

OCTOBER 2024

IN THE HOUSE

Ross House Association Member and Tenant News

The Melbourne Winery October 2024 Update

We would like to give an update on the new commercial ground floor tenant, The Melbourne Winery.

Major construction will soon start on the Melbourne Winery fit-out. Originally plans were to be open in time for Christmas 2024, however due to planning delays the tenant is now targeting March 2025 for the opening. Preliminary works have already commenced to reveal the stunning heritage brick work along the eastern columns. RHA, as part of the agreement, will be widening the front stairs to ground level over the next 4-weeks, this will create a more inviting entrance from Flinders Lane.

On page 6 of this newsletter, are some images of the front of Ross House, showing the new decals for the restaurant and some images from inside showing the cleared space and heritage brick work. It will be a busy time over the next 6-months, but we are looking forward to seeing the venue finally opened.

Funds from this commercial tenant will start coming in from 2025, which will enable RHA to improve the facilities and support we can provide to Members & Tenants. Be on the lookout for future community engagement opportunities around the house.

If anyone has any questions please don't hesitate to contact Ross House CEO, Michael Griffiths, at michel.griffiths@rosshouse.org.au.

Michael Griffiths
CEO, RHA

Included In This Issue

Building and Maintenance

Melbourne Rail updates

Colin's Corner

Have your Say Community
Survey

Grants and Assistance

Tenant Feature:
Inclusion Australia

Schizy Inc Tree of Kindness

End of Year Party Event

Update from BIM

Save the Date: RHA AGM

Community Calendar

Ross House Association acknowledges the Aboriginal and Torres Strait Islander peoples as the traditional custodians of the lands where we live, learn and work. We respectfully acknowledge the Wurundjeri people of the Kulin Nation and the traditional owners of the land on which Ross House is located. We pay our respects to their Elders, past, present and emerging.



RHA COMMITTEE 2024

Chairperson
Colin Neave AM
(ABC Friends)

Treasurer
Alba Chliakhtine
(ABRISA)

Secretary
Denise Boyd
(STAR)

Samantha Marsh
(BCA)

Keith Bettles
(Ordinary Member U3A)

Ally Scott
(Ordinary Member DRC)

De Grebner
(Ex TreeProject Appointed
Member)

Maggie Maguire AM
(Appointed Member)

Nazzareno Marchionda
(Appointed Member RHA Staff)

Michael Griffiths
(Ex-Officio, RHA CEO)

Colin's Corner

Welcome to Colin's Corner!

Colin Neave, Chairperson of the Ross House Association, shares some thoughts and highlights from the last couple of months.

The past few months have been as busy as ever at Ross House, with the signing of the commercial lease and the move of the Ross House Association office. As Michael has covered this on the front page of this newsletter, I'd like to take this opportunity to reflect on some other happenings around the house.

First, I'd like to highlight a recent RHA-supported initiative, where Heidi from our tenant Schizy Inc. hosted a CEO networking afternoon tea. It was a wonderful opportunity to connect with new faces from our community and engage in meaningful discussions about leadership. I also enjoyed sharing insights from my experience as a CEO. I'm thrilled to announce that I will be facilitating the next CEO afternoon tea on Tuesday, November 26th, and I warmly invite CEOs from all our member organisations to join us for further conversations about different leadership styles.

The event will take place from 3pm-4pm in the Jenny Florence Room on level 3.



[Image Description: photo of Colin Neave wearing a checkered shirt, standing behind green foliage smiling at the camera].

Secondly, have you heard about the member and tenant community survey circulating at Ross House? If you haven't completed it yet, I encourage you to participate. Developed by our staff and the Community Development Sub-Committee, this survey will help shape our upcoming Community Development Strategy. Keep an eye out for the survey in your inbox, or stop by the Front Desk for a chat if you're in the building. Ruby and I will also be doing some door-knocking soon to connect with as many of our tenants as possible. The deadline is October 31st, so please take a moment to share how Ross House can better support you.

Finally, I'd like to acknowledge the significant disruptions around Flinders Lane and the surrounding area due to the ongoing Metro works and construction across the road. I understand these interruptions have posed challenges, particularly in terms of accessibility. While we all hope for a swift conclusion to the construction, we recognise that it's unpredictable. Your patience during this period is greatly appreciated.

Colin Neave, Chairperson
Ross House Association

Image Description: photo of Colin Neave, Roscoe Howell (Slavery Links), and Ntennis Davi (DBV) at the Schizy Inc CEO networking event, in the Jenny Florence Meeting Room].



HAVE YOUR SAY!



SHARE WHAT YOUR
ORGANISATION NEEDS TO
THRIVE AND HOW ROSS HOUSE CAN
BETTER SUPPORT YOU

Take our Ross House community survey at
<https://form.jotform.com/rosshouse/rha-community-survey-2024>

SUBMISSIONS CLOSE 11PM OCTOBER 31 2024



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.



