

SEPTEMBER 2026

IN THE HOUSE

Ross House Association Member and Tenant News



Join the RHA Committee of Management!

FROM THE ROSS HOUSE TEAM

If you are interested in playing a key role in how Ross House is run, then a great way to do that is to stand for the RHA Committee.

Ross House is unique. It is the only self-managed and community-owned not-for-profit building in Australia. Our community includes over 100 member and tenant groups working together for social change, from social justice to environmental sustainability. Whatever your organisation's mission, you're part of the Ross House community, with a say in how the building is run.

Nine positions are open for election at this year's AGM in November:

- Chairperson– 2-year term
- Deputy Chairperson – 2-year term
- Treasurer– 2-year term
- Ordinary Member (3 positions) – 2-year terms
- Ordinary Member (3 positions) – 1-year terms

The Committee meets every second month (on the last Thursday, 2–4 pm) from February to November. Meetings are currently held online via Zoom.

If you are not ready to nominate for the full Committee, our sub-committees are another great way to get involved. The Community Development and Finance sub-committees are currently operating. To nominate for the Committee of Management, or for more information please get in touch with our CEO Michael at michael.griffiths@rosshouse.org.au or pop into the front desk.

This year's Ross House Association AGM will be held on Thursday, 26 November 2026 at 11.00 am. Official notifications and invitations will be sent out over the coming weeks.

Included In This Issue

Building and Maintenance

Colin's Corner

Grants and Assistance

PPP Flippin the Script Training

Tenant Feature: About Time

Update from Assisi Aids Project

Navigating Complex Conversations Training

Community Calendar

Schizy Inc - World Mental Health Day event



RHA COMMITTEE 2026

Chairperson
Colin Neave AM
(ABC Friends)

Treasurer
Alba Chliakhtine
(ABRISA)

Secretary
Pia Cameron
Woor-Dungin

Ally Scott
(Ordinary Member DRC)

Sally Davis
(Appointed Member)

Steve Einfeld
(Appointed Member)

Jen Stokes
(Appointed Member)

Nazzareno Marchionda
(Appointed Member RHA Staff)

Michael Griffiths
(Ex-Officio, RHA CEO)

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.



Colin's Corner

Welcome to Colin's Corner!

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

I have a few updates for you all this month and a few opportunities to get involved at Ross House!

I'm pleased to share a quick update on the legislation that will allow Ross House to pursue Deductible Gift Recipient (DGR) status. The Bill passed its second reading in the House of Representatives on August 20 and is expected to return for its third reading when Parliament sits again in early September. After that, it will need to go through the Senate and then receive Royal Assent. We're hopeful that this won't take too long.

We're also continuing to work on security at Ross House. Staff will soon take part in Navigating Complex Conversations training with WIRE, which will be held here at Ross House. We'll also be welcoming the Proactive Policing Unit to talk with us about Crime Prevention Through Environmental Design. There are places available for tenants to take part in both sessions, so please have a look at the information in this newsletter if you're interested.

Finally, I'd like to encourage members to think about joining the Ross House Committee of Management. Our Committee should always have available to it the special input that can only come from people who are associated with our members.



[ID: photo of Colin Neave wearing a checkered shirt, standing in front of green foliage smiling at the camera.]

We would love you to join our Committee and help with the administration of Ross House, which of course only exists because of the strength and commitment of its members. Whilst we have some great representation at the moment, I would like to see more! If you are interested, please make contact with me or Michael to discuss your possible involvement in any of the work of the Committee.

If joining the Committee isn't for you, but you're still interested in getting involved, we invite you to think about joining us in planning Ross House's 40th anniversary in October 2027! In the coming months, there will be an opportunity to join a working group to help plan the celebrations. If you're interested, please get in touch with any of the Ross House team.

A handwritten signature in black ink, appearing to read 'Colin Neave'.

Colin Neave AM, Chairperson
Ross House Association



[ID: Photo of Colin at our end of year event 2025 chatting to Poppy from BIM.]



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.



