ROSS HOUSE ASSOCIATION 2021 RHA

IN THE HOUSE

FEBRUARY 2021

CORONAVIRUS (COVID-19) – COVIDSafe Summer

Following the recent 5-day snap circuit breaker lockdown in Victoria, Ross House has returned to restrictions similar to those in place over the summer period. Below are the current requirements for being in Ross House:

Masks are required indoors and must be worn when at Ross House. They are also required when you can't socially distance outdoors.

All Ross House organisations must have a COVIDSafe Plan if they are working / using meeting rooms in the building (<u>https://www.coronavirus.vic.gov.au/creating-a-covidsafe-workplace</u>).

The six principles of COVIDSafe workplaces are:

- ensure physical distancing (1.5 metres)
- wear a face mask
- practise good hygiene
- keep good records and act quickly if staff become unwell / use the Wavein and QR system when entering the building
- avoid interactions in close spaces
- create workforce bubbles

Information about getting into the building (for tenants)

- please make sure that you have your swipe key with you
- if you do not have a swipe key you cannot get in to the building

Information about getting into the building (for facility users)

- please check your booking email confirmation/reminder to obtain your four-digit access code
- this unique access code will give you access to the building

If you have any questions regarding the above, please contact the Ross House Front Desk on (03) 9650 1599 or <u>rosshouse@rosshouse.org.au</u>.



CHAIRPERSON Christine McAuslan

COMMITTEE

(COSHG)

DEPUTY CHAIRPERSON Heidi Nicholl (Emerge)

SECRETARY Scot Muirden (CBSF)

TREASURER Keith Bettles (U3A City of Melbourne)

Valerie Elliot (Handknit & Crochet Guild)

De Grebner (Ex TreeProject, Appointed Member)

Cynthia Pilli (STAR Victoria Inc)

Alba Chliakhtine (ABRISA)

Mohamed Nabe (Southern Rivers)

Ntennis Davi (DBV)

Maggie Maguire (Appointed Member)

Richard Caven (Appointed Member)

Nazzareno Marchionda (Appointed Member RHA staff)

Michael Griffiths (Ex-officio, RHA General Manager) PAGE 2

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.

Current and completed works

- Cleaning schedule with more groups returning to the office, RHA has increased the cleaning schedule. A policy was created and emailed to the membership on Friday 19th February 2021. If you would like a copy of this, please contact the Front Desk on (03) 9650 1599 / rosshouse@rosshouse.org.au.
- RHA has placed new Face-it boxes in the kitchens of Ross House the main box (to dispose of the kitchen ones) is located in the Foyer. Face-it is a company specialising in the safe disposable of facemasks, wipes and used gloves > <u>www.face-it.org.au.</u>

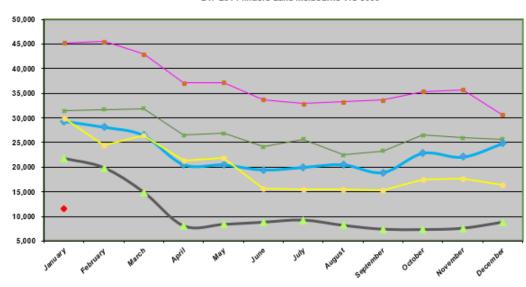


- New hand sanitizer wipe bins have been placed by the lift on the street level and ground level for you to use on lift buttons, surfaces, door handles, kitchen areas etc.
- RHA have also placed new cleaning wipes (in tubs) in each of the kitchens. We encourage you to make use of these cleaning products. Let's keep safe, together.

Upcoming works / happenings

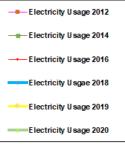
- Nazz will organise a fire drill shortly, date to be confirmed.
- A hard waste will also be scheduled in the upcoming months more information to be provided shortly.
- The Jenny Florence meeting room (3.1) will have new AV facilities for zoom conferencing, screen sharing, plus much more. We will inform you once this has been installed.

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.



Month





otal KWh Usage

Reflections by the RHA Chairperson

- Christine McAuslan

So much has happened since I last wrote 'Reflections' back in December when we were still transitioning and recovering from such an impactful 2020. There were many feelings of hope across the community for a better 2021.

Some of you have returned to Ross House and will have noticed the changes brought about by health and safety considerations in regard to the epidemic. Please make sure you use the preparations and directions made available to keep Ross House a safe space for everyone.