Building and Maintenance

FROM THE ROSS HOUSE TEAM

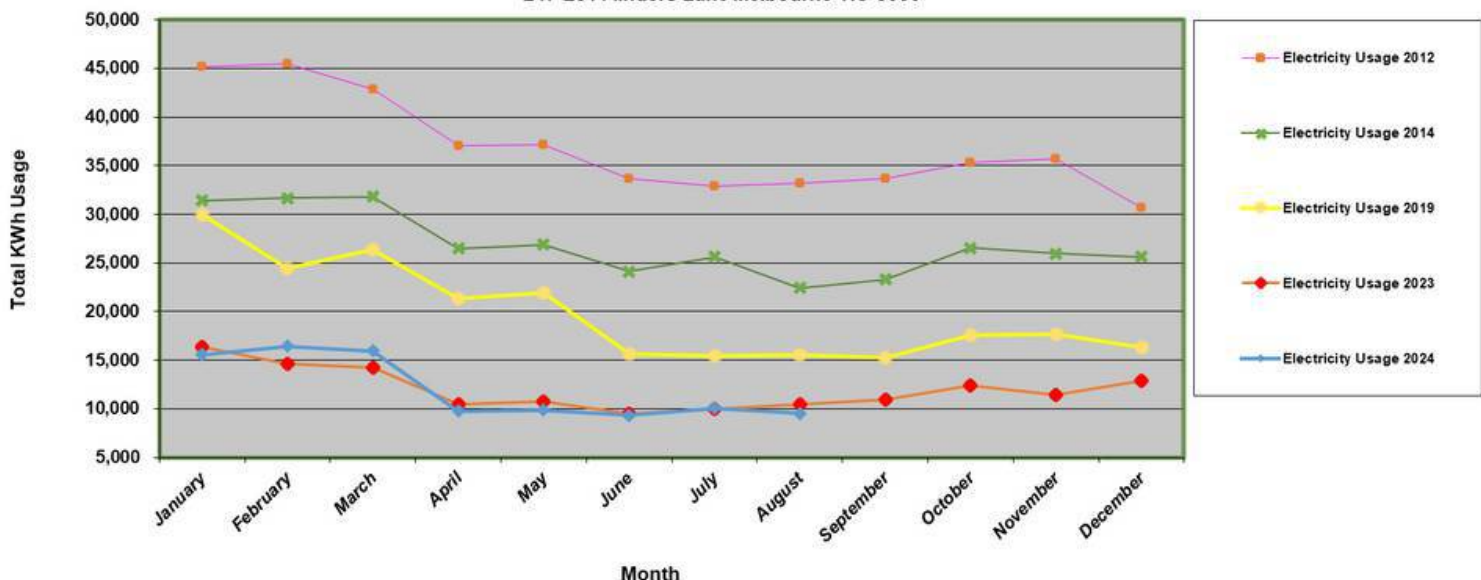
There is always a lot going on in this big old building of ours, so please make sure you keep an eye out for the building maintenance emails that circulate regularly.

Current and completed works:

Works are currently underway for the redevelopment of the Ground Floor. We would like to thank everyone for their patience during this transition period as there has been a lot happening around the place. We will continue to update you throughout this journey but please get in touch with any queries or concerns.

See images on page 6 of this newsletter for progress so far!

Electricity Comparison From 2012 to 2024
 Ross House
 247-251 Flinders Lane Melbourne VIC 3000







Metro Rail Update

FROM THE ROSS HOUSE TEAM

These are the planned and current works for the Melbourne Metro Rail Project. Construction works within the Town Hall Station precinct from September 2024 include:

- station entrance construction and underground build-out works at the City Square, Flinders Quarter and Federation Square sites
- ongoing construction of above ground structures work at City Square
- Campbell Arcade restoration works including fit-out of the underground passenger connection to Flinders Street Station
- installation of an underground stormwater treatment and reuse system (known as a Gross Pollutant Trap) on Swanston Street
- train testing through the tunnel.
- For more information on these works, see the [September 2024 Town Hall construction update \(PDF, 1.6 MB\)](#).

If you have any questions regarding these works, or would like more information on the project, please visit www.metrotunnel.vic.gov.au or phone 1800 551 927.

If you have something you would like to contribute to the next RHA Newsletter, please email Katie or Carol at rosshouse@rosshouse.org.au



Friendly Reminders!

FROM THE ROSS HOUSE TEAM

- Please keep communal spaces, including kitchens, clean and tidy for use by others.
- Please head to our Digital Community Notice Board to get rid of unwanted furniture and office items. More information can be found on Page 27 of this newsletter or scan the QR code below!



- Please be reminded that the window display is split into two sections. More information can be found on Page 30 of this newsletter.

User Guides

We have a series of AV and equipment guides to assist you in using the Ross House facilities. Find them on our website at rosshouse.org.au/facilities/ross-house-user-guides/.

Ross House: Where Community Groups Grow



Grants and Assistance Programs

BY ROSS HOUSE ASSOCIATION

These are some of the grants and assistance programs currently available that we think might interest you.

SIMNA Awards: Innovative Design in Social Impact Measurement

Social Impact Measurement Australia (SIMNA)

The Innovative Design Award is intended to recognise a social impact measurement initiative that promotes emerging or innovative approaches.

What will be funded?

Social impact measurement may be in the planning/design phase, pilot stage or further progressed. Judges will be looking for creativity and experimentation, supported by rationale for adopting the chosen approach. Organisations large and small trying new approaches are encouraged to apply. This Award category also recognises the introduction of new tools or frameworks that could positively disrupt the sector.

Eligibility: Unincorporated Groups, NFP's

Round: Open, Closes 11th October 2024 at 5pm

For further information, please visit www.simna.com.au/2024-simna-awards

Strong and Resilient Communities Activity Grants - Small Grant for Volunteer Involving Organisations

Department of Social Services (DSS) and others

The Federal Government has launched the 2024-25 Strong and Resilient Communities Activity Grants to assist volunteer involving organisations across Australia.

What will be funded?

The objectives of the Strong and Resilient Communities Activity grants are to:

- build volunteer management capability within organisations;
- uplift volunteer capability, including volunteer knowledge, skills and volunteer numbers; and
- support alignment with the strategic objectives of the National Strategy for Volunteering and National Standards for Volunteer Involvement.

Eligibility: NFP's

Round: EOI closes 4th October 2024

Applications Closes 28th October 2024

Funding: \$10,000 to \$20,000

For further information, please visit

www.volunteeringaustralia.org/new-grants-program

Department of Home Affairs: Cyber Awareness Support for Vulnerable Groups

Department of Home Affairs

The Social Cohesion Measures Australian Palestinian, Muslim and Arab Communities (APMAC) Support Projects grant opportunity is being provided as part of the Australian Government's \$25 million package to support Australian Palestinian, Muslim and Other communities who have been affected by the Hamas - Israel conflict.

