

## Don Sinclair, how can we thank you?

Dr Don Sinclair recently retired as the President of the Ryder-Cheshire Victorian Homes Foundation and as a Board Member of Ryder-Cheshire Australia. Don is a living link to our founders Sue Ryder and Leonard Cheshire and a treasury of knowledge and experience in all aspects of the Ryder-Cheshire story. He is an inspiration, mentor, colleague and friend to us all and we are so glad that he is continuing as a member of the committee of the Ryder-Cheshire Victorian Homes and also of Ryder-Cheshire Victoria.

Below is the main text of a letter of appreciation written to Don by Peter Newton, the President of Ryder-Cheshire Australia. The letter details the wonderful contribution that Don has made to every aspect of the Ryder-Cheshire organisation in Australia as well as Raphael in India and Klibur Domin in Timor-Leste.

“On behalf of the entire Ryder-Cheshire family in Australia, in India and in Timor-Leste, I thank you for your magnificent contribution over the past five decades. There is no one who has given more of themselves to advance the mission of Ryder-Cheshire in Australia and the overseas homes that we support.

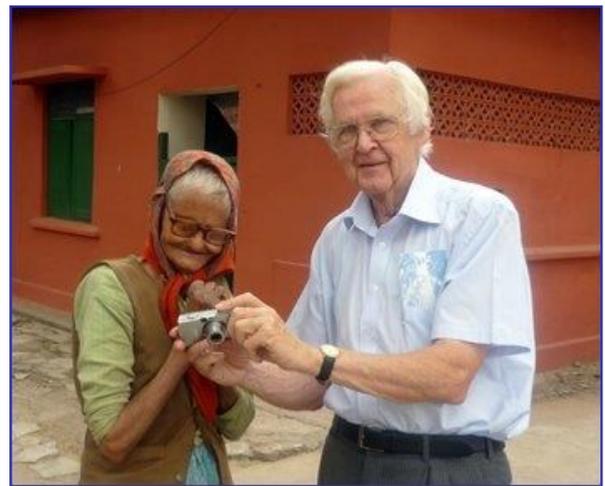
Your involvement goes back to when the Ryder-Cheshire Foundation Victoria first formed in the early 1960s. You were involved from the very early days and spent nearly 50 years as the Victorian Foundation’s Honorary Treasurer, doing an outstanding job in ensuring the funds were accurately accounted for and used wisely.

In September 1981, you became a founding Committee member of the Ryder-Cheshire Victorian Homes Foundation when it was decided to lease two RSL War Widows’ blocks in Ivanhoe. You took over as President in September 1992 and retained this role for the next 23 years until your retirement at the recent AGM. During this time, the Victorian Homes have gone from strength to strength and acquired an impressive reputation.

While President, you oversaw the acquisition and refurbishment of the two blocks leased from the RSL. This was a huge task involving many legal, financial and contractual issues which you handled with your usual thoroughness, diplomacy and skill. These same talents allowed you to lead the team that planned and arranged the present project to provide lifts and air-conditioning to the two blocks. The fact that the Victorian Homes have provided excellent accommodation and care to many hundreds of people each year is in no small part due to your dedication, leadership and organising skills.

In 2002, you took over from Air Marshal Jake Newham as the President of the Australian Association of Ryder-Cheshire Foundations, a very sensitive and difficult role. At about the same time, a large bequest from Dame Roma Mitchell, a previous National President, meant that some funds were available for major projects. You were able to overcome many sensitive issues which allowed some funds to be released to help fund a new home for disabled persons in Mount Gambier. You officially opened this home in April 2006.

In 2006 the National Executive decided that the then Australian Association of Ryder-Cheshire Foundations should become a company (Ryder-Cheshire Australia) rather than an incorpo-



*In the photo, Don is showing a resident of Shiv Sadan at Raphael, a photo of herself in April 2009*

rated body. Again, you took the lead in this and worked through all the legal obstacles to achieve this aim.

