



ROSS HOUSE ASSOCIATION

2020 RHA COMMITTEE

CHAIRPERSON

Christine McAuslan
(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 Pili
(STAR Victoria Inc)

Mohamed Nabe
(Southern Rivers
Community Services)

Vanessa Petrie
(Appointed Member)

Maggie Maguire
(Appointed Member)

Richard Caven
(Appointed Member)

Nazzareno Marchionda
(Appointed Member RHA
staff)

Michael Griffiths
(Ex-officio, RHA General
Manager)

IN THE HOUSE

NOVEMBER 2020

Ross House Association AGM 2020

Due to the current restrictions in place, this year the Ross House Association AGM will be held remotely via Zoom at 11am on the 18th November 2020. You can access the annual report and financial reports via the Ross House website here: <https://rosshouse.org.au/publications/annual-report/2020-annual-report/>.

To RSVP for the AGM or to ask any questions regarding this year's reports, please use the following link: https://www.surveymonkey.com/r/RHA_RSVP. Appointed Member Representatives have been sent the AGM invite and Zoom links. If anyone has any questions or needs the Zoom invite details, please contact michael.griffiths@rosshouse.org.au. Hope to see you there!

Current COVID-19 Restrictions

Although the numbers are currently looking great in Melbourne (at the time of writing), the work order "If you can work from home, you must work from home" is still in place during the current restrictions and into the Last Step which will take place from 11:59pm on the 22nd November. That work at home order will be removed once we reach COVID Normal on the Victorian Governments Roadmap to Reopening.

To achieve COVID normal, there needs to be no new cases for 28 days (state-wide), no active cases (state-wide) and no outbreaks of concern in others states or territories. Following the announcement of reaching COVID normal, there will be a phased return to work for businesses in the CBD. At the current rate, we could expect this to be sometime in December.

If you have questions about the current government restrictions, would like a copy of RHAs COVID safe plan or need help setting up your own organisations COVID safe plan, please contact michael.griffiths@rosshouse.org.au.

Melbourne Metro Rail Update

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

- ⚙ Tunnel boring machine (TBM) Joan has begun its one-kilometre journey from the Parkville Station site to the new State Library Station site.
- ⚙ Tunnelling from Federation Square has made a breakthrough to the Flinders Quarter site.
- ⚙ Flinders Link excavation has begun, which will link Campbell Arcade and State Library Station. It is due for completion by the end of year.
- ⚙ Flinders Quarter ground floor slab concrete pours have been completed.
- ⚙ Works are on track despite COVID-19, some work has been easier due to reduced traffic and pedestrian flows.
- ⚙ Construction of the Oversight Development (OSD) will commence once a concrete slab has been installed at the Flinders Quarter site. Expected in 2022.

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

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

- ⚙ The Front Desk has been upgraded to ensure a safe return for RHA staff, members and tenants. We have recently installed a roller door on the front of the desk and added new signage and lights (see pictures below).
- ⚙ Hand sanitizers (with signage) have been installed on every level throughout the building and on both entrances to Ross House.
- ⚙ Mandatory mask signs have been installed throughout the building.