What will be funded?

The intended outcomes of the grant opportunity are:

- increased integration outcomes for Palestinian, Muslim and Arab communities.
- reduced instances of discrimination, racism, crime or violence in communities affected by the Hamas-Israel conflict.
- increased rates of social connections by Australian Palestinian, Muslim and Arab communities with the broader Australian community.
- increased sense of safety and belonging in Australia for Australian Palestinian, Muslim and Arab communities.

Eligibility: Unincorporated Groups, NFP's

Round: Closes 16th October at 9pm

Funding: \$20,000 to \$500,000

For further information, please visit www.grants.gov.au/Go/Show?GoUuid=5f25e251-5e44-4e7a-aa88-5cb5336d1b82

MEMBER AND TENANT
END OF YEAR PARTY

Dress to impress

Disco music

Retro Snacks

Photo Booth

70's

RETROSPECT



Thursday December 12th
12:30pm - 2pm
Ross House, Level 3 Foyer



RSVP by emailing Katie or scanning the QR code by Dec 2nd. Please include any dietary requirements.

Tenant Feature: Inclusion Australia

ROOM 4.13

Inclusion Australia is the national peak body for people with an intellectual disability and their families.

We are a systemic advocacy member-based organisation with a member in each state and territory around Australia. We use our collective experience and expertise to promote and advocate for greater inclusion of people with an intellectual disability in all levels of Australian society.

We work to make sure legislation, policies and practices support the rights and interests of all people with an intellectual disability.

This year, we have done some really interesting things.

Make Decisions Real

Make Decisions Real was a national project, co-designed by people with an intellectual disability, for people with disabilities and families about making decisions. From this project, we created a website full of co-designed resources like videos, conversation cards, factsheets, and posters to help people think about making decisions in their lives. For more information, please visit:

www.inclusionaustralia.org.au/make-decisions-real.



[Image description: Four circle images of people smiling and attending different community and seminar events. The photos sit in front of abstract green and yellow graphics].

It's Doctor Time!

We also launched It's Doctor Time! A campaign to encourage more people with intellectual disability to see their GP for a yearly health check. The campaign will run for 12 months and includes information and resources for people with intellectual disability, families, GPs and clinic staff, service providers and others.

Learn more here:

www.inclusionaustralia.org.au/health-checks



Upcoming projects and events

- Disability Employment Advocacy & Inclusion Program
- Inclusion Australia 70th anniversary celebrations
- Advocacy and information for people working in employment Australian Disability Enterprises

For more information about Inclusion Australia and the work we do, please visit www.inclusionaustralia.org.au.

If you would like your RHA member or tenant organisation to feature here, please email rosshouse@rosshouse.org.au



Inclusion Australia

[Image description: Green text reads 'Inclusion Australia'. To the left, a yellow and green circle with two stripes in a diagonal position make up the Inclusion Australia logo].



DRC
advocacy

FOR SERVICES TO THE
VICTORIAN DISABILITY
COMMUNITY

FRANK HALL - BENTICK ACHIEVEMENT AWARD

In recognition of Frank's life long work advocating for the rights of people with disability, Disability Resources Centre introduces the annual Frank Hall-Bentick Achievement Award.

As co-founder of DRC in 1981, Frank led our organisation for many years and remained actively involved until his passing. Frank's leadership and vision were instrumental in achieving significant progress for people with disabilities, including his contribution to the drafting of the United Nations Declaration on the Rights of People with Disabilities (UNCRPD) in 2006.

DRC is honoured to announce this award celebrating individuals within our community who have made a significant contribution to advancing disability rights.

Nominations Open NOW

Close: 04/10/24

For Eligibility Criteria
& to Nominate,
Scan the QR code



Tree Project Volunteer Seed Packing Events



[Image Description: Tree Project logo - black text reads 'Tree Project' with green leaves as the dot on top of the letter J].

BY TREE PROJECT

Ross House tenant, TreeProject works with Victorian landowners and volunteers to help grow and plant over 100,000 indigenous seedlings per year.

In preparation for the upcoming growing season, they are hosting volunteer seed-packing events over the next few weeks.

During these engaging 'behind-the-scenes' sessions, volunteers, will help pack small seed packets that will be distributed to our volunteer growers in December 2024 and January 2025.

These seeds will be sown into forestry tubes to nurture a new generation of native trees, ready for planting in winter 2025!

For more information about volunteering with TreeProject, please visit www.treeproject.org.au/events/treeproject-working-bees/



[Image Description: TreeProject volunteers are sitting at the meeting room table in the Jenny Florence Room, packing and sorting seeds].

RESPECTFUL RELATIONSHIPS WORKSHOP

Come along to this **FREE** workshop
for multicultural women on building
safe and respectful relationships at
home

FREE FOOD AND DRINKS



2:00 PM TO 4:00 PM



SATURDAY, OCTOBER 19TH, 2024



**ROSS HOUSE, ROOM 4.1, LEVEL 4
247/251 FLINDERS LN, MELBOURNE VIC 3000**



BROUGHT TO YOU BY



SUPPORTED BY



Women's Peer Support Group

BY BRAIN INJURY MATTERS

The Brain Injury Matters Women's Group is a friendly and welcoming peer support group for women living with acquired brain injuries (including cis women, trans women and non-binary people with ABI and their support workers or carers). The group meets on the first Monday of each month in Melbourne's CBD and we would like to tell you about the events we have coming up for the rest of the year:

Monday 7th October, 11am – 12.30pm

Join us for a low sensory stroll through the National Gallery of Victoria International (NGV) followed by morning tea at the NGV Tea Rooms on Level 1 at the gallery. Please email poppy.egan@braininjurymatters.org by Friday 4th October to let us know you would like to join us and then Poppy will give you details on where to meet.