Don, you have proved yourself to be an outstanding humanitarian during more than 50 years of dedicated service to Ryder-Cheshire. You are a natural leader who has made people feel very much at ease and you have encouraged their active participation to achieve goals. Your energy levels have made much younger people feel tired as you have led the way by example.

In recognition of your services to education and to humanitarian endeavours, you were awarded an honour in the Australia Day Honours List in 2009. This was an appropriate acknowledgement of your tremendous contribution to Ryder-Cheshire and to other organisations in your lifetime.

**Yours is a most impressive story of dedication and commitment to the ideals espoused by our founders, Sue Ryder and Leonard Cheshire, and we all express our sincere thanks and gratitude to you.”**

**STOP PRESS**  
**2016 Biennial Conference to be held in Ballarat**  
**Please refer to Page 3 for details**

## GREETINGS FROM OUR PRESIDENT Peter Newton

I am writing this message from Klibur Domin, the home Ryder-Cheshire established in Timor-Leste 15 years ago. I am a Director on the Board of Klibur Domin and also the Ryder-Cheshire Australia Project Officer for the home. I have been deeply involved in its establishment and development for the past 16 years since 1999 when the idea of creating a home in Timor-Leste first occurred. After a period of total chaos which made the life of the Timorese people unbearable, I am delighted to say that the country has entered a period of peace and progress. I certainly could not add prosperity to that description, as poverty is still rife for most of the population, the majority of whom exist on less than a dollar a day.

I am also very happy to tell you that our home, **Klibur Domin**, is going from strength to strength. From the very basic facilities that we inherited in 2000, we have developed an excellent home with many new and upgraded buildings. When the final building in the current upgrade is completed in 2016, there will be 70 beds available for people who are sick, destitute or have disabilities. This final project will require the demolition and reconstruction of one of the TB Wards which has major structural problems.

The new **TB Laboratory** at Klibur Domin is now fully operational enabling much faster diagnosis of TB and the highly contagious and often fatal Multi Drug Resistant-TB (MDR-TB). The Respite Centre is providing much needed accommodation and support for up to 12 people with disabilities from remote villages. Generous donors in Australia have largely made this possible. One parish, with churches in South Caulfield and Elsternwick, has been particularly generous with parishioners donating close to \$250,000 over the past 5 years, including several very large donations. I thank all donors for their tremendous generosity.

In January 2016, Klibur Domin will significantly expand its **Mobile TB coverage** with a second team being established to cover many new remote villages. Funding for this will come from the Global Fund which is providing around \$400,000 in 2016 and 2017. We are optimistic that this funding will roll over to future years allowing detection, treatment and education to continue into the future.

**Raphael** in India continues to send encouraging and positive reports on the progress being made at that home which was established 56 years ago. Many new beds have been added to Ava Vihar increasing the capacity from 80 to 120 beds for people with intellectual and physical disabilities. The Little White House numbers are rapidly declining as Leprosy has become far less prevalent than in earlier years. There are now only 14 secondary students remaining. Ryder-Cheshire Australia is funding the tertiary training of six former Little White House students, with very generous support from individual supporters. I would be delighted to hear from any reader who would like to contribute to this tertiary training funding.

I would like to pay a special tribute to **Anil Sinha**, Raphael's Chief Executive Officer, who is retiring after some 15 years at the home following a long career in the Army. Anil brought excellent skills to the position and has worked tirelessly to improve Raphael.

Our Australian homes at **Ivanhoe, Mount Gambier and Singleton** continue to provide excellent support to many people who are sick or who have disabilities. The project to install lifts in two blocks at Ivanhoe is almost completed and will allow far easier access to the two upper levels for people with mobility issues. All the rooms in the two blocks are being air-conditioned as part of this project, significantly improving the level of comfort for the many hundreds of people using this home every year.

After more than 50 years of devoted service to Ryder-Cheshire, **Don Sinclair** has decided it is time to retire from his last executive position, the President of the Ryder-Cheshire Victorian Homes Foundation. Without a doubt Don's contribution has far exceeded that of any other person in Ryder-Cheshire and we are indebted to him. We will miss his dynamic leadership, his brilliant wit, his fascinating stories of earlier years and his tireless energy. We send to Don and his wife Dawn our warmest thanks and our fondest wishes.