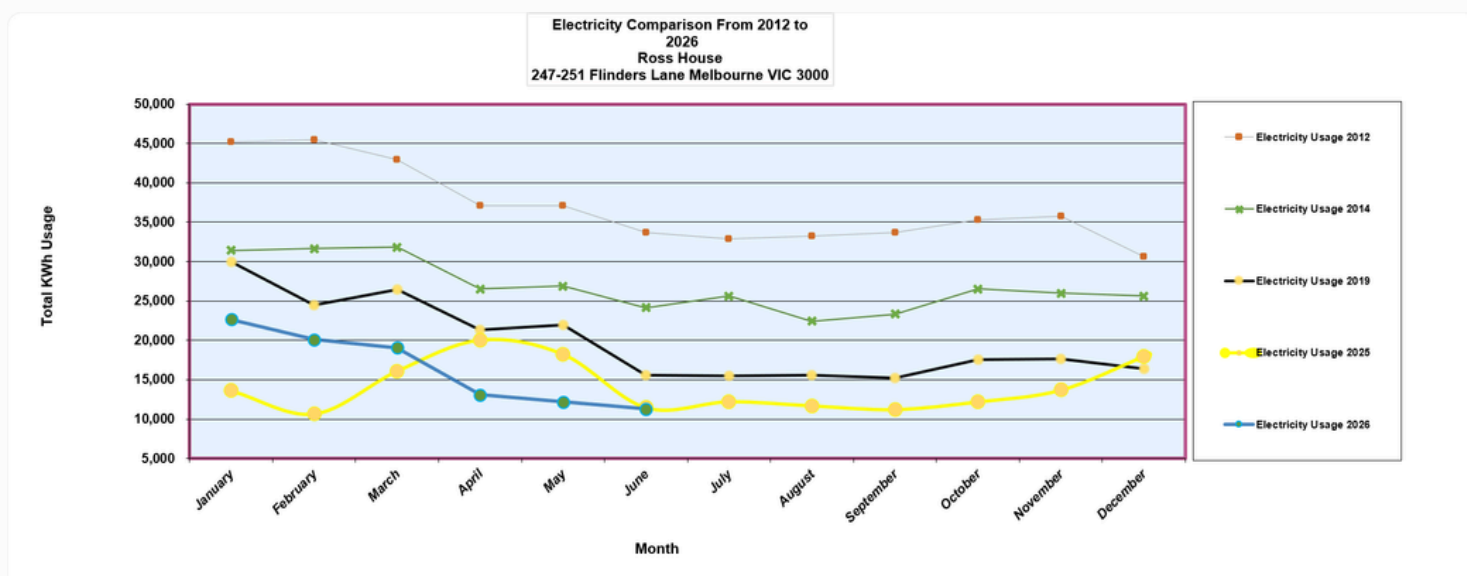
Building and Maintenance

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:

- A new member and tenant storeroom is currently the works opposite the Sue Healy meeting room on level 2.
- DDA-compliant bathrooms have been completed at the rear of level 3. See page 6 for more information.
- We will organise a fire drill in the coming weeks and will inform you of the scheduled date soon.
- We have fixed up a few leaks around the building over the last couple of months. Please let us know if you encounter any more.



GET INVOLVED! TRAINING AND OPPORTUNITIES

If you are interested in any of the following, please email the front desk at rosshouse@rosshouse.org.au or pop in for a chat!

NAVIGATING COMPLEX CONVERSATIONS TRAINING

Specifically tailored to Ross House tenants, this training supports staff and volunteers to upskill and feel more confident when responding to challenging calls and interactions. Hosted by the Women's Information Referral Exchange (WIRE).

Where? Jenny Florence Room, Level 3, Ross House

When? Thursday 8th October 2026, 1pm - 4pm

Cost? Subsidised cost of \$95 per person

There are only 18 spots so please **RSVP by Monday 5th October**. An interpreter can be arranged on request.

More information on **Page 20** or at www.wire.org.au/professional-training/navigating-complex-conversations-training/

FOR OUR
TENANTS
AND
MEMBERS



FIRST AID

We currently seeking expressions of interest for a First Aid Training session to be held at Ross House later this year. Please reach out if you are interested.

CRIME PREVENTION THROUGH ENVIRONMENTAL DESIGN

Officers from the Proactive Policing Unit are popping in to chat with us in mid-September. Their focus will be crime prevention through environmental design, a method used throughout Melbourne to deter crime by smartly designing and managing physical space

Where? Rainbow Room, Level 4, Ross House

When? 16th September 2026, 11:30am - 12:30pm

There are only 10 spots so please **RSVP by Monday 14th September**. An interpreter can be arranged on request.

40TH ANNIVERSARY WORKING PARTY

Ross House is turning 40 in October next year!

If you are interested in joining a working party to help brainstorm and plan an event for the occasion we would love to hear from you!



New Accessible Bathrooms are Finished!

FROM RHA

We're excited to let you know that new DDA-compliant bathroom facilities on Level 3 are finally complete!

The new Level 3 bathroom facilities have replaced the existing bathrooms at the rear of the floor.

They include:

- 1 gender-neutral accessible toilet and shower
- 1 ambulant women's toilet
- 1 ambulant men's toilet and 1 urinal

Thank you to the City of Melbourne, which contributed a grant of \$20,000 to support this project through their Community Inclusion Grant.