We know a lot of people are doing it hard, with loss of jobs and income, isolation, loneliness and depression. As you know, Ross House is a place where we are very conscious of disadvantage and social issues. This however, does not mean that we (and our supporters) are any the less vulnerable to the impacts of 2020. So as a community, lets check in with each other as much as we can as we attend to our work in the House.

The committee will have had its first 2021 meeting on the 25th February. As we progressed into the new year however, we have had occasion for committee approvals via email when there is a time factor involved in decision making.

The Finance and Risk Management sub-committee has continued to meet regularly via Zoom to ensure we are constantly keeping our eye on the situation.

My feeling is that this will be a busy year for the committee, as we continue to adjust to change and new norms as they arise through the year ahead. Just like the groups in Ross House, we will have to adapt to new processes and strategies and learn from the consequences of 2020. The Ross House Committee, working with staff, will continue to be steadfast in working for the House's best interests.

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RHA Chairperson Christine McAuslan



Melbourne Metro Rail Update

Please see the latest updates from the Melbourne Metro Rail Project:

- Flinders Quarter installation of the ground floor slab is complete. Work has begun on basement levels 1 & 2 basement 1 completed by June 2021, basement 2 in 3Q of 2021.
- Flinders Link breakthrough to Campbell Arcade expected in February and works completed by May 2021. Footpath to be open at the end of March 2021.
- Tunnel boring machine (TBM) Joan has broken through to the new State Library Station site. See: <u>https://</u> metrotunnel.vic.gov.au/about-the-project/news/tbm-joan-arrives-at-state-library-station
- Flinders Street will be back open to east bound cars from January 2022.
- Works are on track despite COVID-19, some work has been easier due to reduced traffic and pedestrian flows.
- Construction of the Oversite Development (OSD) will commence once a concreate slab has been installed at the Flinders Quarter site. Expected in 2022.

For more information, please visit www.metrotunnel.vic.gov.au.



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Non Profit Training

Ross House member, Non Profit Training provides training for organisations all around Australia.

Their sessions include topics on grant writing, finance, governance, board training, volunteer management, marketing and event promotion.

This year, they have been running their sessions online and will continue to do so until further notice. However, if you missed their training, fear not, they have already published their upcoming sessions for 2021 online.

Ross House members will be able to access a 10% discount using the discount code "ROSS" when registering via Eventbrite.

To find out more information please visit www.nonprofittraining.com.au.



Non Profit Training

Tenant job alert:

Reinforce

Reinforce is a self advocacy group run by, and for people with intellectual disability to learn how to speak up for themselves. There are two paid jobs available to work 5 hours a week. If you have an intellectual disability and you are a good listener who cares about people with disability then this is for you!

To find out more information, please contact <u>annie@reinforce.org.au</u> or visit <u>www.reinforce.org.au</u>.



International Women's Day 2021 - Shakti Migrant & Refugee Women's Support Group

International Women's Day 2021 is celebrated each year on March 8th. The campaign theme this year is 'Choose To Challenge'.

A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world. From challenge comes change, so let's all choose to challenge.

Ross House tenant, Shakti Migrant & Refugee Women's Support Group is joining the campaign to challenge all forms of gender inequalities.

They are showing their support by raising their hands "We have our hand up to show that we are in #ChooseToChallenge for #IWD2021".

Will you #ChooseToChallenge?

http://shakti-international.org/ www.internationalwomensday.com



J International Women's Day

Emerge Australia Launches ME/CFS Online Community Program

Emerge Australia has launched its first major initiative for 2021: our ME/CFS Online Community, designed to provide a safe and supportive space for people affected by myalgic encephalomyelitis / chronic fatigue syndrome, their carers and families.

The new community has two parts - an online public forum for the community to connect and offer mutual support and experience, and a number of facilitated groups for people with common interests and experiences including peer support for regional

members, parenting with ME/CFS, carer support groups, and accessible and tailored online classes including meditation, beginner's crochet and mindful doodling.

Within two weeks of opening, we're thrilled to see the forum and groups receive such an enthusiastic response with members offering experience and support to each other and booking into the group programs.

Our hope is that the Emerge Australia Online Community will become a vital new resource for information and social connection for every Australian living with or caring for someone with ME/CFS.

To view the forum go to: https://community.emerge.org.au/

For further information, please visit www.emerge.org.au.

