

IN THE HOUSE

AUGUST 2018

ASSOCIATION /

Vote for Ross House in Pick My Project

initiative. 2018 RHA

We asked for \$200,000 to develop a Community Theatre and Conference Space – you can read about it here.

We recently submitted a project proposal to the State Government's Pick My Project grant

The good news is, the State Government thinks it's a terrific idea and our proposal has passed the first stage of shortlisting - we have now progressed to the voting stage, and that's where you all come in!

We need your votes!

Voting is online and simple and open until 5pm, Monday 17th September 2018.

- ♡ Register for a Pick My Project account here https://pickmyproject.vic.gov.au/. Look out for an email that you will need to respond to in order to activate your account.
- ♡ Select your local community by entering the postcode 3000.
- ♡ You can then browse the project ideas in your local community and create a shortlist of your three favourites (make sure Ross House is in your shortlist). HINT...you can search by Project Name to ensure you find Ross House. Just type Ross House into the search field.
- ♡ Once you have shortlisted Ross House and two other projects, you can submit your votes. You will need to enter a verification code sent to your phone, but it is easy.

If you need assistance with the voting, please contact us, we're more than happy to help out!

Please make sure you spread the word amongst your colleagues, friends and family - this is such an incredible opportunity for Ross House!

COMMITTEE

CHAIRPERSON

Christine McAuslan (COSHG)

DEPUTY CHAIR

David Martin (Asbestoswise)

SECRETARY

Alba Chliankhtine (ABRISA)

TREASURER

Keith Bettles (U3A City of Melbourne)

Charles Brass (Futures Foundation)

De Grebner (TreeProject)

Scot Muirden (CBSF)

Valerie Elliot (Handknitters Guild)

Richard Caven (Appointed Member)

Nazzareno Marchionda (Appointed Member RHA staff)

Michael Griffiths (Ex-officio, RHA General Manager)



RHA Committee of Management Vacancies

Are you interested in being on the RHA Committee?

There are two spaces on the RHA Committee of Management that the Association is looking to fill. The Ross House Committee meet on the last Thursday of every month for two hours (during winter months between 2-4pm).

If you are interested in being part of a volunteer community team, driving the strategic direction of Ross House, please contact the General Manager - Michael Griffiths on michael.griffiths@rosshouse.org.au

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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.

Completed works

- The TVs at both entrances to Ross House (displaying the meeting room schedule) have changed slightly—the font size has been increased and we are currently looking at other formats to improve the readability—thank you to those who provided feedback
- New pin boards have also been placed under the monitors for posters and notices regarding meetings.

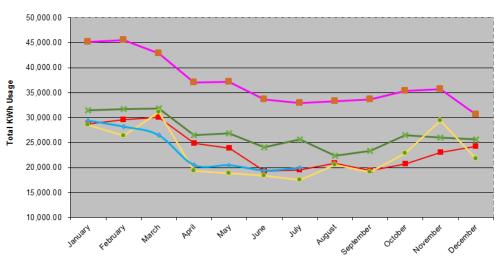
Upcoming works / happenings

- The dates relating to the Ground Floor toilet upgrade will be confirmed as soon as we receive our building permit. We will update the membership when we have more information.
- All of the kitchen hot water urns will be fitted with a cup holder to benefit the vision impaired community. These will be installed in the next couple of weeks.
- Keypads have been installed on the front doors of Ross House and at the entrances of each floor. Tenants will still continue to use swipes but meeting room users will be sent a special code (for each booking) to gain after-hours access to the building. We are currently at the testing stage.

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.







Reflections by the RHA Chairperson - Christine McAuslan

As we head into that part of the year again, Annual General Meeting (AGM) time, many of our organisations will be looking for new members for their committees, as existing members either retire or seek re-election. This situation also applies to the Ross House Association Committee - we are looking for a diversity of contributions to support our work.