**With Christmas and the New Year fast approaching, I say a very special thanks to all sponsors, supporters and committee members, without whom Ryder-Cheshire could no longer continue to do its impressive work. I wish you all a very happy Christmas and a healthy and prosperous New Year. I look forward to seeing many of you at the next Biennial Conference in Ballarat in April 2016.**

## IN THIS ISSUE

Don Sinclair how can we thank you	Page 1
President's Report	Page 2
Contacts	Page 2
With gratitude from Raphael	Page 3
Farewell to Raphael's CEO	Page 3
Biennial Conference	Page 4
Crowdfunding for Klibur Domin	Page 4
From the Archives	Page 5
Supporting Ryder Cheshire	Page 6

## RYDER-CHESHIRE AUSTRALIA

Patron: His Excellency General the Honourable Sir Peter Cosgrove AK MC (Ret). Governor General of the Commonwealth of Australia,

### Founders:

Group Captain Lord Cheshire of Woodhall VC OM DSO DFC  
Lady Ryder of Warsaw CMG OBE

## CONTACTS

### National President

Peter Newton AO 03 9894 3191  
peter.newton@ryder-cheshire.org

### National Secretary

Anthea Swann 03 9877 7084  
antheaswann@bigpond.com

### Ballarat Support Group

Dianne McGrath 0411 874 756  
diannemcgrath@iinet.net.au

### Bendigo Support Group

Hugh Elphinstone 03 5443 1163  
hugh\_elphinstone@hotmail.com

### Mount Gambier Home

Neville Gilbertson 08 8725 5510  
kaynev62@bigpond.com

### New South Wales

Christine Hannan 02 9416 7569  
c.hannan@optusnet.com.au

### Singleton Support Group

Cheryl Nesbitt 02 6573 1487  
cherylnesbitt@bigpond.com.au

### South Australia

Rory McEwen 0417 803 627  
rorymce@bigpond.com

### Victoria

Peter McConnell 03 9939 7501  
marg.peter@optusnet.com.au

### Victorian Homes Ivanhoe

Ivanhoe Home 03 9254 2400  
Jill Moor 03 5432 2351  
moor@cooliban.com

### Overseas Volunteers Co-ordinator

Susie Mackerras 02 9880 8094  
rydercheshirevolunteersaust@gmail.com

### Website Co-ordinator

Terry Warr twarr@ozemail.com.au

**Website** www.ryder-cheshire.org

### Newsletter

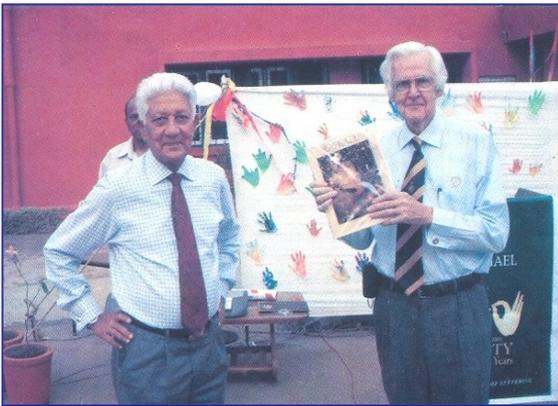
Evelyn Petters 08 9349 5043  
4 Arkana Way, Balcatta, WA 6021  
petters@iinet.net.au

## Don Sinclair - with Gratitude from the Raphael Family

We, the Raphael Family, remember fondly the three visits that Dr. Sinclair made to Raphael as National President. Whilst his association with Raphael dates back to the time of our Founders, it was his keen interest in the affairs of Raphael and his deep fondness and support after taking over as National President that resulted in his first visit in April 2005 followed by two more visits, one in March 2007 and other in April 2009 to join our Golden Jubilee celebrations. Not only did these visits endear him to the Raphael community, but also after his first visit, he and his wife Dawn have continued to sponsor one child.