Huge congratulations to the RHA team for pulling this off, despite all the hiccups and delays.



[ID: Photo of the almost completed DDA compliant bathroom on level three in July 2026. The photo shows light grey walls, dark grey floor, white basin, toilet, and shower curtain and unfinished wiring, and wall cladding.]

Especially Nazz for all his hard work managing this project.

Thank you once again, everyone, for your patience. We hope these new toilets make access on level 3 easier. If you have any feedback, good or bad please email rosshouse@rosshouse.org.au or pop to front desk for a chat.

Thanks
The Ross House Team

[ID below: Photo of RHA CEO, Michael Griffiths and Luke Stone from Reinforce, proudly cutting safety tape from a bollard to celebrate the opening of the Level 3 toilets.]



SUBMIT AN ARTICLE FOR OUR ANNUAL REPORT!



We are looking for

- 250-400 Word Articles
- Member stories
- Highlights from projects or events that occurred between July 2025 and June 2026
- High Resolution Photos

We would love to showcase our Member and Tenant achievements from the 2025/26 financial year!

**Send your articles and/or photos to
rosshouse@rosshouse.org.au by Tuesday
29th September 2026**

Tenant Feature:

About Time

BY ABOUT TIME

About Time is Australia's national prison newspaper. We publish and distribute monthly editions to people in prison across the country, and work alongside legal, health and community-sector partners to improve access to reliable information, connection and support for people impacted by incarceration. It is also freely available online at www.abouttime.org.au.

About Time is a voice for incarcerated people. Every single day people from prison write to About Time to share their stories, their art and their feedback. The paper contains articles, short-stories, essays, writing, poems and artwork, with the majority created by people who are currently or were formerly incarcerated. About Time provides a window into the concealed world behind bars and a creative way for people to process their experiences.

We're a small and friendly team, and very excited to join Ross House - please pop in to say hello!

How to Support Us

Subscribe

With an About Time paper subscription, you will receive a physical copy of the latest edition of Australia's national newspaper, in the same week that the paper makes its way through prison.

A subscription is also one of the best ways to support the paper and ensure it remains "the printed voice of the prisons." If you are part of an organisation that wishes to subscribe in bulk, send us an email and we can provide a discount.

About Time

[ID: About Time logo: Black text which reads 'About Time' is angled in a clock-type position.]

Advertise

The paper includes advertisements by law firms and second chance/reintegration employment organisations, not-for-profits and government agencies offering services to people in prison or post-release. If you're interested in learning more, please visit www.abouttime.org.au/advertise.

Donate

Donations are crucial in helping us to continue publishing, printing and distributing the paper, and support incarcerated and formerly incarcerated writers and artists to share their stories.

You can donate here: www.abouttime.org.au/donate
Thank you again for your interest and support and looking forward to joining Ross House.

For further information about About Time, please visit www.abouttime.org.au.

[ID below: a cartoon image of a man in a prison cell. A newspaper with the headline 'About Time' sits on the table.]



Grants and Assistance Programs

BY RHA

GRANTS AND FUNDING



Grants and assistance programs currently available that we think might interest you

Ongoing Grants

Peter & Lyndy White Foundation

The Foundation has decided to focus on reducing homelessness and the provision of low-income housing, as we believe all Australians should have access to affordable, safe and sustainable housing.

The Foundation will support Victorian charitable organisations that work with homeless and disadvantaged individuals in breaking the cycle of disadvantage and achieving a better quality of life.

Organisations can make an initial enquiry at any time via email to lucinda@plwf.org.au

Round: Ongoing

Amount: Undisclosed

Eligibility: not-for-profits, DRG is required.

<https://plwf.org.au/grants/>

Community Grants

Alinta Energy

Alinta Energy funds local not-for-profit organisations to support projects which have a positive impact on social disadvantage or environmental sustainability.

Organisations must be able to demonstrate that your project will have a positive impact on either:

- Social disadvantage (e.g. projects that assist members of the community in need); or
- Environmental sustainability (e.g. projects that restore natural ecosystems, reduce the consumption of natural resources and/or reduce waste)

Round: Opened 5 Aug 2026
Closes 30 Sep 2026

Amount: up to \$25,000

Eligibility: small and medium not-for-profits

<https://www.alintaenergy.com.au/about-us/community/community-development-fund/community-grants>

Interpreter Scholarships

Institute of Community Directors Australia (ICDA)

The Victorian Government is working to improve the supply, quality and use of language services in Victoria by offering scholarships to eligible students seeking to undertake three courses, commencing in 2027.