If you think you would like to know more about what is involved in being part of the Committee, please contact Michael Griffiths our General Manager. Michael and I will run a session in late September for anyone who is interested and wants to know more about what it means to be a committee member, the time involved and how decisions are made etc.



The first requirement to becoming a member of the RHA Committee is to be your organisation's Nominated Representative. If change of the Nominated Representative is required in order for you to participate - this is an internal matter for your organisation as an RHA member.

However, another requirement too is time commitment. Being an RHA committee member requires commitment and availability to attend meetings so you are aware of ongoing discussions.

All new Committee members are supplied with a comprehensive kit of information to support their work upon their election - The date for the RHA AGM has been set for Wednesday 21st November 2018.

On the matter of diversity, the gender balance on the committee has reduced somewhat from the 50/50 ratio that we began with after the last AGM due to resignations and appointments. I would particularly like to give a shout out to interested women within the Ross House community to consider attending the information session in September to ascertain if our governance committee may be of interest to you. If you are interested, or have any questions, please contact Michael Griffiths at michael.griffiths@rosshouse.org.au.

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Christine McAuslan RHA Chairperson

Launch of the Australian Hand Difference Register

On the 31st of May 2018, the Australian Hand Difference Register was launched at the Royal Children's Hospital in Melbourne. Since September 2017, the Australian Hand Difference Register has focused on children attending the Royal Children's Hospital in Melbourne.

Funding from the <u>Australasian Foundation for Plastic Surgery</u> and the Australian Hand Difference Register will now expand capturing data from hospitals located interstate. The register will be managed by researchers at the <u>Murdoch Children's Research Institute</u>, which is located at the Royal Children's Hospital in Melbourne.

The Australian Hand Difference Register aims to:

- find out how many children are born with a hand/arm difference in Australia
- learn more about possible causes and risk factors
- gain information to help plan and gain funding for future support services
- identify possible participants for future research
 Find out more at www.aussiehands.org



NEW DATABASE PUTS KIDS IN SAFE HANDS

HELPING hands are linking across the country to better grasp an understanding of upper limb differences. The new Australian Han Difference Register is the first national database to record and track congenital hand and arm differences.

record and track congenit hand and arm differences About one in 2000 chile are born with a hand or un limb difference, but little is known about why the limb bud fails to properly develo to treat the conditions.

The project, with ongoing funding from the Australasia Foundation for Plastic Surgery, has been established by the Royal Children's Hospital, Murdoch Children Research Institute and The Aussie Hands Foundation.

RCH specialist plastic surgeon David McCombe

outcomes and look at causes, risk factors, trends and geographical differences. "Hand function is critical for development and social interaction on so many levels," Mr McCombe said. "This will move us towards more evidence-based medicine." Cassic Tibbits 11 born.

deCombe said. "This will us towards more ence-based medicine." assie Tibbits, II, born no thumbs and tened forearms, has twice ergone surgery to turn answers, be answering

Not that it stops her from playing nethall, cooking and participating in Scouts.
But mum Alice Gowen boyes having Cassie on the registry will help eventually answer parents questions. Substantially will be the substantial to the substantial to the control of the substantial to t



Community Development Worker vacancy at COSHG

Collective of Self Help Groups (COSHG) is a small but active Not-for-Profit organisation and long standing tenant of Ross House.



COSHG is the state peak body representing diverse self help and support groups in Victoria and their activities include planning,

running workshops and forums, responding to enquiries, maintaining a database of groups, publishing a newsletter and maintaining their website **www.coshg.org.au**.

COSHG is seeking an experienced, dynamic and self-motivated Community Development Worker (or self help group worker with substantial experience) to support groups in Victoria.