He concluded his address during the Golden Jubilee by saying 'Today is a time to congratulate all at Raphael on fifty years of devoted service for the relief of suffering. Our Founders and many of those who joined them in their mission are now gone, but have left behind them footprints on the sands of time'.

The Raphael family wishes to express its profound gratitude to Dr. and Mrs. Sinclair for all that they have done for making Raphael what it is. Even as we look forward to our continued association with them, their footprints will forever remain in our hearts.



*In the photo, Don is releasing Raphael's Golden Jubilee Publication*

### "The Dressmaker" Another successful Film Day for Ryder Cheshire Victoria

We endeavour to organise a couple of Film Days per year. We usually select a film with our supporters in mind, and always set the date the first Saturday after the release of the film.

This month we chose "The Dressmaker", and we were fully sold out by the Thursday before. We gather in the foyer of the Palace Balwyn Cinema and offer a drink for our supporters to take into the theatre with them. Gathering beforehand also gives us an opportunity to mingle and renew acquaintances. Some supporters travel from the country in order to show their continued support.

Having a full theatre gives us the opportunity for a Committee member to address the attendees – bringing them up to date with the latest news from the Homes. It is reassuring for our supporters to hear that we continue our regular annual support to each Home, and also that we are able to fund new projects. This year, Christmas cards were also on sale.

There was a great atmosphere after the film, with much discussion and enthusiasm. As well as always being a great social event, we made the amazing profit of \$3,800 which includes many very generous donations, for which we are very grateful.

## Retirement of Raphael's CEO

It is with sadness we say farewell to Brigadier Sinha who is retiring on December 31st 2015, after nearly fifteen years at Raphael.



Brig AAS Sinha (retd.), popularly known as Anil, joined Raphael in October 2001 after retiring from the Indian Army. Many times he was asked what prompted him to join Raphael, a completely different environment compared with his professional army career. His answer was 'compassion for the under privileged'.

During his time at Raphael he has played an active role in the administration of the home under the guidance of Raphael's Chairman, Air Marshal Jayal. Anil attended the RCA Biennial Conference in Mount Gambier in 2010 as a representative of Raphael where he was able to establish personal contact with many of the Australian supporters.

The name and image of Raphael have always remained uppermost in his mind and his efforts at all times have been directed towards the well-being and security of all those placed in the care of Raphael whether in the home or outside. His desire is to continue to remain associated with Raphael and contribute in whatever field he is able.

### KLIBUR DOMIN – Sharing with Love by Peter Newton

This book tells the story of Peter's search in 2000 for a way in which Ryder-Cheshire in Australia could assist the traumatised country of Timor-Leste. With advice from then Major-General Peter Cosgrove, Commander of the International Force in Timor Leste, he settled on starting a Home to take the overflow of patients from the International Red Cross National Hospital in Dili.

This book tells the story of how Peter Newton got the Home up and running, the role of Australian volunteers, and the way in which the local people have stepped up to take over management. This account of the first 13 years makes inspiring reading. Cost \$10 each & \$4 postage.

**To obtain a copy, contact Peter on 03 9894 3191  
or [peter.newton@ryder-cheshire.org](mailto:peter.newton@ryder-cheshire.org)**

This Newsletter is edited and produced by Evelyn Petters in West Australia Email [petters@iinet.net.au](mailto:petters@iinet.net.au)  
Tel (08 9349 5043)

Newsletters are issued in May and November each year and the next issue will be published in early May 2016

**Contributors should submit articles by e-mail to [petters@iinet.net.au](mailto:petters@iinet.net.au) by 26 April 2016**

## Klibur Domin Crowdfunding Project - Cerebral Palsy Awareness

This project was launched at the 2014 Ryder-Cheshire National Biennial Conference in Sydney. It was a trial project designed to raise \$1000 to print educational materials for the Klibur Domin Outreach Team to raise awareness of cerebral palsy (CP) symptoms in children and to inform their families on how to seek assistance for medical diagnosis and physical and educational therapy.