Monday 4th November, 11am – 12.30pm

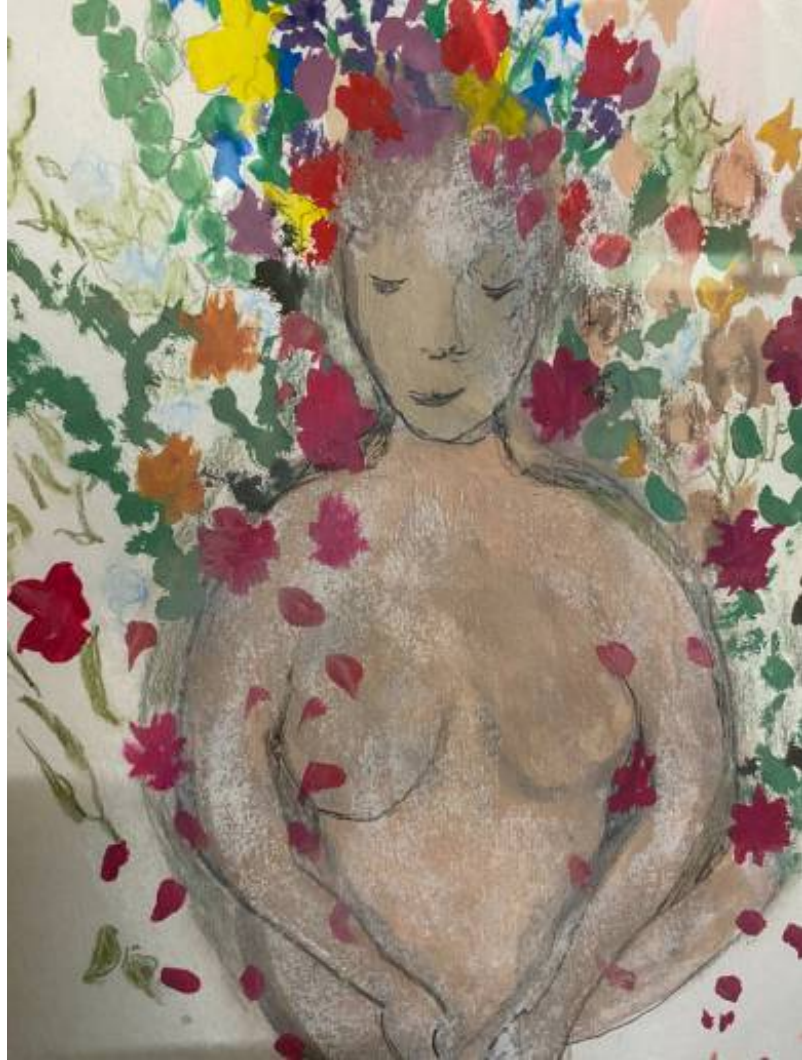
Join us for our Melbourne Cup event at Ross House in Flinders Lane in the city. We will have a sushi lunch (\$10 p/person), games and Melbourne Cup trivia. Please email poppy.egan@braininjurymatters.org by Monday 28th October to let us know you would like to join us.

Thursday 21st November 2024 at 11am

Brain Injury Matters 2024 AGM
Hayden Raysmith Room, Level 4, Ross House

Monday 2nd December 11am – 12.30pm

Join us for an end of year celebration at Ross House in Flinders Lane in the city. We will share lunch (more details to follow), enjoy each other's company and talk about activities and plans for the group in the new year. Please email poppy.egan@braininjurymatters.org by Friday 22nd November to let us know you would like to join us.



[Image Description: Artwork created by Jenna Johnson from the BIM Northcote Peer Support Group, depicts a painting of a nude woman peacefully sitting among colourful flowers and petals].

Brain Injury Matters is a self-advocacy and community education group run by and for people with acquired brain injuries. Our Annual General Meeting for 2024 will take place on Thursday 21 November at 11am – 2pm and will feature a special guest speaker and lunch. All Welcome. Please RSVP with special dietary requests by Friday 8 November to office@braininjurymatters.org.

For further information about BIM, please visit www.braininjurymatters.org.



[Image Description: A graphic of three pink-shaped hearts beside blue text which reads 'Brain Injury Matters'].

Congratulations PPP!

BY POSITIVE POWERFUL PARENTS (PPP)

Congratulations to all the parents who created the Compare the Parents Short Film, we WON the Judges Choice Award for Short Film at the Focus on Ability Film Festival!

It's such a powerful film and will now be shared far and wide.

BIG THANK YOU to Romeo and Jess for going up to Sydney to represent PPP and a huge shout out to the parents in the film: Romeo, Melanie, Susan, Lauren, Andrew and Susanne.

Also, thank you to Neon Sheep for working with PPP to create this short film.



[Image Description: a photo of PPP member, Romeo, accepting an award on a stage].

Lastly, thank you to the Focus on Ability Film Festival for having a space that supports the creativity and passion of people with disability that can also be a platform for raising awareness.

For more information about PPP, please visit www.positivepowerfulparents.com.au.

NODSS Update

BY NARCOLEPSY AND OVERWHELMING DAYTIME SLEEP SOCIETY

This year NODSS AGM will be held online via Zoom on Monday 28th October 2024 at 7:30pm.

Our guest speaker will be the CEO of the Sleep Health Foundation (SHF), Dr Moira Junge.

The SHF was set up by the professional body of Sleep specialists - Australasian Sleep Association ASA to provide for the public (both individuals and organisations), professional education about sleep, sleep hygiene, sleep problems and sleep disorders.

The SHF has information brochures on sleep disorders and sleep problems; also webinars and videos. These can be downloaded free of charge from their website:

www.sleephealthfoundation.org.au



[Image Description: a photo of NODSS members Elizabeth Hickey and Maria Mclean at the Schizy Inc networking CEO event in the Jenny Florence Room].

NODSS is a support group set up to help people with sleep disorders.

For more information about NODSS, please visit their Facebook page www.facebook.com/nodss.australia.