The Interpreter Scholarship Program courses, commencing in 2027 are:

- Diploma of Interpreting - Closes 5 February 2027
- Advanced Diploma of Interpreting - Closes 5 February 2027
- Profession Ready Interpreter and Translator Course - Closes 1 November 2026

The RMIT certifications are suitable for bilingual people who are seeking to learn or develop professional interpreting techniques.

Round: Open. Closing date depends on course.

Amount: Undisclosed

Eligibility: Individuals

<https://www.vic.gov.au/interpreter-scholarships>

Flipping the Script Training

BY POSITIVE POWERFUL PARENTS (PPP)

Join Ross House tenant, Positive Powerful Parents (PPP) for a training session designed by parents with lived experience of intellectual disability and involvement in systems.

The Training aims to:

- Get you thinking about supports for parents with intellectual disability
- Change community attitudes
- Address unconscious bias
- Challenge you about what you can do going forward



[ID: PPP logo - white text with an image of a hand reads 'Positive Powerful Parents' on a red background.]

Where? Level 4, Ross House, 247-251 Flinders Lane

[ID: An image of a gold and wooden trophy resembling a house.]

When? Thursday 24th September 2026, 9:30am - 1pm

For more information, please see the flyer on page 9.

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

Monthly Craft Events with DBV

BY DEAFBLIND VICTORIA (DBV)

Deafblind Victoria (DBV) holds monthly craft events as a way for their members and other Deafblind individuals to connect and create in a fun and supportive environment.

Often these are lead by a Deafblind person with a particular creative talent. In August, this person is Daryl Harrison. His talent is ceramic pottery and is always happy to teach DBV's members how to express themselves creatively through pottery.

Daryl travels from near the Victorian boarder with New South Wales.



[ID: Image of Daryl Harrison assisting Deafblind members with craft.]

Where? Hayden Raysmith Room, Level 4, Ross House

When? Second Wednesday of every month, 11am - 3pm

For more information, please visit www.deafblindvictoria.com/calendar

FLIPPING THE SCRIPT TRAINING

POSITIVE
POWERFUL
PARENTS



Join us for a training session designed by **parents with lived experience** of intellectual disability and involvement in systems.



- When: Thursday September 24th
- Time: 9.30am until 1pm
- Place: level 4, Ross House, 247 Flinders st Melbourne

This training aims to:

- ✓ Get you thinking about supports for parents with intellectual disability
- ✓ Change community attitudes
- ✓ Address unconscious bias
- ✓ Challenge you about what you can do going forward

This training is FREE

Contact us to book in



0439 011 003



info@positivepowerfulparents.com.au

Beyond the Project: Sustaining Women's Economic Empowerment

BY ASSISI AIDS
PROJECTS

Since 2022, we've placed a strong emphasis on sustainability and locally led development when designing our projects across the Asia-Pacific. And now, we're seeing this effort really pay off.

We're very happy to share the lasting impact of our project in Indonesia, where the outcomes are continuing to grow from strength to strength more than 12 months after the conclusion of our project.

Since the tourism and MSME (Micro, Small and Medium Enterprise) project formally concluded in June 2025, the community has continued to organise tourism trips and traditional markets independently, bringing in new visitors to the region and gaining attention from the local government for the positive impact on the local community and economy.

Community participation and interest in the trips and markets continues to rise. Residents who were not initially involved have become interested after seeing women increase their incomes, learn saving habits, and establish stable customer bases at the market, helping them to become financially independent.

[ID right: Photo of women in pink headscarfs and dress sit on the floor, smiling at the camera holding packages of food.]



[ID: Black text which reads 'Assisi Aid Projects, Empowering Change' sits underneath a pink arch graphic.]

Based on feedback from community members, we estimate that while there were more than 280 direct participants in the project, the broader community impact reaches well over 2,000 people across Girikerto and neighbouring villages.

www.assisi.org.au



WRITING SERVICES & MENTORING FOR MEMBERS

Steve Einfeld, from the RHA Management Committee is offering free writing help and mentoring to our member organisations.

His background includes a bit of everything: community-based social worker, public servant, researcher, manager, consultant, migrant English teacher, and adult literacy tutor. These roles have involved written communication with many readerships.



Funding submissions

Annual Reports

Summaries

Histories of organisations

Difficult Letters

Letter templates

Newsletters

Statement of values

Policies and procedures

Position descriptions

Standards

Reports

If you are a member or tenant of Ross House and need some writing help, call the Front Desk on 03 9650 1599 or email rosshouse@rosshouse.org.au.