The primary purpose of this project was to raise funds using social media rather than traditional fundraising.

The project had a secondary purpose which was to expose the current Ryder-Cheshire membership to the advantages of using current, new and emerging technologies, in all of their various forms, to access a wider audience, and in particular to talk to a younger audience in a manner that they prefer to communicate.



*Joaquim Soares, Director of Klibur Domin, shows the educational materials acquired by the project*

The Klibur Domin Community Based Rehabilitation Program was set up in 2006 to identify adults and children with disabilities living in the outlying areas. As part of this program the Klibur Domin Mobile Outreach Team provides assessment, therapy, equipment and ongoing support for the adults, children and their families. In the geographical area that Klibur Domin supports, over 60% of the Community Based Rehabilitation Team's clients are people with CP, the majority of whom are children.

The \$1000 target was oversubscribed to \$1270 which enabled the team, in conjunction with the Klibur Domin Team, to design,

produce and deliver the CP educational materials comprising :

- \* Teaching flip chart for the Klibur Domin Outreach Team to use to reinforce the education of CP when they visit villages
- \* Posters for schools, community health centres and villages
- \* Mini information cards for parents and especially new mothers to become aware of early signs of CP and where and how to seek support for their babies and children.

It is a great example of how Ryder-Cheshire can raise funds from non traditional sources using new technologies and tapping into a new support base.

Thank you to Expo Print and Tech Printing Services at Australian Catholic University Ballarat for their printing of climate supportive coating on the materials. Appreciation to the artist, Veronica Mc Lindon, for the illustrations. Special thanks to all the people who were able to carry the materials to Klibur Domin; Dianne Hadden who was on her way to volunteer at Klibur Domin, Damascus College and Ballarat Grammar School students who were visiting Ainaro, and to Barry Flynn from St John of God Hospital in Ballarat who was on secondment to the Hospital in Dili.

Thank you to Dianne McGrath, Terry Warr and Siobhan Reeves for their fine work on this project.

*Leo Rennie, Project Manager*

## News from Singleton

The Singleton Support Group is now incorporated as "Singleton Ryder-Cheshire Support Association Inc."

The Ryder-Cheshire home in Singleton continues to be utilised by INTEGRATEDLIVING for their various community services.

### Our new web-site is coming soon !!

A new version of the Ryder-Cheshire Australia web-site should be up and running in the next few months. The new version will be at the same web address ([www.ryder-cheshire.com](http://www.ryder-cheshire.com)) but will be streamlined, more easily up-dated and will incorporate new search functions and links.

**So please keep an eye out for our new-look web-site.**

## 2016 RYDER CHESHIRE AUSTRALIA BIENNIAL CONFERENCE

**Friday 15th, Saturday 16th and Sunday 17th April 2016  
In Ballarat, Victoria.**

Venue:

**Mercure The Ballarat Hotel and Convention Centre  
613 Main Road, Ballarat, VIC 3350**

Please note: It is the same venue as in previous advices but with a slight name change

**Telephone : 03 5327 1200**

**Email: [reservations@mercureballarat.com.au](mailto:reservations@mercureballarat.com.au)**

When booking be sure to mention that you will be attending the Ryder Cheshire Biennial Conference to receive the special rate

To ensure that you obtain this special rate

**DO NOT** use the Mercure web site

as the special rate is not listed on it .

There is also other nearby accommodation and this can be sourced through the Ballarat Visitor Information Centre on 03 5337 4337 or 1800 446 633 or [www.visitballarat.com.au](http://www.visitballarat.com.au)

**The Ballarat Support Group will be sending Biennial Conference materials to all Foundations, Support Groups and Homes later in November 2015**

### Receive your Newsletter by email

You will need Adobe Reader which can be downloaded free from the internet. Please send your email address, name and postal address to:  
[antheaswann@bigpond.com](mailto:antheaswann@bigpond.com)  
and you may unsubscribe at any time to the same address.