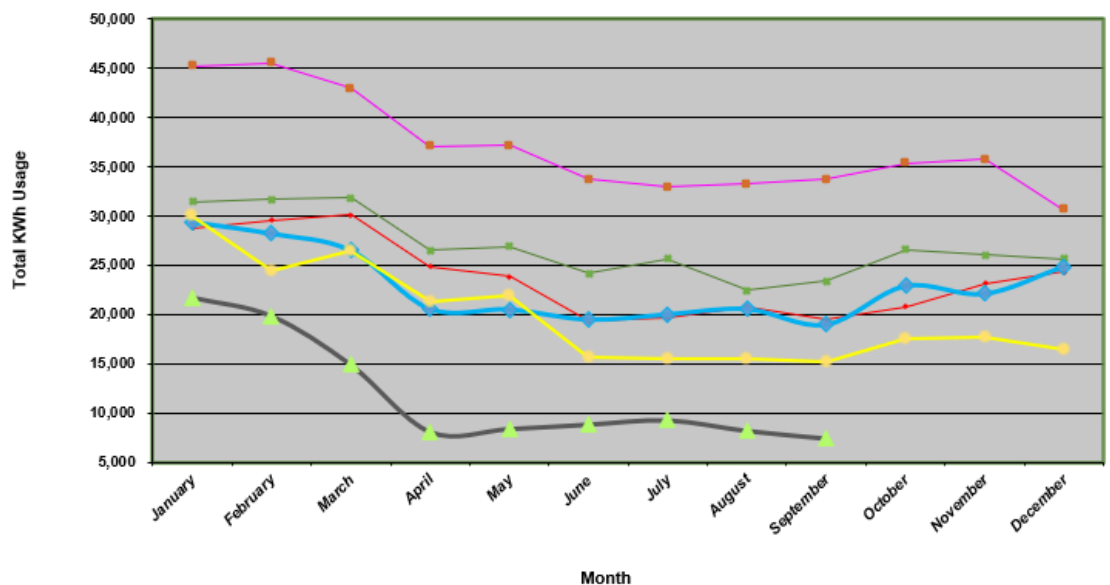
Upcoming/ on hold

- ⚙ A hard waste will also be scheduled in the upcoming months.



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.

Electricity Comparison 2012 - 2020
Ross House
247-251 Flinders Lane Melbourne VIC 3000



Reflections by the RHA Chairperson - Christine McAuslan

In many ways, it is hard to believe 7 months have passed since we closed the doors of Ross House to the public. There is no doubt this has been a trying time, particularly for those who work or live in Melbourne. Many lives have been turned upside down in numerous ways, whether being isolated from friends and family or any of the health (or work) impacts that have occurred.

Last week I sat (via Zoom of course) on the Finance and Risk Management Sub-Committee meeting. I was impressed with the work that is being done and the ideas for maintaining or improving the safety aspects for those who will use Ross House when we are able to return.



I won't go into those ideas here as investigations are taking place as to feasibility, costs etc, and that information will then go to the Committee for discussion. However, my intention in mentioning this is to let you all know that neither staff nor committee are viewing the impacts of the current epidemic with any complacency. Both parties are being as pro-active as possible, working together in looking after Ross House for the community. It is also reassuring to know, we have so far, managed to keep our heads above water with our financial situation. This is due to careful financial management and a willingness to identify ways and means to keep Ross House afloat, not just at this crucial time of the pandemic but also over the last few years.

With the Ross House AGM coming up on the 18th November 2020, the staff team is putting in a major effort to run this annual event via Zoom. As you will understand, like many organisations, this will be a first for us. Thank you to all who have re-nominated or are a new nomination to the Ross House Committee. We look forward to our members' participation in the AGM.

Now the number of COVID-19 cases are reducing and restrictions are beginning to ease, I hope you, the Ross House members and supporters, are feeling a measure of expectancy for some improvement in the near future. Hopefully, we will be bumping into familiar faces in the corridors of Ross House sooner rather than later.

Meanwhile, stay well and look after yourselves. If you are struggling please reach out to someone in your personal networks or one of the many services that are assisting at this time.

RHA Chairperson
Christine McAuslan



Stay Connected @ Ross House

Weekly emails (Stay Connected)

- ⚙ Thank you for all your fantastic contributions over the past few weeks - 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

- ⚙ 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.

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.

They currently have two upcoming sessions on:

- ⚙ **Online Grant Writing Training**
- ⚙ **Online Governance Training**

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.



Retina Trivia Fundraiser

Get your competitive hats on with family and friends and in turn, support Ross House tenant, Retina Australia in their Online Trivia Fundraiser 2020!

Play solo (or create a team) to challenge others for your chance to be the Retina Australia Online Trivia champion 2020.