**POSITIVE
POWERFUL
PARENTS**



**PARENTS
RIGHTS
NETWORK**



LATROBE VALLEY

FRIDAY FRIENDSHIP GROUP

FOR PARENTS WITH INTELLECTUAL DISABILITY



10AM UNTIL 12PM

**MOE LIBRARY ROOM 7
GEORGE ST, MOE**

At this group we will:

- **Learn about Self Advocacy**
- **Have morning tea**
- **Share information**
- **Have a friendly catch up**

This group is for parents with intellectual disability who are 18+

PLEASE RSVP: on 0490 789 001

TreeProject Planting Days

BY TREEPROJECT

Planting season is coming to an end for TreeProject after a jam packed few months.

There are only a handful of days left in September. It's been an enormous effort from all involved – from Wiebke, our revegetation coordinator, through to the volunteer team leaders, coordinators and planters who have been out there in all weather conditions.

Some mornings started off extremely chilly, but once the sun was up and people started digging holes, everyone warmed up and was buoyed by the hot and hearty meal put on by the landholder. We are so grateful for all of the resilient volunteers we have met this Winter – it has been a hugely successful planting season in 2026.

For now, focus is shifting, with orders for next season underway. At the same time as we are taking orders from Landholders, we are reaching out for volunteer growers to join the TreeProject cycle of life. We hope there are even more volunteer growers next season, discovering the magic of propagation in their backyards.



[ID: Image of a man in the forefront of the photo with a group of people behind. Everyone is smiling at the camera in a rural parkland setting.]

So it is a change of pace for TreeProject over the next month, but as always, there is a lot going on to contribute to sowing the seeds for a sustainable future.

www.treeproject.org.au

[ID below: Image of a group of people in a field with small tree planting in the background.]



CULTURE SHARE



DEADLY'S
First Nations
Shout Out

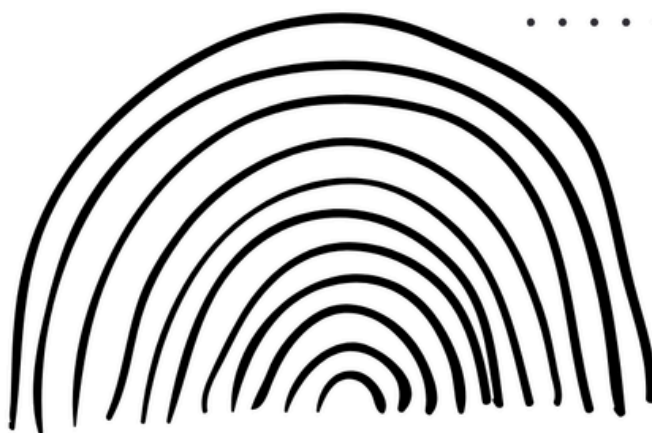
With Aunty Merm



- LEARN ABOUT OUR SHARED CULTURE AND DISABILITY
- **BECOME AN ALLY**
- ENJOY SOME ART



- **HAVE FUN**
- LISTEN TO OUR OUR DEADLY STORIES



ARRIVE 10.30AM ... SEPTEMBER 7TH
RSVP BY AUGUST 29TH
ROSS HOUSE LEVEL 4

BOOKINGS
MOB@THEDEADLYS.ORG.AU
CALL: 0402 004 858

National Self Advocacy Day 2026!

BY SARU

National Self Advocacy Day is a chance to celebrate self advocacy across Australia and the achievements of people with disability.

Join self advocates from across Australia for a day of connection, learning and celebration.

Hear from inspiring speakers, share stories, meet new people, take part in fun activities and celebrate the strength of the self advocacy movement.

Who should come?

- Self advocates
- People with disability
- People who support self advocacy groups
- People working in the disability sector
- Anyone interested in learning more about self advocacy

Where? Collingwood Town Hall, 140 Hoddle Street, Abbotsford

When? Tuesday 13th October 2026, 10am – 5:30pm

Free food and drinks will be provided throughout the day, followed by an afternoon tea networking session.

You must be 18 years or older to attend.



[ID: A vibrant orange, green, yellow and blue poster holds a graphic image of a fist clenched arm pointing to the sky. White text above reads 2026, National Self Advocacy Day, Tuesday 13 October, 10am - 5pm].

Can't come to Melbourne?

Watch the event live online or gather with your local self advocacy group to celebrate together and join the live stream.

If you need help registering, please contact SARU on (03) 9539 6856.

For further information about SARU, please visit www.saru.net.au.

Come along to our September PCE Talk

	<i>Is that your mum?</i> Being a parent as a person with a disability from a non-English speaking background. We will talk with Elvira Tarrant. Elvira is a PCE member and a mum of two kids. We will talk with Elvira about the good, the bad, the messy and the funny when it comes to being a parent as a person with a disability from a non-English speaking background. There will be a chance for you to ask general questions.
	When is it? Monday 14 September 2026.
	What time is it? It starts at 11am. It will end around 11.45am.