**Ryder-Cheshire gratefully acknowledges  
David and Neil Coath, of**

**PROMPT DISTRIBUTION PTY LTD,  
West Heidelberg, Victoria,  
who most generously arrange and pay for the distribution of  
this Newsletter. Thank you David and Neil,  
we so much appreciate your generosity.**

**RENEWALS OF SPONSORSHIPS AND OTHER DONATIONS.** The back page of this Newsletter provides information on how to make payments and donations to Ryder-Cheshire Australia

## From the Archives

*The letter below was received by the late Major General Rummy Bakhsi from Leonard Cheshire after his last visit to Raphael. Two months after writing this letter in June 1992, Leonard died from Motor Neurone Disease, so it is of particular historical significance. It reveals his deep humanity in that he was still able to focus on the suffering of others despite his own failing health. On this visit to Raphael, Leonard was accompanied by his wife Sue Ryder and their children Jeremy and Elizabeth (Gigi). Both the children have retained a strong interest in the work of their parents. The film by Norman Potter was produced and is available in our archives.*"  
(Letter written on 1st June 1992)

"My dear Rummy,

Sue, I know, has sent you a fax from both of us but I can't start dealing with the correspondence on my desk before writing you this short note. But how to thank you, Shankar and everyone at Raphael adequately for that simply wonderful welcome you gave us, not to mention the immense trouble to which you all went in looking after us the way you did, I simply do not know. On the wall in front of me as I dictate this is the picture taken by Norman Potter of the concert with Babu Lal and the little girl from Calcutta doing their little act. You probably know the one I mean but on the first row of seats you are on the left, myself on your right, next Sue, then Shiv and finally Grover on the right. What stands out so dramatically is the way that everybody's attention is completely riveted on the two actors, including the little children sitting in front of us and the staff and other residents standing behind.



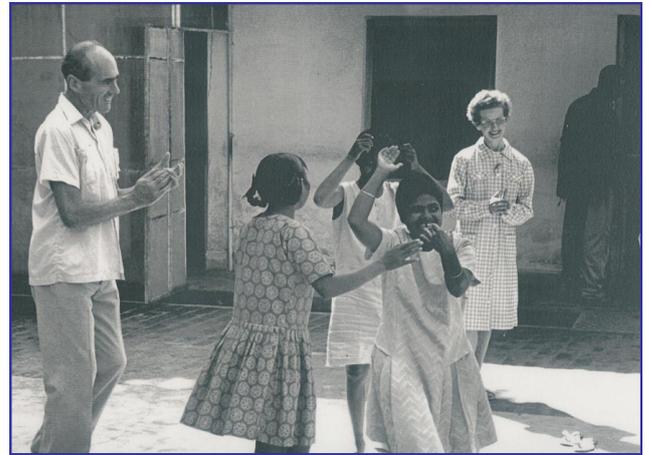
*The photograph which Leonard Cheshire describes in his letter*

It seems to me to sum up both the real family that Raphael is and the way that everyone there gives of their best, each according to their particular role. It also shows how every single visit we have made has brought a special happiness to us, but I assure you none as much as this last one.

From a physical point of view it may have been a little tiring, but I shall never be able to tell you how much it has meant to me, nor what a real inspiration it has been. Had David Puttman and Anglia Television not said that if we were to go it must be before the end of May, not in the autumn as I had previously planned, I suspect that I would have left it too late to be able to come out. So I feel that it was all meant to be and that God in his goodness opened the door and saw that we had the necessary back up and help. Another thing is that I had never thought that we would ever manage to come out

as a family and the fact that we did give the visit a whole new dimension. I am not sure whether I told you, but on the last evening Jeremy came up to us and said that he and Gigi had had a talk and that they would come out together in our place and spend a few days with you. Since getting back, Jeremy has never ceased talking about it all and saying how absolutely thrilled he was being able to visit the different units, talk to those concerned and see with his own eyes the marvellous work that is being done. Like Sue and me, neither he nor Gigi can get over the welcome that you gave us all. We are now just longing to see the film and hope with all our hearts that it will catch at least a part of the profoundly moving experience that it proved to be. I also hope that, just as it has given me new strength for the future and made me feel even closer still to Raphael, so it may be in reverse as well. In a funny sort of way we all feel as if we were still with you. I don't think the memories will ever fade. The journey home went well and according to plan. So in every way we were greatly blessed. Our fondest love to you all. Yours ever Leonard "

*Below Sue and Leonard in India on an earlier visit*



The Foundation was founded in 1959 by the late Group Captain Lord Cheshire of Woodhall VC OM DSO DFC and the late Baroness Ryder of Warsaw CMG OBE.