What will happen?

Each player will receive instructions and links (upon purchase) on how to register and how to join the Trivia game.

Where? Online

When? Saturday 14th November 2020 (7:30pm - 9:30pm)

Cost? \$20 per person

To register, please visit the Retina Facebook page.

For further information, please call (03) 9650 5088 or email info@retinaaustralia.com.au.

Amberley Online (CMVic Singing Camp)

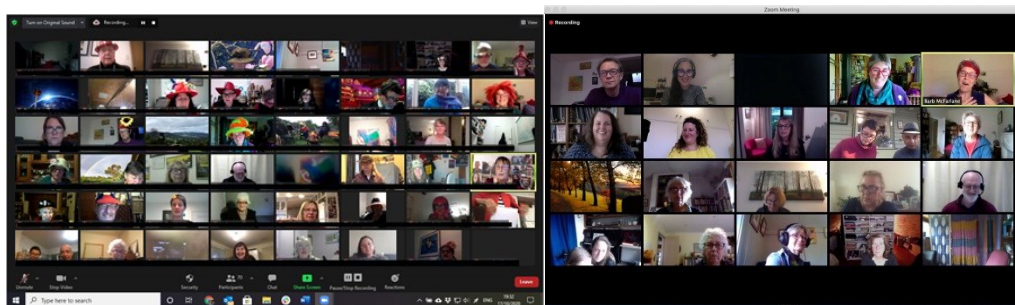
Thank you to absolutely everyone who had a part in making this beautiful event happen on Saturday 17th October 2020.

Over 150 screens lit up and shone with an outpouring of human connection, emotion, singing, humour, hope and inspiration across Victoria and the world. There was laughter, there was reflection, there was heaps of opportunity to offer and receive strength and peer support and to acknowledge and share the strange twists and turns of 2020, together.

Thank you to the mighty vision of the Victoria Sings Steering Group, to the amazing, warm and inspirational workshop Leaders, to the tremendous tech gurus, tech support and MCs, to the ever-awesome CMVic Volunteers and to each and every one of you who jumped on, tuned in and made it what it was.

A recording of the event will be available soon. Keep an eye on the CMVic Facebook page or the CMVic website for more details.

www.cmvic.org.au



Zero Carbon Communities - Beyond Zero Emissions

Zero Carbon Communities is an initiative of Ross House tenant, Beyond Zero Emissions (BZE), designed to support local communities to reduce emissions and thrive. Zero Carbon Communities create jobs, support the local economy and help deliver a bright and vibrant society and environment.

"Our Zero Carbon Communities program offers amazing opportunities for communities to learn how to implement low carbon solutions, connect with investors and lead effective change.

Join us to connect with a network of people, clubs, groups, industry investors and councils who are acting to reduce emissions at the local level. Together we can create a national community committed to a Zero Carbon Australia."

To find out more information, please visit www.bze.org.au.

Beyond Zero Emissions is a climate change think tank, showing through independent research and innovative solutions how Australia can reach beyond zero emissions.



Housing for the Aged Action Group's Worker Advice Line

Ross House tenant, Housing for the Aged Action Group (HAAG)'s Worker Advice Line aims to support community sector workers to advocate for their clients living in retirement housing.



Do you have concerns about COVID-19 safety, rent arrears, evictions, conflict with managers or neighbours?

If you have older clients with issues in retirement villages, caravan parks, Independent Living Units, or other kinds of retirement housing, please call HAAG on (03) 9654 7389 for information and advice about options for you and your clients.

www.olderrentants.org.au



National Sustainable Living Festival returns!

