House foyer on Thursday 22nd December 2016 from 5pm until 8pm. BYO drinks and they will provide the snacks.

SARU is running with the 'guess whose favourite song this is' competition again and this year's theme is:

Pick two songs that you either love or hate but they must be ones that you can't help tapping your feet or dancing to (no singing along please as there were many ruptured eardrums last year!!)

Email your two songs to Dean (details below) and he will send them on to our resident DJ Sam Smith (Sue's son not the singer Sam Smith– they couldn't afford him).

Sam will find the videos of the songs on YouTube and do his magic on the night.

Keep your choices to yourself as there will be prizes (ok not very good ones, stale biscuits, old chocolate, ones left behind last year, but they're still prizes) on the night.

Make sure you bring along your dancing shoes as there will be a dancing competition, the likes of which has never been seen before, no prizes though. Our judges are pictured below.

Email your songs to dean.saru@gmail.com by 20th December 2016.

Hope to see you there.

Jacqui, Sue, Sally and that other one (Dean)



Pro bono - how to improve the operations of your organisation

Do you need assistance and/or advice on how to improve the overall operations of your organisation? If so, look no further!

Rodolfo Garcia-Flores is offering his services to you for free! Rodolfo has a PhD in Operations, Research/Computer Science and over ten years experience in business operations.

Areas in which he can assist:

- ⚙ Resources—help you make more efficient use of existing resources, for example: Scheduling and staff rostering - devising timetables for people and/or machines taking into consideration costs, constraints, availability and personal preferences.
- ⚙ Data analysis—help you understand and make sense of your databases - extract useful information and show you how to use it.
- ⚙ Quality and productivity - help you increase the impact of operations: improving bottom lines and increasing productivity.

For more information, please email Rodolfo on garciaflores.r@gmail.com



ROSS HOUSE ASSOCIATION

Launch - 30th Anniversary Celebration!

In October 1987, Ross House was opened to the public. Come 2017, Ross House will have been operating for 30 years as an integral part of the fabric of Melbourne, providing hundreds of small community organisations a place to call home.

At the 2016 Annual General Meeting, Ross House Association formerly launched the 30th Anniversary Celebrations – a special version of the Ross House Association logo has been developed for the celebration year which was unveiled at the launch along with a Facebook Group page that will serve as a place for the Community to post and share memories of their times at Ross House.

Everyone was given a commemorative badge at launch, pictured here is snapshot of everyone with their badge – don't worry if you missed out, there'll be plenty of opportunities to get your hands on the spunky souvenir at events happening throughout 2017.

Visit & JOIN the Facebook Group here @ <https://www.facebook.com/groups/100229103799779/> Not on Facebook? Do not fear... there'll be plenty of other ways you'll be informed about the goings on, please watch this space!



Casual Front Desk staff

Sue McDonough

Stephanie East

Rebecca Jahr

Patti Gerkens

Lucie McMahon



My House My Home My Rights in a CRU Training

Reinforce has produced training manuals for *My House My Home My Rights in a CRU* (Community Residential Units), A DVD for training people in CRUs about their rights.

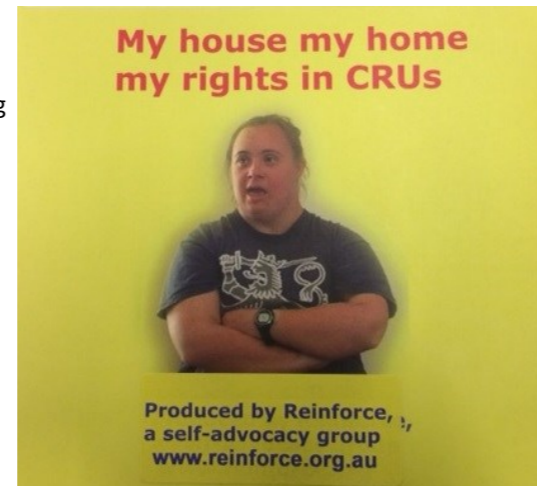
Special thanks from Reinforce.....

Thank you to RE Ross Trust for their funding to support this training in rural areas of Victoria in 2014 & 2015.

Thank you to City of Melbourne for their funding and support of this training in 2015 in the City of Melbourne

Please contact Reinforce on (03) 9650 7855 if you are interested in this training.

My House My Home My Rights in a CRU DVD's - have been developed with the help of Dream Theatre in Seymour and are available at the Reinforce office on (03) 9650 7855 or email colin@reinforce.org.au colin@reinforce.org.au



Disabled WinterSport - Volunteers recognised for busy season

Volunteers put in countless hours of time and effort to ensure Disabled WinterSports Australia (DWA) members get the most out of their snow experiences, in areas such as guiding, membership processing, governance, training, driving and organisation. DWA's volunteer guides were recognised last weekend at DWA's Season Celebration in Melbourne for the dedication and expertise they bring to our camp and resort services programs. These volunteers put in particularly big efforts this season.

More than 10 days as a DWA guide in 2016

Jim Gargan
Betty Mihalakos
Jessica Parszos
Fabrice Pierre
Chrisy Richardson
Mark Soyer
Richard Standish
Nik Sugden
Joanne Terlich
Geoff Thomson

More than 5 days as a new DWA guide in 2016

Tammy Broersen
Jeff Higgs
Kirsty Hunt
Sophie Richardson
Vivienne Schwartz

DWA would like to thank all of their volunteers for another successful season!

www.disabledwintersport.com.au



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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 Katie, 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 rosshouse@rosshouse.org.au

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