



# CARING FRIENDS

W I N T E R 2 0 2 3 N E W S L E T T E R

Ryder-Cheshire Victorian  
Homes Foundation Inc.  
ABN 94 074 894 677

10-14 Donaldson Street Ivanhoe Vic 3079  
Tel: (03) 9254 2400, Fax: (03) 9254 2499  
www.rydercheshirehomes.org.au

## GREETINGS FROM OUR PRESIDENT

It is my pleasure to bring you up-to-date with some of our activities over the past six months, and there is some very good news to report.

### The Renovation Project is nearly finished

Our renovation project which began back in early 2020, is reaching completion as I write. We have been able to reopen all three buildings, there are just a few smaller things to follow up and it will be all done.

Now we have lovely, upgraded kitchens and bathrooms, and state of the art fire safety systems, all of which will provide much greater comfort and safety for our residents for years to come. The fire systems are not very obvious in the interiors, but out on the street front the large cabinets containing the booster pumps and other equipment show just what an upgrade this has been!

Perhaps you know the trials and tribulations associated with renovating a kitchen or bathroom, so you can imagine the dedication and patience needed to do this for so many. I would like to recognize the hard work of all our team in bringing this project to completion. In particular, thank you to the Building Subcommittee, chaired by Peter Overton and including Sandra

Gillespie, Don Hamilton, Barrie Williams and Carol Wines. Also, thank you to Sandra and Leila for keeping the Homes partially open at all times during the project. And thank you to Iwan and Joy, who had to deal with the extra demands of the renovation, and also with the increased cleaning needed to keep the Homes as safe as possible under pandemic conditions. And finally, thank you to Sandra and Iwan and our Resident Carers and volunteers who did the really heavy work of moving furniture and cleaning rooms as the buildings were reopened. A big job very well done, thank you all!

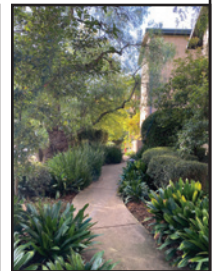
### Thanks to Our Donors and Supporters

At times like this when we are breathing a sigh of relief as a huge project draws to a close, it is important to acknowledge all those who donate, leave a bequest in their Will or support the Homes in a variety of other ways. We are truly grateful to you all. Your kindness and generosity allow us to keep the Homes running, maintaining and improving our facilities, and enabling it to feel like a true 'home away from home' for those who stay here.

- ▶ Bathroom
- ▼ Fire hydrant booster & pump installations
- ▼ Two-bedded room



President Kathy ▲ standing next to Leila and Iwan with Sandra and Nick seated  
Christmas BBQ ▶



### Staff News

We are very happy to welcome two new student Resident Carers Kingsley Considine and Bahgeha Vanderlan, who recently joined us. Both are studying at La Trobe University, Kingsley in the field of prosthetics and orthotics, and Bahgeha in education. Earlier in the year we farewelled Talal after he completed his nursing degree. Our Resident Carers play a vital role which enables us to keep the Homes running 24 hours a day, every day of the year. More about our Resident Carers in this edition.

Our staff are now starting to take some long-awaited overseas trips. Earlier this year, Sandra had a quick trip to the UK to catch up with family. In the near future, Iwan and Leila are looking forward to a trip to Indonesia, and Joy is travelling to the Philippines. We wish them all very happy and safe travels.

Back in December the staff barbeque lunch was held in the courtyard of Building 14, and it was a lovely opportunity to enjoy this relaxed time together. Thanks to Sandra and Leila for their organization and preparation, and Iwan for his barbeque skills.

## PRESIDENT'S REPORT CONTINUED

### The Ryder-Cheshire Australia Biennial Conference in Ballarat

On Saturday 6 May, our Treasurer Mike Moignard and I attended the Ryder-Cheshire Australia (RCA) Biennial Conference in Ballarat. RCA is the umbrella organization that links the individual Ryder-Cheshire groups in Australia, including the homes in Ivanhoe and Mt Gambier, and the groups in NSW, SA and Victoria which raise funds to support two Ryder-Cheshire homes overseas, Raphael in India and Klibur Domin in Timor Leste. Each home is an independent entity governed by its own committee of management and has its own unique mission for the relief of suffering.