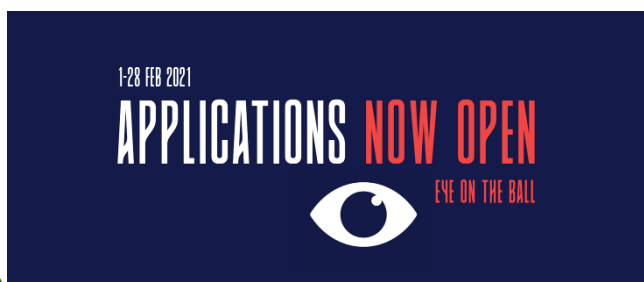
Applications for the 2021 National Sustainable Living Festival are now open!

The National Sustainable Living Foundation is now calling all change-makers, presenters, artists, performers, and creatives to take part in the 2021 National Sustainable Living Festival program.

In this age of environmental, social and economic disruption, it is vital that we don't lose sight of the bigger picture and keep our eye firmly focused on the mission to sustain our planet.

Each year this iconic Australian event presents over 300 events exploring climate change and sustainability. The festival hosts a packed month-long program of local and international talks, forums, workshops, film, art and design events to challenge and inspire.

For more information on how to apply, please visit <https://www.slif2021.org/>.



Blind Citizens Australia (BCA) connect event

Blind Citizens Australia (BCA) held its first online conference on Saturday 17th October 2020!

Thank you to everyone who joined us for BCA Connect, what a great day! Over the coming weeks we'll be sharing a wrap up from each of the sessions. Following on from this, is a summary of the National Policy Council session and the launch of the new Healthcare policies.



During BCA Connect the National Policy Council released two new resources that may be able to help you if you're seeking health care. The first resource is BCA's Health Care Policy, which can be found on BCA's website. This policy has been developed with the National Policy Council, to address all aspects of healthcare service provision to people who are blind or vision impaired. Blind Citizens Australia supports healthcare service provision in which people who are blind or vision impaired are treated with dignity and respect through the provision of safe and accessible healthcare options. People who are blind or vision impaired can use this policy to advocate for accessible, inclusive, and safe healthcare. This is applicable whether they are a user of a healthcare service provider, or a carer, family member or another person accessing a healthcare service provider.

A second resource, a Hospital Checklist, has been developed with the National Policy Council, to address the issues which arise when a person who is blind or vision-impaired attends hospital for healthcare, in both in-patient and out-patient settings. This checklist can be used to help you ask the rights questions when accessing health care in hospital. You can choose from the checklist which of the questions are appropriate for your situation to ask, to help prepare yourself and assist hospital staff in providing your health care.

If you require assistance with advocacy regarding health care, please contact BCA on 1800 033 660 or bca@bca.org.au and BCA's Advocacy team will get back to you. Recordings of the event (including the National Policy Council session) will soon be available on the BCA Website under the Publications and Audio Event Recording page.

www.bca.org.au

Shakti Emergency Appeal

Shakti Emergency Appeal - The COVID-19 pandemic is presenting challenges for everyone, including Shakti Migrant and Refugee Women's Support Group. As a specialist provider of culturally competent support services for women, children and families of Asian, African and Middle Eastern origin, Shakti are seeking financial support to help with:

- Supplying emergency relief packages including food and necessities
- Providing safe accommodation
- Maintaining essential services
- Providing case management and safety planning
- Making referrals for emergency support
- Delivering mental health workshops online



For more information (and to donate) please visit

[https://www.givenow.com.au/shakti-emergencyappeal?](https://www.givenow.com.au/shakti-emergencyappeal?fbclid=IwAR3RNCIQ4vSi5DmEGO6eBMLwU6L2mpztLshVLwk0eBSM4rVTW6ZfwUshw0o)

[fbclid=IwAR3RNCIQ4vSi5DmEGO6eBMLwU6L2mpztLshVLwk0eBSM4rVTW6ZfwUshw0o.](https://www.givenow.com.au/shakti-emergencyappeal?fbclid=IwAR3RNCIQ4vSi5DmEGO6eBMLwU6L2mpztLshVLwk0eBSM4rVTW6ZfwUshw0o)

Society of Women Writers Victoria (SOWV)

Media Release – embargoed 30th October 2020

Society of Women Writers Victoria launches annual publication *Sparx*, Margaret Hazzard Short Story Award winners announced

Far from spoiling the party by not being able to host face-to-face events, the Society of Women Writers (SOWV) Victoria has turned lockdown on its head and has embraced the positives of online life with the virtual launch of *Sparx: An anthology of women's writing*.