The successful applicant will:

- Seek to actively engage with groups and promote the work they do and the contribution COSHG makes to the sector
- Attend and co-ordinate meetings, workshops and events, support the development and implementation of projects, strategies, policies and resources
- Advocate for and raise awareness of COSHG itself and the role Self Help groups play in their communities and contribute to the broader society

For further information, please do not hesitate to contact COSHG Co-ordinator, Christine McAuslan on 03 9650 2005 or email info@coshg.org.au. Alternately you can visit the EthicalJobs website here >

www.ethicaljobs.com.au/Members/COSHG/community-development-worker

What is the National Disability Insurance Scheme (NDIS) Free information session Free information session Free information session Free information session Facilitated by the Ethnic Communities'Council of Victoria (ECCV), Shakti Migrant & Refugee Women's Support Group Melbourne Inc and Latrobe Community Health Service Date: 4th of September 2018 Time: 1 pm - 3 pm Where: Room 0.2 (Sue Healy Room) GF, 247 Flinders Lane (Ross House), Melbourne Victoria 3000 RSVP: Email ECCV: ndis@eccv.org.au, or melbourne@shaktiaustralia.org.au Light refreshments will be provided. Let us know if you need an interpreter!



Handknitters Guild 30th Anniversary

Lots of fun was had by all those who attended the 30th year celebration of the Handknitters Guild!

The Guild and guests enjoyed a delicious cake designed and baked by one of their members, Pam Matthews. The cake looked fantastic and tasted even better according to the Guild team!



On the day, certificates were also given to long standing members (18 in total), with a grand total of 430 years of membership (if you added all the dates together).

Congratulations, Handknitters Guild!

CMVic Fundraiser

Join Ross House tenant, Community Music Victoria (CMVic), for a family friendly afternoon in celebration of all the great projects initiated and supported by CMVic!



The aim of the afternoon is to come together, have fun and raise much needed funds for the day-to-day running costs of CMVic.

During the event there will be music, kids activities, raffles, drinks and most importantly, cake! There will also be various projects running throughout the afternoon including *That Girl*, *Singing from Country, Singing For Inclusion*, *StreetSounds* and much more.

Where? Northcote Uniting Church, 251 High Street, Northcote

When? 15th September 2018 (3pm - 6pm) For more information, please visit

www.cmvic.org.au

Disability Advocate vacancy at DRC Advocacy

The Disability Resources Centre is seeking applications for the role of Disability Advocate for the Melbourne metropolitan area. This part time role (0.5 FTE) is based at Ross House.

For more information please contact Kerri on kerri@drc.org.au or view the full advertisement at http://www.ethicaljobs.com.au/Members/drc1981/

www.ethicaljobs.com.au/Members/drc1981/disability-advocate

The Disability Resources Centre (DRC) is a membership-driven organisation, managed & staffed by people with disabilities.

http://www.drc.org.au/



National Sustainable Living Festival 2018

Calling all change-makers, presenters, artists, performers and creatives to submit event applications for the 2019 National Sustainable Living Festival!

Each year, this iconic Australian festival presents over 300 events exploring climate change and sustainability. The line-up will involve a jam-packed program of local and international talks, forums, workshops, film, art, design and events to engage the nation.

Applications close on 31st October 2018.

For more information, please visit www.slf2019.org.







The National Council of Women Victoria (NCWV) who meet once a month on a Thursday in the Hayden Raysmith room. Here is the lovely NCWV team, outside Ross House with their wonderful window display in July 2018.

Strategic Planning Update

Thank you to everyone who provided feedback on the draft RHA Strategic Plan; we have incorporated a number of your suggestions. The RHA Committee of Management officially adopted the revised plan on the 26th July 2018.

For a copy of the RHA Strategic Plan 2018-2023 please see: https://rosshouse.org.au/app/uploads/2018/08/Ross-House Strategic-plan_web-accessible.pdf if you prefer an Easy English version.