Launch of Ninth Anthology of Members' Writing

BY SOCIETY OF WOMEN WRITERS VICTORIA

The Society of Women Writers Victoria supports women writers at any stage of their writing career, with members ranging from those writing purely for pleasure to those who have a string of publications to their name.

Most of our members are somewhere in between and we are delighted to be launching our ninth anthology of members' writing on Friday 18th October at Ross House. For some, this is their first publication.

Within the pages of Sparx 9 you will find short stories, poetry and memoir from our members and the four winning short stories from our recent Margaret Hazzard Short Story Award that were announced by our judge Dr Rachel Matthews at our meeting at Ross House in July.

Contributing members will read extracts of their work and talk a little about the inspiration behind it and their writing process about the piece.



[Image Description: Green and purple graphics of a pen nib with a heart shape inside, set against a white circle with black text reads 'The Society of Women Writers'].

When? Friday 18th October at 11am

Where? Hayden Raysmith Room, Level 4, Ross House

Cost? \$10 per person

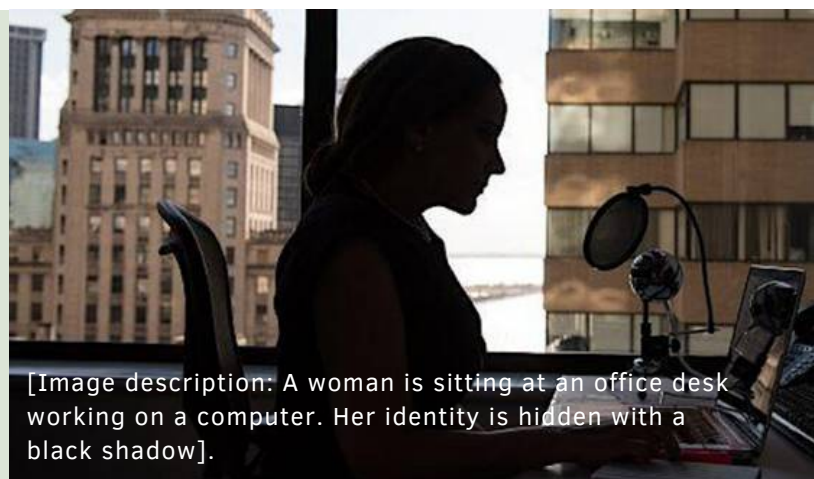
For further information about SOWW please visit www.swwvic.org.au.

Free Workplace Sexual Harassment Seminar for you or your organisation

BY DDLS

Are you, or someone you know, interested in a presentation for your team or clients about sexual harassment and discrimination in the workplace, specifically focused on women with disabilities?

The Disability Discrimination Legal Service (DDLS) is offering to provide a free online or in-person seminar for women with disabilities about this topic, delivered to your organisation or directly to your client groups.



[Image description: A woman is sitting at an office desk working on a computer. Her identity is hidden with a black shadow].

To organise a seminar or if you would like further information, please contact Hannah on 9654 8644 or lady1@ddls.org.au.

For further information, please visit the DDLS website www.ddls.org.au.

Sparx

Issue 9



The Society of Women Writers
Victoria launch their ninth
anthology, of members writing
Sparx.



The Society of
Women Writers
Victoria

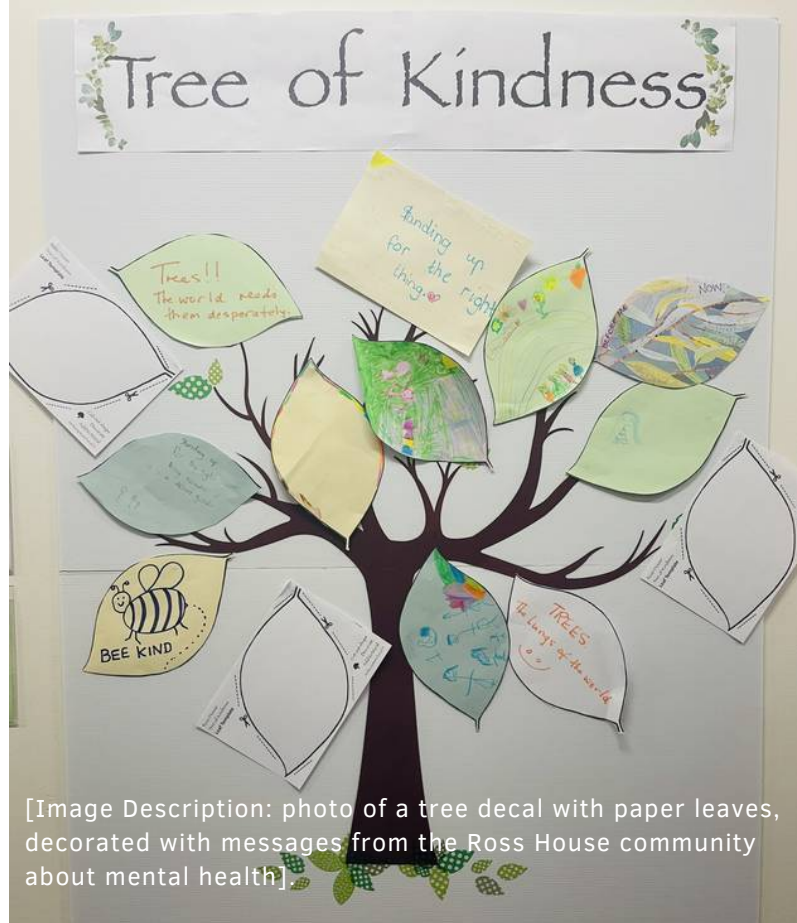
Schizy Inc Tree of Kindness is Flourishing

In celebration of Mental Health Month this October, Ross House tenant Schizy Inc invites community members to contribute to the 'Tree of Kindness' by decorating a leaf (or leaves) in a way they feel represents their perspective of 'mental health' within their community.