Website www.pce.org.au
Email janet@pce.org.au
Phone 0418 114 558



Power in Culture and Equality



[powerincultureandequality](https://www.instagram.com/powerincultureandequality)



www.youtube.com/@pce8



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

	Where is it? It is on Zoom. This is the link: https://us02web.zoom.us/jc/83130577899
	Can I RSVP? You can RSVP to Janet. You can tell Janet what your access needs are. Call or text Janet on 0418 114 558. Email Janet on janet@pce.org.au.

About Elvira Tarrant

Elvira is a driven advocate, mother, wife and first-generation Australian living with Spinal Muscular Atrophy Type 2. Born to Montenegrin parents and raised in a migrant household, she brings a strong appreciation for cultural diversity and an understanding of the unique experiences faced by multicultural individuals living with a disability.

Passionate about improving access, inclusion and representation within the disability sector, Elvira actively advocates for people from diverse backgrounds. She values opportunities to share her lived experience, challenge societal misconceptions and foster meaningful conversations that contribute to positive change.

Website www.pce.org.au
Email janet@pce.org.au
Phone **0418 114 558**



Power in Culture and Equality



powerincultureandequality



www.youtube.com/@pce8



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



Self Advocacy For Everyone

- Self Advocacy for Everyone (SAFE) is a new project across Australia.
- SAFE helps people with disability speak up, know their rights, and connect with others. This makes self advocacy stronger.
- SAFE gives support, information, and training to people with disability and self advocacy groups. This helps them have their voices heard.
- People with disability lead SAFE. They design the project, create training and resources, connect groups, and make sure it works well.

NEW SAFE Help Desk



SAFE
Self Advocacy
For Everyone

CONTACT US

Free call 1800 841 773

Mobile 0493 586 773

Email

helpdesk@selfadvocacy.org.au

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. The e-bulletin goes out every Thursday so please feel free to send us your exciting news to share!

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!

October is Mental Health Month

BY SCHIZY INC

Some people call it mental health, others think of it more as emotional, spiritual, brain-body connection or personal wellbeing. Mental means 'of the mind' (Latin) and health stems from many old languages, basically meaning 'whole' or 'uninjured'.

Just like the weather, mental health is reliant on different things - our unique biology, upbringing, discoveries and realisations growing up, and our genes, including our chemistry and physiology. In today's understanding, it can also do with what our social environments are doing to influence the way we feel or think about ourselves, rather than just the way we are (perhaps that's the injury bit).

Mental health can fluctuate. Sometimes we feel fine. But then something happens in our environment that changes things, and we start to feel sad, angry or confused. We might be reminded of tough times or difficult people. When we do get these bigger feelings or thoughts, it's time to talk to someone we trust.

It's an old, but true saying 'a problem shared, is a problem halved.' Having a chat over a cuppa with a mate might even solve the problem altogether. Or perhaps they will listen quietly and give you space to work it out yourself. Both are good.

World Mental Health Day Event

Schizy Inc is hosting a community picnic for World Mental Health Day beside the gentle waters of the Birrarung, where nature provides space to pause, reflect and reconnect. 'Birrarung as a Sanctuary' by Parks Victoria.



[ID: Schitzy Inc logo which says 'Schitzy Inc' in yellow text on a black circle background with a red border. There are blue, purple and red love hearts on the black circle too.]

Bring along a picnic lunch, favourite picnic games or an acoustic instrument, and enjoy an afternoon of easy conversation, light-hearted fun and music beneath the open sky.

Whether you'd like to connect with others, spend quiet time by the river or simply enjoy the peaceful surroundings, everyone is welcome. Come with friends, bring your family, or simply come as you are. Reconnect with nature. Reconnect with others. Reconnect with yourself.

Where? Yarra Bend Park, Loop Picnic Area, Fairfield

When? Saturday 10th October 2026, 12pm - 3pm

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

For further support during Mental Health Month, please see below:

Lifeline: 13 11 14

Text: 0477 131 114

Chat (written): www.lifeline.org.au/chat

Schizy Inc Cabaret Workshops

BY SCHIZY INC

Schizy Inc makes space in the arts for people with diverse complex mental health.

Our innovative activities champion artist development, empower lived experience community, tailor dignified vocational pathways and radically improve arts sector diversity and audience and modern creative representation.

Programs extend across contemporary practice in visual arts, literature and the performing arts, including theatre, comedy, music, dance and cabaret, and a progressive connected program of outdoor creative nature experiences.