The following actions are now underway on our new RHA Strategic Plan 2018-2023:

Future Sustainability

- Action 1.2 Fair Projects have completed filming at Ross House: CMVic, BZE, Reinforce and DBV were interviewed. Hayden Raysmith was filmed for the background history and voice over.
- Action 2.6 We have been meeting with potential partners to get a better sense of the possibilities around the Ross House air-space.
- Action 3.2 RHA has sought further legal advice in relation to DGR. The issue remains that without major changes in Membership and Tenancy, RHA does not meet the requirements of a PBI and therefore DGR. We cannot spilt into another Trust as we are not an education or arts organisation.

Governance

- Action 4.3 The Green Focus Working Party had its inaugural meeting and there has been significant interest from the RHA Community (11 members).
- Action 5.1 Voice at the Table, a project run by Ross House tenants, AMIDA and SARU, has been given the go-ahead to find project participants to join the RHA Committee.

Engagement

- Strategy 6 Discussions regarding partnerships have started with the Ian Potter Foundation, RE Ross Trust and the Sidney Myer Foundation. Unfortunately, the Ian Potter Foundation has indicated they cannot legally work with non DGR organisations.
- Action 6.4 Due to the MMRP, Bible House, Uni Lodge and Ross House have been meeting. The intent is to include Ashdown House, Manchester House, Travers Aid, City of Melbourne and Flinders Quarter Café in these meetings. This could form the basis for a Flinders Lane Committee.



Melbourne Metro Rail Update

Please see the below planned and current works for the Flinders Quarter (new name for Port Phillip Arcade site) Melbourne Metro Rail site:

- Demolition works are nearing completion, with the old KFC building still to be separated from the Nicholas Building. This should be done by the end of September
- Over 200,000 artefacts have been found at the Flinders Quarter archaeological site (see picture for some of the objects discovered)
- A loading bay at the City Square site has been installed
- The final demolition of Port Phillip Arcade has begun, with the wall along Royston Lane due to be removed September / October.
- The Piling Works at the Flinders Quarter site has been pushed back to December 2018 or January 2019 this work will now likely take 6-months
- The City Square site acoustic shed will go up from late 2018 to April 2019
- The CYP condition assessment of Ross House is still outstanding (however we have completed our own)
- The steel deck over the Flinders Quarter site is likely pushed back until after the piling finishes in 2019
- Excavation and tunnelling will begin once the deck is in place

www.metrotunnel.vic.gov.au



Notice of NODSS AGM 2018

Ross House member, Narcolepsy and Overwhelming Daytime Sleep Disorder (NODSS) Annual General Meeting will be held on Monday 17th September 2018.

Everyone is welcome to attend.

Where? Hayden Raysmith room, Level 4, Ross House

When? Monday 17th September at 7:30pm

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



Top Grant Writing Tips

- I. 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 organisation's 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 that look great.

Women & Leadership Australia's Women's Leadership Development Scholarships program is now open and offering scholarship funding of up to \$8000 – expressions of interest are due by 7th September 2018.

Grants are allocated with the specific intent of providing powerful and effective development opportunities for women.

A limited pool of scholarship funding has currently been provisioned for women to participate in a range of leadership courses.

Scholarships are available across three key management levels:

- Advanced Leadership Program (ALP) \$8000 scholarship towards course fees
- Executive Ready Program (WER) \$4000 scholarship towards course fees
- Accelerated Leadership performance Program (ALPP) \$3000 scholarship towards course fees

For more information, please visit https://www.wla.edu.au/funding.html

The Sister's of Charity Foundation's Community Grants program is offering grants of up to \$10,000. Submissions are due 30th September 2018.

Their community grants program offers funding to organisations who are working towards fighting poverty, loneliness, suffering and oppression in their community.

The Foundation delivers practical, real world support to smaller "grass-roots" organisations that can't find help from more traditional sources. Once accepted as an eligible applicant, they will work closely with you and your organisation to understand exactly what is needed, so the best quality outcomes are achieved.