You will find the 'Tree of Kindness' mural proudly growing in our reception area on Level 3.

There is still plenty of time to contribute - leaf templates are available at the Ross House reception desk on Level 3.

For more information about this wonderful initiative, please contact the Ross House team on rosshouse@rosshouse.org.au or Heidi at heidi@schizy.org.



[Image Description: photo of a tree decal with paper leaves, decorated with messages from the Ross House community about mental health].

[Image Description below: Image of a colourful & vibrant tree adorned with bright star-like flowers, with text that reads 'Tree of Kindness Call Out, Mental Health Month October 2024'].



The logo for Schizy Inc. is a circular emblem with a red border. Inside, the word "SCHIZY" is written in a bold, yellow, sans-serif font, and "INC." is written below it in a smaller, blue, sans-serif font. The background of the circle is black with several small, colorful dots in shades of blue, green, and yellow.

**SCHIZY
INC.**

October is **World**

Mental Health Month

Ways to contribute

In your organisation: Ask each other questions about mental health.

In your room: make a leaf for the Ross House *Tree of Kindness* - share your community's concept of 'mental health'

In your community: Connect with nearby Disabled led groups to ensure universal access is embedded in your practice.

Mental Health Day
October 10

A close-up photograph of a brown and white tabby kitten's face, peeking through a cluster of bright pink flowers. The kitten's eyes are wide and orange, looking directly at the camera.

www.schizy.org

Schizy Inc Networking CEO Session at Ross House

On Thursday 19th September, Schizy Inc, with support from Ross House Association, organised a CEO check-in & 'breathing out' session afternoon at Ross House.

Members of the community came together to discuss the challenges and successes of leading a community and/or not-for-profit organisation.

Thank you also to Deafblind Victoria, Lotus Group Projects Inc, Nodss - Narcolepsy and Overwhelming Daytime Sleep Society of Australia, Slavery Links, SARU - Self Advocacy Resource Unit, Brain Injury Matters & RHA Chairperson, Colin Neave for attending!



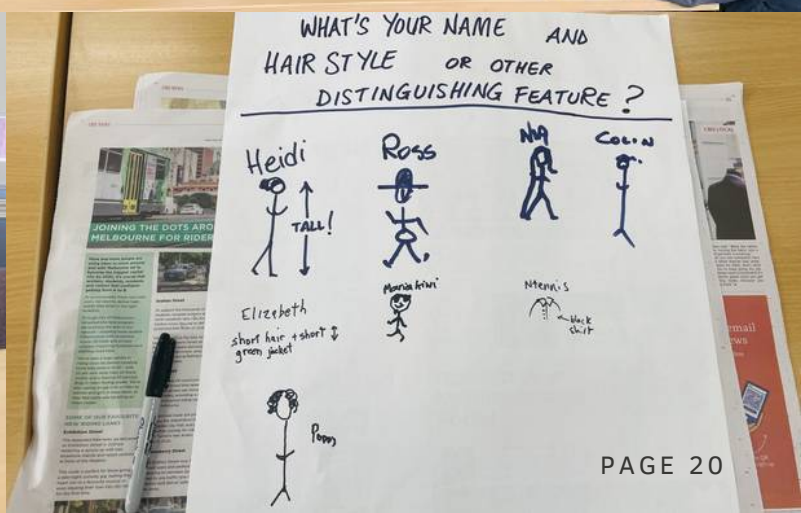
[Image Description above and below: photos of the Ross House community in the Jenny Florence Meeting Room at Ross House, chatting and enjoying some afternoon tea].

Upcoming Session:

The next session will take place on Tuesday 26th November 2024, 3pm - 4pm, in the Jenny Florence Room, Level 3, Ross House.

The theme for this meeting will be 'Leadership' and will be hosted by Colin Neave, Chairperson of RHA.

To find out more information, please contact Heidi from Schizy Inc - heidi@schizy.org.





BRAZIL FEST

QUEEN VICTORIA
MARKET

2 NOV | 10 - 4
2024 | PM

Celebrating culture and diversity
with great food, dance and music!



ABRISA - the Brazilian Association in Victoria has its annual Festa Junina - Brazilian Solstice celebration.

The party comes from the Portuguese tradition in Europe and of course these days is as big as the annual carnival.

At the event we have the traditional Brazilian Live Music (Forro) as well the delicacies of Brazilian culture.

[Image Description: the ABRISA logo is at the top right-hand side of the page - the text ABRISA is in blue and green colours, with three red stars around it].

ABRISA - the Brazilian Association in Victoria has its annual Festa Junina - Brazilian Solstice celebration.

COME CELEBRATE WITH US DECEMBER 3, 2024

Ross House 247-251 Flinders Lane
Melbourne Level 4
Hayden Raysmith Room
10:45am for an 11am start



International Day of
People with Disability

Please wear something
purple. Prizes for the most
noticeable "PURPLE
PROMOTOR"

SPEAKERS - SELF ADVOCATE PRESENTERS - BADGE MAKING -
NEW SELF ADVOCACY PASS THE PARCEL GAME - BANNER
CREATION - INFORMATION/GIFT BAGS

LUNCH PROVIDED SO PLEASE
LET US KNOW IF YOU ARE COMING

An event for everyone!
Support Workers/Carers
Welcome!

INQUIRIES/RSVP:
Lyn 0413239236 or
lotusgroupabi@gmail.com



Organised by Lotus Group Projects in
partnership with Ross House and COSHG.
Funded by the City of Melbourne

Mid-Year Lunch Celebrating Disability Pride Event

BY RHA

Thank you to all the members and tenants of Ross House who joined us at our Winter Warmer Event in July, celebrating Disability Pride Month! What a great event it was!

Our sincere thanks, goes to our excellent guest speakers from the day, Larissa MacFarlane (Disability Resources Centre) and Sandy Jeffs (Schizy Inc). It was wonderful to hear your stories, the importance of Disability Pride within our community and the amazing work you do!