This year the Ballarat Support Group organized a very successful Biennial which was enjoyed by all. Technology played an important role in linking us to those unable to attend in person. In particular, we had a video link to the UK to hear from Dr Elizabeth Cheshire, who is the daughter of Sue Ryder and Leonard Cheshire. And we were also able to be joined via video by Priyo Lall, who is the manager of Raphael, and Joaquim Soares who is the manager of Klibur Domin.

Along with the other homes, we had each been asked to use a phone camera to prepare a short video tour of the Ivanhoe Homes to present at the Biennial. The videos of the four homes were very enjoyable and informative, and while our new website is under construction, I hope that you will be able to see our video tour of the Homes there before too long.

### In Conclusion

The last few years have presented many challenges for all of us, especially with the huge changes brought about by the pandemic, and with the devastating effects of bush fires and floods which have affected so many communities. Let's hope that better times lie ahead, with less COVID and more clement weather.

**With thanks and best wishes to you all,**

**Kathy Oswin.**



◀ ◀ Herb Garden

## MANAGER'S REPORT

It has been a busy start to 2023, with an increase in room bookings on the previous COVID affected years. Thankfully, we were able to open Building 10 for residents from the end of March, and so for the first time in 3 years we finally have all three buildings open.

The updated kitchens in Buildings 12 and 14, which now include an induction cooktop, full fridge freezer and a small table and chairs to enjoy meals, along with new furniture and artwork and an updated ensuite ensure it is a 'home away from home' experience. All rooms have their own balcony, with a number of rooms overlooking our peaceful gardens.

The WiFi in Building 14 rooms and the Community Room has received very positive feedback. Unfortunately, there has been a delay of the access points for Buildings 10 and 12 but stock should be available shortly and once received these will be installed into both buildings so all residents can access WiFi in their rooms.

It is wonderful to have all rooms and facilities available and the overwhelming feedback from our residents is how comfortable, modern, clean, and safe the rooms now are.

The volunteer Resident Carers continue to be an integral part of the team and we are so fortunate to have a wonderful group of people who continue to assist Leila and myself after hours, on weekends, Public Holidays and covering our days off and annual leave.

Talal our Resident Carer, who has been with us for the last 2 years left us in March to commence his nursing career. Our thanks and best wishes go to him. We will certainly miss Talal's calm and caring nature around the Homes, but we are excited for this new chapter in his life and look forward to catching up in the future to hear about his new role.

Hoa is now in her last year of studies and Occero has commenced a Social Work degree at Melbourne University and will shortly commence his 3-month placement. Nick continues to look for employment in the Health Information Management field.



We welcomed two new Resident Carers Kingsley and Bahgeha, and as you can see from their introduction, they both bring great skills and experience, and we are delighted they are now part of the team!

Now all buildings are open, we welcome Jehan who has joined the cleaning team with Iwan and Joy. Bahgeha has also been assisting with cleaning duties whilst Joy takes some well-deserved leave. The cleaning team continue to do an amazing job, especially with all the excess cleaning that has been needed due to the building works.

The Friends of Eaglemont have continued in 2023 with their gardening working bees on the last Wednesday of the month and CWA provide a delicious morning tea enjoyed by all those who attend. Once all building works are completed, we will look to rejuvenate some of the garden areas that have been impacted by the building renovations.

Christine and Patricia have also continued their Resident Sunday Afternoon Tea, this has become a great way for residents to meet others in an informal and relaxed atmosphere. A number of residents have said how grateful they are to be able to sit and talk. Christine and Patricia thoroughly enjoy meeting the residents and hearing their stories.



From all the team we wish you and your family good health and happiness.