The priority areas for the Foundation are programs that:

- restore hope and build dignity
- fall between the cracks of other funding sources
- are not associated with well-established organisations with significant reserves and/or are not capable of raising their own funds
- are not eligible for funding from government or other sources.

To be eligible to apply for a grant your organisation must be a not-for-profit and be:

- endorsed as a Deductible Gift Recipient (DGR) item 1, by the ATO, and/or
- endorsed as a Tax Exempt Charity (ITEC), by the ATO.

For more information, please visit https://www.sistersofcharityfoundation.com.au/applying-for-grants/guidelines/





Ross House-keeping

After-hours

- A friendly reminder to please avoid letting people into the building who don't have their own swipe. Please advise someone trying to gain access to the building, that the correct process is for them to contact the organiser of their meeting. There are signs on each level of the building.
- If an alarm sounds on your level head to the swipe machine (on the entrance to your level) and swipe down once. This will deactivate the alarm.

Meeting Rooms AV

Please feel free to contact the Front Desk if you would like to book in some training with the AV in any of the meeting rooms - we are here to assist!

Promotion

- Please bring down any brochures/pamphlets to the ground floor bookshelf it's such a great way to promote your organisation.
- Join our Facebook page and sign up to our e-bulletin and keep up to date with our community news!

Finance

A friendly reminder from our Finance team (Junxia), that Ross House invoice payment terms are 14 days.

Diaspora Action Australia's two-day conference

Diaspora Action Australia's *Diaspora Learning Network* is proud to announce the second, two-day international conference, *Diasporas In Action: Working Together for Peace, Development and Humanitarian Response*. This conference is to be held at the University of Melbourne on 26th and 27th September 2018.

This new and exciting symposium will bring together Diaspora representatives, NGOs, academics, government and others, to explore how diasporas contribute to peace, reconciliation, development and humanitarian efforts in multiple contexts such as their countries of origin, sites of displacement and third countries.

Find out more by visiting http://www.diasporasinaction.org.au/



Registration is FREE. Bookings Essential. Morning tea provided.

Phone: 03 9753 4324 Email: melbourne@shaktiaustralia.org.au



A Workshop on Family Law

Topics

- Family Law and Family Violence Laws
- The Intervention Order system
- Where to go for Legal Help

Presented by



Organised by





Date - 4th September 2018 (Tuesday)

Time -10am to 12noon

Venue - Room 0.2, Sue Healy Room, Mezzanine

Ross House Association 247-251 Flinders Lane, Melbourne, VIC 3000

Supported by



'Understanding the NDIS' workshops with AFDO

Australian Federation of Disability Organisations (AFDO) and Disability Loop present six upcoming NDIS workshops. These workshops have been developed by people with disability, for people with disability. The workshops are written using plain language, which makes complicated concepts easier to understand. The aim is to make the a safe space where people can share their questions and concerns without worrying about any judgement.



What are the workshops about?

The three-hour workshops will cover lots of different parts of the NDIS, including knowing who is eligible for the NDIS, working out what support you can get in your NDIS plan and using the funds in your NDIS plan to live a better life in the community.

Who is running the workshops?

The workshop is designed and delivered by staff with a disability from AFDO. AFDO and its member organisations are run by and for people with lived experience of disability. AFDO Disability Loop is a program that aims to make information about the NDIS easier to find, understand, and use.

Where? Mornington, Dandenong and Elsternwick.

When? 12th September - 22nd September 2018 (dates are varied).

All workshops are held in wheelchair accessible venues, close to public transport, and are free for people with disability and their families. Bookings are essential for catering and accessibility purposes.

For more information and to register, please visit www.disabilityloop.org.au or call (03) 9662 3324.

Melbourne Osteoporosis Support Group Inc.

Ross House member, Melbourne Osteoporosis Support Group Inc (MOSG), is hosting their annual Luncheon on Tuesday 11th September at 12noon in the Angliss Restaurant, 550 Little Lonsdale Street, Melbourne.