Now in its fifth year, *Sparx* is the annual showcase of women's writing across a variety of genres and, among the twenty-nine contributions covering a range of experiences, ideas and emotions, there is something that will provide both food for thought and entertainment for the reader.

This issue includes the three prize-winning stories from the 2020 Margaret Hazzard Short Story Award as judged by Josephine Rowe, herself an Australian writer of short fiction, poetry and essays.

Considering the variety of entries received for the award, Rowe says, "I don't tend to arrive with any set criteria in mind as to what makes a good story," but rather loves, "having my expectations of what makes a short story completely overturned."

Award-winning writer, Beverley Lello's *Three Red Rosettes*, the story Lizzie, whose world is turned upside down following surgery to remove a pea-sized tumour from her brain, took first place. Announcing the winner, Rowe describes being 'immersed in Lizzie's rediscovery of this altered corner of her known world' and was likewise 'affected by the darkening, disorientating atmosphere that she experiences.'

Second place was awarded to Kerrin O'Sullivan for *Washing Shirts in Morocco* and Julie Bateman with *Down the Rabbit Hole* placed third.

"Every edition of *Sparx* is special in its own way and this year is no exception as 2020 marks the 50th anniversary of the Society," says Caroline Webber, President of the SSWV. 'The Margaret Hazzard Short Story Award is presented biennially in recognition of the Society's late founding member.'

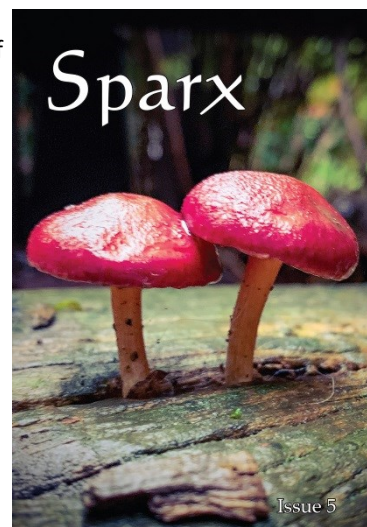
Hazzard, herself a journalist, writer and teacher, gathered together a group of women in 1970 to form the Victorian branch of the Society of Women Writers. Word went out and by the second meeting there were twenty-three members. From then on, membership of the Society continued to grow as people realised the value of belonging to an organisation that supports and encourages women in their pursuit of writing.

Hazzard was determined and assured in her vision of what the Society of Women Writers Victoria would be, but with enough flexibility, to move with the times and embrace new opportunities. There are parallels with Rowe's view of short stories. 'Writing that is assured enough – and holds reciprocal assurance with its readers – to leave a little to interpretation, a space for a reader to wonder into, and for a voice to resonate from beyond the page.' *Sparx* and the Society of Women Writers Victoria achieves just that.

Find out more about the Society, its workshops and meetings at www.swwwic.org.au.

For details of how to purchase a copy of *Sparx* please contact Paula Wilson on paulawilson1@optusnet.com.au.

For further information please contact Caroline Webber on caroline.webber@greenolivepress.com.



Emerge Australia partners with Richies IGA

Emerge Australia have partnered up with Richies IGA!

It's so great to see donations coming through each month from Richies IGA - just from our supporters doing their regular grocery shopping! If you have a Richies IGA nearby, please think about signing up for a Richies Card to support Emmerge Australia.

There are stores right across VIC, NSW and QLD and it's free to join, just follow these three simple steps.