Larissa also created some fantastic Disability Pride badges for the event. We still have some available at the Front Desk, so swing by and pick yours up!



[Image Description: Disability Pride Flag which consists of diagonal colours of red, yellow, white, blue & green on a black background].

Thank you once again for attending, it was a fabulous day of sharing and networking with lots of yummy food and treats from local favourites! our next event is our End of Year party on 12th December. See page 9 for more information!

[Image Description: Below; photo collage of members of the Ross House community sitting in the Hayden Raysmith Room watching presentations by Sandy & Larissa and enjoying lunch. There are also photos of cupcakes with mini flags and colourful badges].



SARU

Self Advocacy Resource Unit



You are invited to SARU's morning tea



Guest speakers from Raising Our Voices



When: Tuesday 8 October



Time: 10:30am - 12:00pm



Where: Level 4 Hayden Raysmith
Room Ross House



If you want to come email
jessica@saru.net.au or call
9639 6856

Reminder: Ross House Community Survey



Earlier this year, we held community discussions to better understand the needs of our members and tenants. For those who couldn't attend, we've created a survey to ensure everyone has a chance to contribute. With the deadline on October 31st, we encourage all tenants and members to share their feedback.

Your input will help shape the Ross House Association's new Community Development Strategy, strengthening our unique, supportive community. This is your opportunity to tell us what your organisation needs to thrive and how we can better support you.

Over the next few weeks, Ruby and RHA Chairperson Colin, will be stopping by offices for a quick chat—keep an eye out for them on Tuesdays and Thursdays! If it's easier for you, feel free to pop by the Front Desk.

Image Description: Ross House logo - white text saying Ross House Association, with the window and leaves emblem, on a maroon circle.

We also encourage members who aren't physically in the building to check out the survey online.

Remember, Ross House is a community owned and managed by you, our members and tenants. Your voice is key to keeping it the wonderful community hub it is. Let's work together to build a stronger, interconnected community.

Please submit your feedback by October 31st by visiting <https://form.jotform.com/rosshouse/rha-community-survey-2024>



SHARE WHAT YOUR ORGANISATION NEEDS TO THRIVE AND HOW ROSS HOUSE CAN BETTER SUPPORT YOU

Take our Ross House community survey at <https://form.jotform.com/rosshouse/rha-community-survey-2024>

SUBMISSIONS CLOSE 11PM OCTOBER 31 2024



Community Calendar

OCTOBER



October - Mental Health Month

Thursday 3rd October - member and tenant 2025 room booking & window display requests will be emailed to the membership

Thursday 10th October - World Mental Health Day. Schizy Inc, with support from Ross House event. More details to follow!

Friday 11th October - National Coming Out Day

Wednesday 30th October - Member & tenant 2025 room and window display bookings due back

Thursday 31st October - Ross House Community Survey submission due back

Image Description: Ross House tenant, Reinforce members are stood behind a blank white wall smiling at the camera.

NOVEMBER



Monday 4th & Tuesday 5th November - RHA office closed for the Public Holiday

Friday 8th November - Intersex Solidarity Day

Wednesday 13th - 19th November- Transgender Awareness Week

Monday 18th - Friday 22nd November - Inclusion at Work Week

Wednesday 20th November - RHA AGM

Tuesday 26th November - Schizy Inc CEO Networking event with the theme 'Leadership'

DECEMBER



Monday 2nd December - Bookings calendar opens to the public

Tuesday 3rd December - International Day of People with Disability, Lotus Group Projects event

Thursday 12th December - RHA End of Year Celebration, Level 3, Ross House

Saturday 21st December 2024 - Sunday 5th January 2025, the RHA office is closed for holidays. Friday 20th December 2024 will be our last operating day, reopening on Monday 6th January 2025. Please ensure you have access during this period!

If you would like to add your event to our Community Calendar, in our next In the House, please email rosshouse@rosshouse.org.au or phone (03) 9650 1599.

Join the Digital Community Notice Board

Don't forget to head over to the RHA Community Notice Board on Facebook – a newly created digital member and tenant hub that was launched on March 11:

www.facebook.com/groups/rhcommunitynoticeboard/

This expanded platform will allow you to connect with other members, promote events, seek help, and share resources easily. It will also enable us to reach you faster than email, provide updates on building works and other goings-on, and offer a platform for quick questions and discussions.



Image Description: RHA tenant working in Ross House

Why is this important?

Your active participation is what will make this group a success. Keep selling or donating furniture, but also start discussions, ask questions, and make this group a valuable digital hub for our community.

Please note that this is a private group and will be restricted to member staff and volunteers.

For more information or feedback, please email Ruby on r.jamesstrawhan@rosshouse.org.au.

Ross House Room & Window Display Bookings 2025

As we are heading towards the end of 2024, we will be putting the call out for member and tenant room booking & window display requests.

As a member of Ross House, you have priority booking access, for our meeting rooms & window display in 2025, before we open the calendar to the public.

Here's a little outlook of the schedule:

- Thursday, October 3rd, 2024: Member & Tenant booking request emails sent
- Wednesday, October 30th, 2024: Member & Tenant bookings due
- Monday, December 2nd, 2024: Calendar opens to External Facility Users



Image Description: photo of the Jenny Florence meeting room at Ross House. The room has six black tables with chairs around and tv on the wall in the background.

If you have any questions, please do not hesitate to contact the Front Desk on rosshouse@rosshouse.org.au / (03) 9650 1599



Green, Growing, Giving – The Indoor Plants of Ross House

The plants we share our space with here at Ross House are the unsung office environment heroes of our community. Within the administration office, shared space, and throughout our meeting rooms you will find these quiet achievers, green, growing and giving.

Benefits of sharing our office and meeting spaces with plants

There have been several proven studies into the benefits of indoor plants. Many we instinctively know, and some you may not have considered.

Did you know?...