Housing for the Aged Action Group's Aged Care Navigator Trial

Housing for the Aged Action Group (HAAG) is a part of a national trial that is testing different ways to support people to access the aged care system.

We understand that the aged care system is complex and difficult to navigate which is why staff and bilingual volunteers are here to help.

We can support you to:

- Register with My Aged Care the starting point for accessing aged care services.
- Prepare you for what to expect when you get referred for an Aged Care Assessment.
- Explain what other services are available that can assist you to live independently and comfortably in your home.
- We also aim to provide information to people who face barriers through seminars, face to face support, peer support and outreach.

You don't have to need assistance right now to talk to one of our volunteers - you can have a chat to help plan for the future. Then when the time comes, that you do need support, you know what to expect and how to access services.

If you or your family would like more information, please contact our Aged Care Navigator team on 03 9654 7389.

www.oldertenants.org.au







Blind Citizens Australia (BCA) update



BCA HAPPY HOURS

Friday 11:00am – 12:00pm Tuesday and Thursday Here is a little update from Ross House tenant, Blind Citizens Australia (BCA)

BCA Happy Hours

Blind Citizens Australia (BCA) is continuing this year with its Happy Hour evenings. These sessions are a great way for anyone who is blind or vision impaired to stay connected.

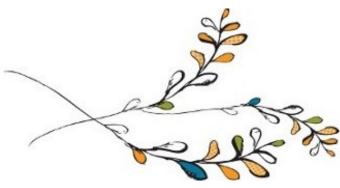
They take place at 7.30pm on Thursdays (for a general catch-up) or you can join in their Trivia Nights at 8pm.

BCA Inform

BCA Inform (Empowering and important monthly conversations related to the blindness sector) is a monthly roundtable event that shares work that BCA or its stakeholders are involved in that relates to people who are blind or vision impaired. Each event centres on a different topic and is held online 7:30pm – 9pm on the first Tuesday of the month.

To register your interest in attending any BCA events, please contact BCA on 1800 033 660 or <u>events@bca.org.au</u>. You will be able to join the online events via computer, tablet, smartphone, or landline.

For further information, please visit <u>www.bca.org.au</u>.



DRC - Sign the petition now!

For 40 years, Victorians with disabilities have been campaigning for equal access to public transport. But today 85% of the Melbourne tram network is still inaccessible.

Public transport is an important means of travel for millions of Victorians. For some, it's the only means of getting around independently. As long as our transport system fails to meet accessibility standards, Victorians with disabilities cannot fully participate in work, education and community.

Making public transport work for everyone must be an urgent priority in the 2021 budget. We all deserve the same rights to free movement and our community is richer and stronger when everyone can participate.

Please support Ross House tenant, Disability Resources Centre (DRC) by signing and sharing this petition >

https://www.change.org/p/the-victorian-government-end-segregated-public-transport-make-our-victorian-transport-system -work-for-everyone

For further information, please visit <u>www.drc.org.au</u>.



TRANSPORT FOR ALL

Most public transport in Victoria isn't accessible. It's time to GET ON TRACK

TAKE ACTION >

FAQs for members and tenants

With the everchanging times, we have updated the list of FAQs for members and tenants.

Q. Is Ross House open?

A. During the COVID-19 period, there are 4 reasons to be in Ross House:

- You are working for an organisation that is a tenant
- You have a booked meeting at Ross House
- You are accessing the services of a tenant
- You are accessing your pigeonhole for mail

Ross House is open to tenants, members and meeting room users. It is not open to the public – the front doors will continue to be locked until further notice.

Q. Can I access my office?

A. Yes you can. Please make sure you have your swipe and office key. If you are returning to work, please make sure you have a COVIDSafe plan. For more information, please visit www.coronavirus.vic.gov.au/covidsafe-plan.

Q. Can I have additional cleaning in my office?

A. Please see page 2 of this newsletter for further information.

Q. Do I need to sign in to Ross House?

A. Yes, please use the Ross House 'Wavin' contact tracing system to sign in. Tenants should also have in place their own attendance recording system under their COVIDsafe plan, as there may be barriers to accessing the digital smartphone system. You can also sign-in manually at the Front Desk (pen and paper). If you need help, please contact the RHA team.

Q. What is happening to my mail?

A. RHA staff will distribute mail daily at Ross House. In the event of an extended lockdown, mail to the membership will be scanned and forwarded on to the main admin contact. Deliveries can be accepted by RHA staff (at Ross House) during off-peak business hours (Monday – Friday, 10am – 3pm). If there is anything important you are waiting on, please inform Katie on <u>rosshouse@rosshouse.org.au</u> / (03) 9650 1599.