Leonard Cheshire was Britain's most highly decorated WW2 pilot and a British observer at the atomic bomb raid on Nagasaki. His reaction to the war led him to undertake humanitarian work as a contribution to peace.

Sue Ryder served in the Special Operations Executive in WW2 with responsibilities in Poland. After seeing the terrible destruction she set up homes in Eastern Europe to help sick, disabled and destitute people, especially those from concentration camps.

In the years immediately following WW2, separate Sue Ryder and Leonard Cheshire Foundations were thus established. Subsequently Leonard Cheshire and Sue Ryder married, and set up the Ryder-Cheshire Foundation in 1959.

It was in 1959 that their first combined home, Raphael, at Dehra Dun in northern India, was established. The couple visited Australia in order to gain support for the new home in India, and the Ryder-Cheshire Foundation was started in Australia soon after. Foundations and Support Groups still remain active in the states of Victoria, New South Wales and South Australia.

## HOW YOU CAN SUPPORT RYDER-CHESHIRE

### YOUR OPPORTUNITY TO SHARE IN RYDER-CHESHIRE'S HUMANITARIAN WORK

Sponsors are **URGENTLY NEEDED** and essential to allow us to maintain, support and develop much needed programs at Raphael in India and Klibur Domin in Timor-Leste

#### RAPHAEL

There are two ways you can become a sponsor:

- **Sponsor an individual resident:** Regular updates about the sponsored resident's progress are provided from Raphael.
- **Choose a program to sponsor from the following:**
  - **TB program.** There are 26 beds in the ward, together with an out-patient program treating over 2000 cases each year.
  - **Community Based Rehabilitation Program.** An outreach team supports children with disabilities in their villages.
  - **Day Care Centre Program.** Provides education and therapy to 160 children and adults with disabilities

#### KLIBUR DOMIN

You can sponsor any of the following three programs:

- **Inpatient Services Program .** Provides care for patients recovering from illnesses and injuries.
- **TB Program.** Includes in-patient and out-patient services, a mobile TB Team, and a Multi Drug Resistant TB Ward
- **Community Based Rehabilitation Program.** An outreach team supports children with disabilities in their villages.

#### SPONSORSHIP COSTS

- The usual cost is \$1 per day, or \$365 per year, but sponsors may contribute less or more, if preferred.

### Can you help?

**Become a sponsor now — fill in the form below and forward as shown**



## How You Can Help

The Ryder-Cheshire Overseas Aid Fund is a Tax Deductible Gift Recipient (ABN 15 362 991 732), and all donations and sponsorship payments of \$2 and over are tax deductible. Please complete this form and post to:

**Ryder-Cheshire Australia, PO Box 51, Glen Iris, Victoria 3146.** A receipt will be posted to you.

- I would like to make a donation of \$ . . . . .
- to be used where most needed ( )
  - to Klibur Domin in East Timor ( ) *Tick one*
  - to Raphael in Northern India ( )

- I am interested in becoming a Sponsor for \$365 or \$ . . . . . (other amount) at
- Raphael ( ) *Tick one*
  - Klibur Domin ( )

- I would like information on how to make a Bequest to support the work of Ryder-Cheshire.

Name . . . . . Address . . . . .

Telephone ( . . . ) . . . . . Email Address . . . . .

- My cheque for \$ . . . . . is enclosed **OR**  Here are my Credit Card details

Visa/MasterCard No - - - - / - - - - / - - - - / - - - - Expiry Date - - / - - Amount \$ . . . . .

Name on Card . . . . . Signature . . . . .