★ ★ ★ RAD CACTUS COMEDY ★ ★ ★

Rad - epic, awesome, cool.

Cactus - rubbish, broken (a bit like the mental health system maybe?)

Workshops and arts connection for all the mental health Lived Experience community.

Suitable for brand new and experienced comedy writers, performers and creatives from other artforms. Turn all those observations and opinions about the mental health system and psych wards into comedy gold! Comedy is for anyone who wants to have the last laugh at that annoying thing (even it's just the cat).

Where? Ross House, 247-251 Flinders Lane, Melbourne

When? Saturdays, 5th & 12th September 2026, 2pm - 4pm

To register, please contact the Schizy team on neuro@schizy.org.



[ID: A green cartoon cactus with a red hat and glasses, is holding a microphone in a party-type setting.]

★ ★ ★ CABARET ★ ★ ★

Learn the art of Cabaret through a series of practical workshops with very talented cabaret creatives and directors Myf Powell and Rachel Edward.

The term 'cabaret' evokes everything from glittering theatrical performances to darker metaphors of political and societal oppression (perfect for anyone irked by the mental health system!) It's theatre, song, music and comedy all rolled into one glorious artform. If you tend to have feels for life, love, loss or laughter, or just enjoy a good old song-and-dance, cabaret is the artform for you.

An interest or skills in music or singing is recommended as cabaret is music based but not essential.

Where? Ross House, 247-251 Flinders Lane, Melbourne

When? Saturdays, 3rd & 10th October, 14th & 21st November 2026, 2pm - 4pm

To register, please contact the Schizy team on neuro@schizy.org.

For further information about Schizy Inc, please visit www.schizyinc.org



Learn the art of

CABARET

WITH MYF POWELL & RACHEL EDWARD

SATURDAYS

3,10 OCT 14,21 NOV

2pm – 4pm

Ross House 247 Flinders Lane Melbourne

FREE CABARET WORKSHOPS

FOR PEOPLE WITH DIVERSE MENTAL HEALTH

UNLEASH YOUR INNER DIVA GLAM!

INFO & REGISTER

neuro@schizy.org



PRESENTED BY SCHIZY INC

A proud expression of diverse mental health through the arts.

SCHIZYINC.ORG



NAVIGATING COMPLEX CONVERSATIONS TRAINING

RHA, in partnership with Women's Information Referral Exchange (WIRE) is hosting 'Navigating Complex Conversations Training', exclusive to RHA tenants.

About this training

This training supports staff to upskill and feel more confident when responding to challenging calls and interactions.

It will be tailored to suit our needs here at Ross House and will provide attendees with:

- key principles for engaging with clients in distress – learn more about WIRE's trauma-informed, intersectional, person-centred approach
- tools to build your positive communication skills and to assist you to create rapport with clients
- practice using techniques to navigate complex conversations and de-escalate interactions where clients are upset, frustrated or angry
- information and support on caring for yourself during and after a challenging conversation.



[ID: Photo of people sitting on chairs, looking at a trainer in a board room setting. White text on a green bubble reads 'WIRE, Navigating Complex Conversations Training'.]

Where? Jenny Florence Room, Level 3, Ross House

When? Thursday 8th October 2026, 1pm - 4pm

Cost? Subsidised cost of \$95 per person, which will be added to your monthly invoice.

Please RSVP here by Monday 5th October.

An interpreter can be arranged if required.

What's Happening at AUSOM

BY AUSOM

The Apple User Society of Melbourne Inc (AUSOM) offers over 30 possibilities a month for members to communicate, discuss and share either in person or on Zoom.

There are special interest groups (SIGs) weekly, ASK AUSOM ANYTHING Zoom sessions to receive help, and a monthly online magazine - AUSOM News.

We also host bi-monthly MAIN Meetings in person or online via Zoom, and have a dedicated keynote speaker.



In addition, we also host a monthly satellite hybrid meeting, as well as Winter and End of Year pub lunches.

The core of AUSOM's continual success over its 45 years is from the personal interactions and friendship the group is able to create. Our membership is currently over 200.

www.ausom.net.au



Community Calendar

SEPTEMBER 2026

Monday 7th September - The Deadly's Culture Share event (p.16)

Saturday 5th & 12th September - Schizy Inc Rad Cactus Workshops (p.22)

Thursday 10th September - World Suicide Prevention Day

Friday 11th September - Friday Friendship Group PPP (p. 14)

Monday 14th September - PCE talk 9p. 18)

Wednesday 16th September - Crime Prevention meet with Vic Police (p. 5)

Wednesday 23rd September - International Day of Sign Languages

Thursday 24th September - PPP Training (p. 11)