- Indoor plants reduce stress and anxiety
- Indoor plants have a positive effect on our overall mental health
- Looking at greenery and nature helps us to feel calm
- Having plants in the office improves air quality
- Plants in the office space can inspire creativity
- Plants help maintain an optimal level of humidity, creating a healthier work environment
- Plants look great in a decorative sense, and instantly bring 'life' to any room
- A single desk plant can provide our human need to connect with nature (biophilia)



[Image Description: photo of two monstera plants in pots by the window of the Jenny Florence meeting room at Ross House].

Caring for our plants

The indoor plants here at Ross House are most content with a small drink of water every second Friday (a couple are thirstier and need a drink weekly). Dead leaves are removed each week and pots are turned regularly to allow different leaves a turn by the window.

Every few months our plants enjoy a bit of pampering with leaf spray and some good quality plant food. It's best if well-meaning meeting room users and guests do not water them as this can lead to overwatering, root rot, mould growth etc.

If you feel one of our plants is in need of attention, please let us know at the front desk.

Thank you for caring!
The Ross House team



[Image Description: photo of a fiddle leaf plant on a table in the RHA office].

2024 Window Displays

BY RHA

The Ross House team would like to thank the membership for their wonderful window displays! We know how much effort and planning goes into each display.

During August, we saw Ross House tenants Australia China Friendship Society (ACFS) and ABC Friends.

A friendly reminder that the **window display is now split into two**, you have/will be allocated either the left-side or the right-side of the window.

Looking ahead...

Window Display Booking Requests for 2025 will be emailed to you shortly.

If you would like to find out more information about our window displays, please get in touch with Katie or Carol at rosshouse@rosshouse.org.au.

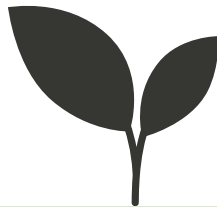


Image Description: Ross House large window displaying two groups' information - Australia China Friendship Society (ACFS) with a banner of information and decorations. The other display has a black and orange banner saying 'ABC Friends, Strengthen the ABC'.

Late Payments on Invoices

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

A friendly reminder that a \$15 late payment fee will be applied to your invoice if late and/or outstanding. Groups who want to pay in advance please get in touch.

If you need help, please contact the Front Desk on (03) 650 1599 / rosshouse@rosshouse.org.au.

STAY CONNECTED!



@rosshouseassociation



rosshouseassociation



Ross House Association

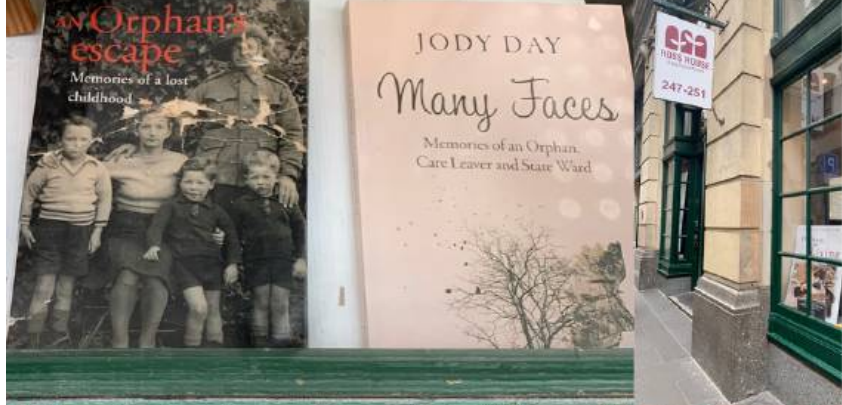
Window Display – September 2024

BY CARE LEAVERS AUSTRALIA NETWORK (CLAN)

I would like to thank Reinforce for their understanding.

CLAN thought we had the whole front window for our display in September - there was a misunderstanding.

Thanks for problem solving and for Reinforce’s generous offer of letting CLAN have 2 weeks at the start of the month.



[Image Description: Ross House large window displaying blue and yellow information including posters and books about CLAN].

I hope many Ross House folk learn more about the support & advocacy work we provide to care leavers who grew up in Australia’s orphanages, children’s Homes Missions & foster care.

We also established the Australian Orphanage Museum in Geelong and welcome anyone who is passing through to pay us a visit. Please call 0425204747 for the opening hours.

Leonie Sheedy, CEO & Co-founder of CLAN

www.clan.org.au



[Image Description: Reinforce display a fun window with a banner and information on colourful paper].

STAY CONNECTED AND SIGN UP TO THE WEEKLY E-BULLETIN



Ross House produces a weekly e-bulletin that highlights upcoming workshops and webinars for NFP organisations, and member and tenant events.

Sign up on the homepage of our website at rosshouse.org.au (scroll to the bottom of the home page) or by [clicking here](#).

View previous publications by visiting our Facebook page at www.facebook.com/rosshouseassociation/ and following the links!

ROSS HOUSE ASSOCIATION STAFF THANK YOU FOR YOUR CONTINUED SUPPORT!



MICHAEL GRIFFITHS
CEO
michael.griffiths@rosshouse.org.au



NAZZARENO MARCHIONDA
Facilities Manager
n.marchionda@rosshouse.org.au



RUBY JAMES-STRAWHAN
Membership & Engagement Officer
r.jamesstrawhan@rosshouse.org.au



KATIE STADTFELD CUNNANE
Communications & Administration Officer
rosshouse@rosshouse.org.au



JUNXIA XU
Finance Officer
junxia.xu@rosshouse.org.au



CAROL FRANKLIN
Administration Support Assistant
rosshouse@rosshouse.org.au

Casual Staff: Patti Gerkens, Julia Pecoraro & Isabella Nucifora

In The House is a Ross House Association internal publication, produced five 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 us, advising of submission deadlines.

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



247 - 251 Flinders Lane
Melbourne VIC 3000

03 9650 1599 | rosshouse@rosshouse.org.au | rosshouse.org.au