Q. Can I book a room?

A. Yes, you can book a meeting room via your online account. If you need assistance, please contact Katie on <u>rosshouse@rosshouse.org.au</u>. However, here is some information about getting into the building (for room bookings):

please check your booking email confirmation/reminder to obtain your four-digit access code this unique access code will give you access the building/floor that you need.

Q. Can I book a car space?

A. Yes, please contact RHA on (03) 9650 1599 to book a spot.

FAQs continued....

Q. Our organisation has grown and we may need a larger office. What is the process?

A. Please contact Rebecca, the Membership and Tenancy Officer directly to discuss your options <u>rebecca.may@rosshouse.org.au</u> There are currently some offices available and if these are not suitable, then you will be able to go on a waitlist.

Q. Our organisation has had to downsize during the pandemic and we may need a smaller office space. What do we do?

A. Please contact Rebecca, the Membership and Tenancy Officer directly to discuss your options <u>rebecca.may@rosshouse.org.au</u>. There are currently some smaller offices available and if these are not suitable, then you will be able to discuss your needs and timeline and go on a waitlist.

Q. We need to re-organise our work space and have furniture we need to get rid of. Does Ross House provide hard rubbish collections?

A. Ross House organises two gratis hard waste collections per annum for odd items that tenants may need to discard. Please note that this is a service provided to all tenants and not on an individual needs basis. Notwithstanding this, should you require a specific office hard waste collection that involves multiple items, the cost is \$100 per m3. Please contact Nazzareno if you have any further questions on <u>n.marchionda@rosshouse.org.au</u>.

If you have any further questions, please get in touch!

Thanks The Ross House team.

Melbourne Osteoporosis Support Group Inc

Happy New Year to everyone at Ross House!

Our new year commences in the same way the old year finished – via Zoom meetings.

Our February meeting, held on 16th, heard a speaker from Monash Bone Health department, speaking about research into osteoporosis and the new bone density measuring machine that is installed at Monash.

Our AGM will be held in the Hayden Raysmith room in April 2021.

For more information, please visit <u>www.melbosg.org.au</u>.



Choosing a School for Your Child: The ABCs of Inclusive Education

Information workshops for educators and parents of children with additional learning needs.

STAR Victoria is very excited to announce the next round of our ABCs of Inclusive Education workshops in March / April 2021.

In response to feedback from past participants, we are looking forward to continuing our partnership with policy and educational experts and providing the opportunity for parents and educators to learn, connect and collaborate on the journey of inclusive education for children with additional learning needs.

The workshops will offer a comprehensive framework for both parents and educators on how to work together to facilitate the inclusion of children with additional needs in mainstream classrooms.

To enquire about joining or booking a workshop, contact <u>events@starvictoria.org.au</u> or call 03 9650 2730.

Stay Connected @ Ross House

Weekly emails (Stay Connected)

₽ Thank you for all your fantastic contributions - it has been great to see and hear what you have all been up to. If you have anything you would like to share, please send it through to rosshouse@rosshouse.org.au.

Promotion addition

Ö Please make use of our member and tenant promotional opportunities such as Facebook, Instagram and our e-bulletin, which goes out to over 600 subscribers weekly. Find out more by visiting our website > www.rosshouse.org.au or contact Katie on rosshouse@rosshouse.org.au.

Zoom

₽ Many groups are using Zoom to stay connected. Zoom is a great platform for video and audio conferencing, chat and webinars. RHA have also set up Zoom conferencing for both staff meetings and committee meetings. If you need assistance setting up Zoom for your organisation, please contact Ross House at rosshouse@rosshouse.org.au.

RHA invoices

RHA would like to thank everyone for paying your invoices on time.

Welcome new tenants!

Positive Powerful Parents (PPP), a project group of AMIDA/SARU have moved into their own space on the 1st floor, Room 1.8b. Positive Powerful Parents is a self



advocacy group run by and for parents with intellectual disability. Welcome to your new space!



We also welcome our member Animal Law Institute (ALI) as a new Tenant of Ross House. The Animal Law Institute's mission The Animal Law is to protect animals through the Australian legal system. They empower

animal advocates and challenge the way the laws treat animals through giving free legal advice, representing animals and their advocates in court, lobbying for compassionate laws and providing legal education. You can find ALI on the Ground Floor, Room G.12.