**Kind regards  
Sandra, Leila,  
Iwan, Nick, Occero,  
Hoa, Kingsley and  
Bahgeha.**

▲ Autumn Garden  
◀ Leila at work



▲ Nick, Hoa & Terry  
◀ Sandra at work with volunteer Terry



## INTRODUCING....

### BAHGEHA

Hi! I'm Bahgeha from Sri Lanka. Coming to Melbourne this February was the start of a new chapter in my life. Pursuing my Master's in teaching at La Trobe University was an exciting opportunity but finding a place to live was proving to be a challenge. That's when I stumbled upon Ryder-Cheshire, and it turned out to be the perfect solution. I was in awe of everything this place has to offer from day one. As a new Resident Carer, I've seen firsthand the incredible relief they bring to so many people's lives. Everyone who works here genuinely cares about the residents, and it shows in their actions. They go above and beyond to make sure that everyone is comfortable and happy, and I am lucky to be a part of such an amazing feat.

Being part of this community has given me a sense of purpose and belonging that I never knew was missing from my life. I look forward to continuing my journey with Ryder-Cheshire and making a positive impact in the lives of those around me. Overall, this experience has been nothing short of amazing, and I'm grateful for the opportunity to call Ryder-Cheshire my home away from home.



### KINGSLEY

Born and raised in Melbourne, I have lived here my whole life. I grew up in the south-eastern suburbs along the bay, and over the past year have moved up to the northern suburbs.

I'm currently studying a Bachelor of Prosthetics and Orthotics at La Trobe University, with a background in studying engineering. Transitioning into the healthcare industry has been a wonderful experience, and it's been great to study with people who are also passionate about helping others.

I was incredibly lucky to have come across Ryder-Cheshire Homes when searching for accommodation and have been thrilled to volunteer alongside such an amazing and caring team. I truly appreciate that I can spend my time assisting the residents of the Homes and hope to continue creating a supportive and peaceful environment for all those who stay with us.



## FAREWELL FROM TALAL

I have cherished my stay as a Resident Carer at the Homes, over the last 2 years. Being able to look after the Homes by making sure your stay is comfortable, the garden's watered, and your queries answered. It has been an absolute joy. Thank you for sharing your stories and life journeys with me - in how Ryder-Cheshire has been able to provide a sense of stability during life shaping events and for some, throughout their lifespan, with stays going back to the 1980s.

Transitioning careers from engineering to nursing while my partner was working in the Northern Territory, has been reshaping and discombobulating, in some ways too. And yet I have always felt a strong sense of stability navigating this transition. For the most part I think this is thanks to each member of the team at Ryder-Cheshire. Who always have the values of safety, stability, and service of our residents and each other, at their core.

It has been a privilege to have been a part of something so special and so heartening, made even better by a team of colleagues working hard and working together to make the Homes what they are to so many people, every day of the week. I will always be grateful for the opportunity to be a part of the team and a part of the service that the Homes provide - Thank you.



## A VERY HAPPY OCCASION FOR NICKY

It is always lovely to be able share good news about members of the Ryder-Cheshire Ivanhoe Homes community, and we hope that you enjoy this update on Nicky. Many of you will remember that Nicky was Assistant Manager and then Manager of the Homes, until ill health forced her to leave work early in 2021.

While recuperating after extensive treatment, Nicky spent many hours last year making a truly magnificent wedding gown and veil for her daughter Chloe. The long-sleeved, floor-length gown has a sweeping train and extensive embroidery, including crystals and pearls, all of which were individually sewn on by Nicky.

We all know that Nicky is a person of many talents, and this beautiful gown is testament to both her skill and a mother's love.



▲ Chloe, wedding dress and veil



The wedding of Chloe and Sweeney took place on a beautiful summer day in January this year, with a large bridal party and 85 guests. Nicky tells us that it was a wonderful family occasion. We hope that you enjoy the photos of Chloe in her beautiful gown, and of Nicky, husband Ian and son Liam with Chloe and Sweeney. It is wonderful to see Nicky looking so happy and well, and I am sure you all join in sending her our very best wishes.

**Kathy Oswin**

## CONGRATULATIONS DON

We are all delighted that Don Hamilton has been awarded the Medal of the Order of Australia (OAM) in the 2023 King's Birthday Honours List for his services to the community.