The cost per head is \$30, which includes three courses, as well as tea and coffee. Bookings are essential and can be made with the MOSG Secretary, Leonie on 0414-547-952. Everyone is welcome to attend.

Meeting in Ross House

On 16th October 2018, MOSG will meet at 1:30pm in the Hayden Raysmith room, 4th floor, Ross House. The guest speaker on the day will be Brigitte Lalor speaking about pain management with Laser Treatment. Everyone is welcome to attend.

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



Free Legal Advice with Justice Connect Not-For-**Profit Law**

Watch this space!

Justice Connect's Not-for-profit Law service, provides free legal advice, information and low cost training to community groups around Australia. RHA is currently in discussions with Justice Connect regarding bringing a free legal service into the building once a month, so our members and tenants can easily access this service. We envisage the first afternoon session will take place towards the end of September.

Keep an eye out for email correspondence and notices around the building that will confirm the date and information on how to secure an appointment time with one of Justice Connect's lawyers.

For further gueries, send Amber and email at amber.moore@rosshouse.org.au

New Members



Emerge

The aim of EMERGE is to support and provide information and advocacy for people associated with Myalgic Encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS). Emerge Australia has been working to support people with ME/CFS and associated conditions for 37 years and has members from all around Australia.

Here are just some of the things EMERGE do to improve life for individuals with Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS):

- they educate people with the condition, the wider community and healthcare practitioners about ME/CFS
- they provide information about ways that people with the condition can access support
- they lobby and advocate to improve the situation in Australia (and internationally) for people with ME/CFS
- they produce a flagship quarterly journal 'The Emerge Journal' which is a key resource for sharing information and engaging their members

www.emerge.org.au

Seniors Financial Literacy Discussion Group

The main aim of the Seniors Financial Literacy Discussion Group is to educate and inform members about issues relevant to the financial wellbeing of older people. It is a self-help group set up to counteract financial disadvantage and to help seniors avoid pitfalls. Topics discussed include age pension, aged care, wills, testaments and superannuation.

Older people can be disadvantaged in a number of ways, socially, physically, financially and intellectually and can suffer discrimination in employment and elsewhere, leading to lack of self-esteem and self-worth. Through a program of guest speakers and informal discussions, the Seniors Financial Literacy Discussion Group educates and assists older people to come to terms with an increasingly digital world. The group also offers opportunities for social and intellectual interaction among members, including older people living alone.

The Big Issue



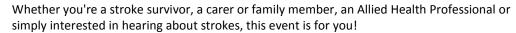
The Big Issue is an independent, not-for-profit organisation dedicated to supporting and creating work opportunities for homeless, marginalised and disadvantaged people.

The Big Issue run social enterprises to create work opportunities for people who are unable to access mainstream jobs. These enterprises operate much like traditional businesses, except all revenue is put back into the enterprises for the benefit of the individuals involved and broader community.

These social enterprises include The Big Issue magazine, the Women's Subscription Enterprise and The Big Issue Classroom. They also run the Community Street Soccer Program, The Big Idea and Homes for Homes. Our social enterprises not only provide opportunities for people to earn an income, but importantly, to build confidence and their capacity to help themselves.

www.thebigissue.org.au

SAV Annual Stroke Forum





This year's theme is 'Stroke Recovery', a topic of interest for everyone. On the day, there will be some insightful guest speakers along with a morning tea.

Where? 750 Collins Street, Docklands, AMP, Auditorium

When? Tuesday 4th September 2018 (10am - 2:30pm)

Please email your RSVP (plus any dietary requirements) to paula@strokeassociation.com.au by 21st September 2018.

www.strokeassociation.com.au



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 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 with UNSUBSCRIBE in the subject line.

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



Information & Administration
Officer
Katie Stadtfeld Cunnane
rosshouse@rosshouse.org.au



Membership & Tenancy Officer
Rebecca Jahr
rebecca.may@rosshouse.org.au