- ⚙ Download the Richies Card app from the App Store or Google Play and complete the registration process
- ⚙ Nominate Emmerge Australia in the app on the Community page
- ⚙ Use the app each time you shop and a % of your spend will be donated to Emmerge Australia

You'll also be eligible for member only specials through the app as well as monthly promotions and Collect and Win, so get your friends and family to join up and help raise funds too! By shopping at a Richies Supermarket, you'll be supporting Australians with ME/CFS.

To date Richies IGA have donated over \$8,000 to Emmerge Australia, with thanks to the help of their supporters. A heartfelt thanks to everyone who has signed up already and chosen Emmerge Australia.

www.emerge.org.au



AUSOM celebrates turning 40!

On 15th March 1980, the first formal meeting of the fledgling Apple Users Society of Melbourne (AUSOM) was held. Membership was established, fees struck, officers appointed, aims identified and minutes recorded.

To celebrate the 40 year journey, AUSOM's Committee of Management planned a number of activities spread over the course of 2020. They published members' stories and included historical material in their monthly magazine during the year.

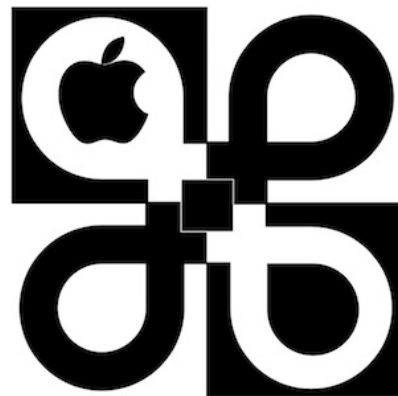
A key part of the plan was a special celebratory event in April, then unfortunately, the COVID-19 pandemic intervened so everything suddenly went online; our AGM (which was held in May) and all of our scheduled monthly activities.

During the uncertain times, it was important to remain connected with members as we adapted to the new environment for AUSOM, trying innovative ways using technology to support our activities.

While we can't yet get back together face-to-face, there will be a special celebratory event online in December 2020, to which all existing members and some external organisations will be invited to. There'll be key presentations, a virtual photo exhibition and a virtual cake.

Happy virtual birthday AUSOM!

www.ausom.net.au



National Council of Women Victoria

In October 2020, the National Council of Women Victoria (NCWV) met via Zoom for their council meeting. Their guest speaker on the day was Amanda Southwell. Amanda has had many years of experience in leadership and management in the not-for-profit sector, and, for the last five years has been the Community Engagement Manager at International Needs Australia (INA), an International Aid and Development Organisation, accredited by the Department of Foreign Affairs and Trade (DFAT) working with the poor in Africa and Asia. Amanda is currently completing her Master of International Development with a focus on gender, menstruation, female empowerment and the UN's Sustainable Development Goals (SDGs). INA was established in 1974 and focuses on Women Empowerment; Health & Hygiene; Education & Children's Rights and Sustainable Livelihood, working alongside local organisations, with funding going directly to families and communities. Projects are audited against the SDGs. Any donations to INA projects are matched 5 times by the government.



Women's Empowerment focuses on the foundations (not band aids) with education a high priority to protect girls from child marriage, sexual slavery, become role models and leaders in their community. Maternal health clinics are set up to support women during and after childbirth, also to educate the community about menstruation. In Nepal, for example, there is a great deal of stigma and taboos, with some girls exiled when bleeding (chhaupadi), even some women after childbirth, often to huts where they are susceptible to snakes or being raped. It is vital that sanitary needs are readily available and that adults educate girls about menstruation to avoid fear when bleeding starts. Men also need education about women's health issues, but with a 'soft' focus so as not to create a negative reaction. There are also many incidences of early marriage at this stage of girls' lives.

"130 million girls didn't go to school today" due to poverty, cultural practices, safety issues commuting, poor sanitary facilities, period pain, lack of sanitary materials, child marriage and home duties.