Don joined the committee of management of the Homes soon after it began in 1982 and he is still a member to the present time, having had only a few years break of service when work took him interstate. Don has served in the roles of treasurer, vice-president and president, and is currently serving as vice-president. Don's contribution to the Homes is marked not just by length of time, but also by his genuine sense of selfless service for the relief of suffering. Don's knowledge and experience in banking and finance have been invaluable to the smooth running of the Homes, and he has given tirelessly of his time and many other skills.

Don has also served the community in many other organisations, especially through his long-standing membership of the Rotary Club of Rosanna. Don's service to the community has been recognized with five Paul Harris Fellowships over his forty years with his club.

Again, many congratulations Don for this hugely well-deserved award, and thank you for all that you have done for the Ryder-Cheshire Ivanhoe Homes across so many years.

# SNIPPETS

We value your feedback and comments, here are some recent comments:

*"Such a warm and peaceful place, so thankful."*

*"Lovely stay, great staff, thank you."*

*"Beautiful, restful place."*

*"Amazing place to stay during hard times, beautiful people, quiet and super comfortable clean and extremely generous friendly atmosphere, truly amazing place to stay during our Austin hospital procedure."*

*"Great accommodation for those needing to be close to the Austin hospital. The staff here are helpful and kind."*

*"Very helpful staff and clean rooms, thank you."*



# AROUND & ABOUT YARRAM

Our residents reside in all regions of Victoria and beyond. Continuing in the series of visiting these locations we travel in this edition from Churchill in Central Gippsland to the town of Yarram in South Gippsland.

Yarram, set in surrounding grazing land is a regional farming centre. It is also a major service centre for coastal communities. Established in 1861 Yarram Yarram as the town was originally known, lies between the Strzelecki Ranges to its north and the historic Port Albert to its south.

Entering the township, the road widens into an attractive boulevard with a central garden display. Yarram has its own share of historical buildings including the Regent Theatre and Yarram Courthouse now a gallery and art space. The art space extends to colourful murals to be seen around the town on the sides of various buildings. Painted by street and silo artist Heesco, they depict a number of historical figures and an attraction for visitors.



◀ South Gippsland Creamery and Butter Factory



▲ Old Yarram Club Hotel



◀ Regent Theatre

▲ Main street boulevard  
◀ Court House



◀ Yarram Street Art

For recreation spaces Yarram offers a picnic area just off the highway to the north of the town based around the old bridges over the Tarra River waterway. To the south the town's Memorial Gardens also feature water attractions and a playground.

Yarram is only a 30km drive from the Tarra Bulga National Park and a 55km drive from Ninety Mile Beach. For those more adventurous and energetic, Yarram is on the Great Southern Rail Trail. The Rail Trail from Leongatha to Yarram is 95km but for a shorter ride/walk Alberton is 6km away, another way to experience the South Gippsland countryside.

Sources: Visit Gippsland, Travel Victoria  
Teresa Overton

## CARING FRIENDS NEWSLETTER BY EMAIL

Instead of receiving a hard copy, we can send it to you via email. Simply call our office and provide your email address, or go to [www.rydercheshire.org.au](http://www.rydercheshire.org.au) and follow the links. Thank you.

## REGULAR SOCIAL EVENTS

We are gradually resuming social events albeit slowly, with the health and safety of our residents uppermost in our planning. Please look contact our office staff for the latest information on any events.

# CALL FOR VOLUNTEERS

If you have time a few hours a week to assist at the Homes or act as Resident Carer over a weekend we'd love to hear from you! No pre-requisite skills required. For all enquires please call (03) 9254 2400.

# DONATION

Ryder-Cheshire Ivanhoe Homes (ABN 94 074 894 677) receives no government funding and is financed entirely through its own efforts and the generous support of Caring Friends.

Donations of \$2.00 and over are tax deductible

Visit [www.rydercheshirehomes.org.au](http://www.rydercheshirehomes.org.au) to donate via PayPal

If you would like to make a donation, please fill in the form and send it to the address below:

**RCVHF Inc.** 10-14 Donaldson Street  
IVANHOE VIC 3079

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