Office moves

DeafBlind Victoria (DBV) have moved from the ground floor to a new larger office on the 3rd Floor, Room 3.7b.



Voice at the table (VATT), a project of AMIDA/ SARU have moved to the old meeting room 1.3, on level 1.



Grants and other support during the COVID-19 crisis

Here are some of the grants which are currently available, which we think look good.

Sisters of Charity Foundation

Community Grants Program

The Sister of Charity Foundation Community grants support organisations who are working towards fighting poverty, loneliness, suffering and oppression in their community. Grants of up to \$15,000 are available to organisations that use clever ways to fight poverty, loneliness, suffering and oppression, but struggle to find funding.

- Eligibility requirements: you have to be a not-for-profit (DGR Status is also required).
- Applications close at 11pm on Wednesday 31st March 2021.

For more information and to apply please see: <u>https://sistersofcharityfoundation.com.au/applying-for-grants/about-our-grants/</u>

Mercy Foundation

Social Justice Small Grants

The Mercy Foundation's Social Justice Small Grants Program provides seed funding to assist communities and organisations to build capacity that will help create structural change and bring about greater social justice in Australia. The Mercy Foundation seeks to create greater social equity and inclusion in the Australian community. Each year, the program will have a particular focus. The focus for 2021 is *Mental Health in Australia Today*. Funding from \$1,000 to \$10,000 is available.

- Eligibility requirements: you have to be a not-for-profit or an unincorporated group
- Applications close at 11pm on Monday 29th March 2021.

For more information and to apply please see: <u>https://www.mercyfoundation.com.au/social-justice-grants/social-justice-small-grants/</u>

Australian Communities Foundation

Funding for charitable organisations

Australian Communities Foundation (ACF) supports a range of charitable organisations and projects each year. As a public ancillary fund, Australian Communities Foundation represents around 310 sub-funds, each with their own funding, priorities and interests. The Foundation's donors are part of an engaged community of individuals, families, corporate giving groups, location-based giving circles and like-minded groups. As part of their donor engagement, ACF hosts a Funding Proposal Portal that allows their Donor community to identify grant opportunities aligned with their interests. Funding is available from \$2,000 to \$15,000.

- Eligibility requirements: you have to be a not-for-profit or an unincorporated group (DGR Status is also required).
- Round: Ongoing

For more information and to apply please see: <u>https://www.communityfoundation.org.au/making-a-difference/seeking-funding</u>.



Grants continued....

Equity Trustees

ANZ Community Foundation

The Foundation supports small to medium-sized projects run by charitable organisations which offer a direct and tangible benefit to local communities. ANZ's purpose is to shape a world where people and communities thrive. In support of this, the ANZ Community Foundation provides grants of up to \$30,000 to community projects that relate to one or more of the following priority areas:

- Dimproving financial wellbeing, particularly for under-represented and disadvantaged people in the community
- Improving environmental sustainability
- Improving housing access through initiatives and programs that support those experiencing or at risk of homelessness or that provide supports for people living with disability
- Other community projects that assist local communities to thrive

Eligibility requirements: you have to be a not-for-profit (DGR Status is also required).

This grants round opens on 1st March 2021 and closes on 1st April 2021

For more information and to apply please see: <u>https://www.eqt.com.au/philanthropy/grant-</u> funding/folder-other-grants/anz-community-foundation

COSHG - Rural Reach Out

- Supporting Groups'

The Collective of Self Help Groups (COSHG) will be travelling to Maryborough in the Central Goldfields to present 'Rural Reach Out – Supporting Groups' on Wednesday 17th March 2021.

In the two workshop sessions we will explore

- Staying Connected if and how their group has stayed connected through COVID lockdown periods when members are unable to meet together in person.
- Surviving and Thriving will cover core aspects of running and maintaining a group and will be guided by participants as to any areas they would particularly like covered in this session.

For further details please email <u>info@coshg.org.au</u> or phone 03 9650 2005. Alternatively you can visit:

www.coshg.org.au/event/maryborough-workshop/





ROSS HOUSE ASSOCIATION

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Phone: 03 9650 1599 Email: rosshouse@rosshouse.org.au Website: <u>www.rosshouse.org.au</u>

@rosshouseassociation

rosshouseassociation

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.

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