Amanda spoke of a year 8 girl in the INA project in Nepal who became a leader in her school and a champion of menstrual hygiene and girls' rights. She was chosen to be a team leader of 'Seven Flags of Total Sanitation' (7FATS), which focuses on clean Toilet use; Menstrual Hygiene; Clean Drinking Water; Personal Hygiene; Student WASH; Nutrition; Clean School Environment. Concerns were raised about the materials used to create the sanitary materials and the sustainability of these. Amanda said that this varies in different countries as some have severe water shortages, so washing is not possible, others rely on disposables which are creating environmental issues. International Council of Women (ICW-CIF) is supporting the growing of cotton for the women to make them.

Another program, the SHE Program provides: Education for girls/women; Training for communities in Equal Rights; Child Protection; Greater access to Health Services; Loans and Resources for improved Livelihoods. The Livelihood projects in Nepal focus on agriculture, training the poorest women to earn an income. One is farming goats (rather than cows) for milk, meat, manure, as they are disease resistant, multiply very regularly and have no cultural taboos. Products can be sold to earn money for children's education and health needs.

When INA is determining the focus of a project they ask:

Is it Sustainable? What do they need and want? (Their agenda not ours);

How can we support and help?

Amanda ended with the quote: "I am not free while any woman is unfree, even when her shackles are very different from my own." Audre Lord.

Photo caption: Amanda Southwell, Community Engagement Manager, International Needs Australia.

www.ncwv.org.au.



Grants and other support during the COVID-19 crisis

Perpetual IMPACT Grants

The IMPACT Philanthropy Application Program is now open - it allows philanthropists and not-for-profits to connect and demonstrate how they improve outcomes for the communities in which they operate.

Below are some of the key details of this grant:

- ⚙ Organisations must have either DGR status or be registered with the ACNC
- ⚙ Funding is available for up to \$120,000, grants are usually in the range of \$10,000 - \$100,000
- ⚙ Applications open on Monday 26th October 2020 at 9am
- ⚙ Applications close on Friday 4th December 2020 at 5pm
- ⚙ Applicants informed of outcomes by Friday 30th June 2021

For more information and to apply please visit:

<https://www.perpetual.com.au/advice-and-trustee-services/impact-philanthropy/impact-funding>.

Pride Foundation Australia – Small Grants Program

The Small Grants program supports projects proposed by individuals, organisations and communities who would otherwise be limited by the constraints of other funding programs. Grants are up to \$500, and the project needs to directly or indirectly assist, involve and benefit LGBTQIA+ people and promote positive social outcomes and mental health in the community. The closing date is December 6th 2020.

For more information, please visit <https://pridefoundation.org.au/pages/small-grants/>.

Indigenous Australians' Health Programme - Emerging Priorities Round 2

This grant opportunity enables organisations to submit one-off proposals that address health care needs of Aboriginal and/or Torres Strait Islander people where these proposals do not fit under other existing or planned grant opportunity rounds.

Activities for this round must align with one or more of the themes identified in section 2.1 of the Grant Opportunity Guidelines (see link below), and must be for activities that target improved health outcomes specifically and primarily for Aboriginal and/or Torres Strait Islander individuals or communities. Proposals are expected to use co-design approaches and show clear evidence of community engagement and support.

It is anticipated that most grants will be between \$100,000 - \$750,000 (GST exclusive) over one to two years. For more information, please visit <https://www.grants.gov.au/Go/Show?GoUuid=078a90d4-f3d2-de1a-5c3d-108879258f4a>.

Pandemic Leave Payment if you live in Victoria

The Australian Government announced support for Victorians who can't earn an income because they must self-isolate (or quarantine) at home or they are caring for someone with COVID-19.

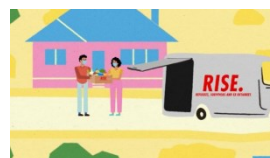
To get this payment, all of the following must apply:

- ⚙ you're at least 17 years old
- ⚙ you live in Victoria
- ⚙ you have no income from paid work, including sick leave entitlements.