Friday 25th September - Public holiday, RHA closed

Tuesday 29th September- Articles Due for RHA Annual Report (p. 7)

OCTOBER 2026

Thursday 1st - Saturday 31st October - Homelessness Week 2026

Thursday 1st October - International Day of Older Persons

Saturday 3rd & 10th October - Schizy Inc Cabaret Workshops (P.22)

Thursday 8th October - International Lesbian Day

Thursday 8th October- Navigating Complex Conversations Training at Ross House (P.24)

Saturday 10th October - Schizy Inc World Mental Health Day event (P.21)

Tuesday 13th October - National Self Advocacy Day (p. 17)

NOVEMBER 2026

Monday 2nd & Tuesday 3rd November- RHA closed

Sunday 8th November - Intersex Solidarity Day

Wednesday 25th November - International Day for the Elimination of Violence against Women

Thursday 26th November - RHA AGM (p.1)

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

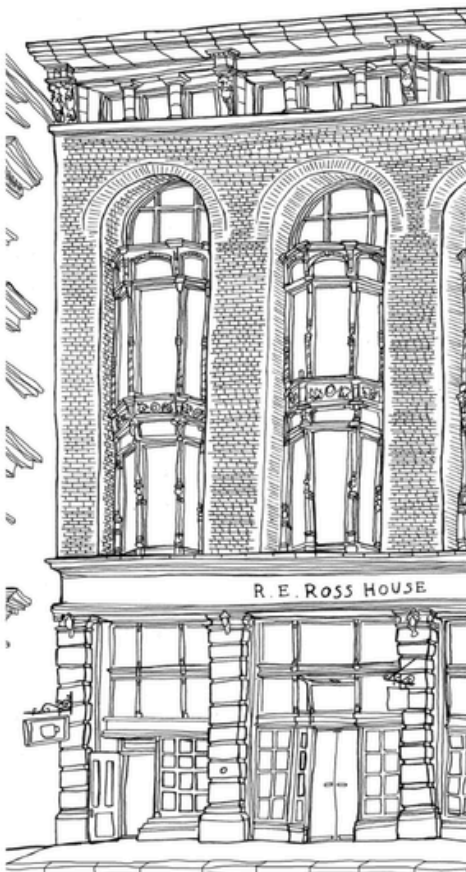


PUBLIC HOLIDAY CLOSURE

Ross House Association Office will be CLOSED on

Friday 25th September 2026

RHA staff will be unavailable on the above date.
The team will be back online (and in the office) from
10am - 4pm on Monday 28th September 2026.



Access information 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
- If you do not have a swipe key, please contact Ross House during business hours prior to the dates above
- If you need help, contact the Front Desk on (03) 9650 1599

**For emergencies please contact Security
on 1300 02 04 06**



If you have any questions please contact reception on (03) 9650 1599



[ID: Maroon and white Ross House Banner on the left. HAAG banner on the right advertising their Home at Last service; Older persons housing information and support]

[ID: On left, Brain Injury Matters Awareness Week posters and Many Pathways One Community campaign. On right, ACFS banner and a gold fan and chinese and Australian flags.]

Window Displays

BY RHA

We've seen some wonderful displays over the winter months.

The month of August saw Brain Injury Matters and Australia-China Friendship Society in the window and I can attest to the fact that people do notice and look at the displays... and then sometimes even come up to reception to inquire about the groups displayed. A caring support worker happened to be walking past Ross House and saw the display from BIM and then came up to enquire about the Peer Support Groups they run

In July, we saw Housing for the Aged Action Group (HAAG) advertise their vital Home At Last service.

Contact:

For any queries about our window displays, please get in touch with Carol at rosshouse@rosshouse.org.au.

Looking ahead:

The month of September will see Brain Injury Matters continuing with their display and ABC Friends setting up a new display which we will look forward to!

Thank you to everyone for their enthusiasm with filling our window. All months are now booked with some great displays to go in. Soon we'll start thinking about 2027 bookings. Keep an eye on your email inbox for next year's window bookings.

2027 ROOM BOOKINGS

It is that time of year again when we consider regular and recurring meeting room bookings for the coming year!

As a tenant or member of Ross House, you have the opportunity to request bookings ahead of external groups, to ensure any requirements can be met for your meetings in 2027.

An email about your requests will hit your inbox in the upcoming weeks so please keep your eyes peeled!

ROSS HOUSE ASSOCIATION STAFF THANK YOU FOR YOUR CONTINUED SUPPORT!



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CAROL FRANKLIN

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Casual Staff: Patti Gerkens, Olivia Muscat & Nia Giddings

the e-bulletin



Weekly guide to environmental and social justice happenings in Melbourne

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



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