In addition, the Victorian Department of Health and Human Services must have told you to self-isolate or quarantine. If you need assistance please visit <https://www.servicesaustralia.gov.au/individuals/news/pandemic-leave-payment-if-you-live-victoria>.

Congratulations RISE!

Since the creation of the RISE COVID-19 'door-to-door' Emergency Relief Drive Program (in April 2020), RISE: Refugees, Survivors and Ex-detainees has provided close to 9 tonnes of food and household items to hundreds of members every week - all done by volunteers using personal cars. As we moved into Stage 4 lockdown, over time, more and more Rise members were losing their jobs and income due to the worsening COVID-19 crisis.



During this time, RISE set up a fundraising page to raise \$50,000 to purchase a van to deliver items to those most in need. On 22nd October 2020, they reached their target! Congratulations RISE! The below statement is from their team:

Dear supporters,

Incredible news! We have reached our \$50,000 target! We want to send a MASSIVE thank you to everyone who's donated and shared this fundraiser. We also want to recognise that the 809 of you who have supported this cause did so during COVID-19, when so many have been financially impacted. Thanks to your generosity, we've been able to achieve our goal of raising \$50,000 to buy a Food Bank delivery truck today. With this truck, Rise refugee will be able to:

- ⚙ *Be more time efficient in delivering critical essentials to RISE members and families*
- ⚙ *Store meat, fresh fruits and vegetables safely and for longer*
- ⚙ *Increase food storage capacity*
- ⚙ *Be able to fill the gaps left by other "agencies" by directly responding to the needs of our members*

Thank you once again. You can see this campaign by visiting <https://www.gofundme.com/f/risefoodtruck?fbclid=IwAR0byjUyKkDXJK8HLAIGDkUzZG9koZRuVYRreg0urje9xN0MY1RWJANa9Cw>.

Melbourne Osteoporosis Support Group

Although the Melbourne Osteoporosis Support Group (MOSG) members are not able to meet in Ross House, they are continuing to have their meetings through Zoom.

Their guest speaker in August was Solange Bernardo from Western Health and the Australian Institute for Musculoskeletal Sciences, who gave a great overview of the work done in this area. She spoke about the work of AIMSS who wish to become one of the most important Musculoskeletal Research Institutes in the world. Their efforts centre around Osteoporosis, Sarcopenia, Osteosarcopenia and Arthritis. Solange also spoke about 'Fracture Liaison Services' which identifies people who have had a previous 'Fragility Fracture' from the risk of more.

She praised MOSG for embarking on a Program with a Petition to present to Government to have Fracture Liaison Services in all our other hospitals in Victoria. It has been very successful in the Western Health region.

From MOSG "We are all looking forward to returning to our meetings in Ross House as we have started planning already."

www.mosg.org.au



**MELBOURNE
OSTEOPOROSIS
SUPPORT GROUP**
Incorporated Reg No. A003140R
Est. 1996



JOIN IN OUR ZOOM EVENTS EACH MONTH – EMAIL sw@reinforce.org.au for the zoom link

DATE AND TIME		EVENT
THURSDAY 27 th August 2.30 – 4.00pm		Bring your own coffee mug or your favourite song
THURSDAY 24 th September 2.30-4.00pm		Self Advocacy Who Wants to be a Millionaire – your rights
THURSDAY 29 th October 2.30-4.00pm		Self Advocacy Who wants to be a Millionaire – the law
THURSDAY 26 th November 2.30 – 4.00pm		Your favourite food to cook and recipes you like
THURSDAY 17 th December 2.30 – 4.00pm		Christmas Carols or Christmas dress up



247-251 Flinders Lane
Melbourne VIC 3000

Phone: 03 9650 1599

Email: rosshouse@rosshouse.org.au

Website: www.rosshouse.org.au



[@rosshouseassociation](https://www.instagram.com/rosshouseassociation)



[rosshouseassociation](https://www.facebook.com/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

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