



Ryder-Cheshire News

NEWSLETTER OF THE AUSTRALIAN ASSOCIATION OF RYDER-CHESHIRE FOUNDATIONS

"For the Relief of Suffering"

FOUNDERS:- Group Captain Lord Cheshire, VC, OM, DSO, DFC: Lady Ryder of Warsaw, CMG, OBE.

NATIONAL PATRON:- His Excellency Major-General Michael Jeffery. AC CVO MC (Retd)

Governor General of the Commonwealth of Australia

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IN THIS ISSUE

Reflections on Klibur Domin	Page 2
News from TIMOR-LESTE	Page 3
News from RAPHAEL	Page 4
IVANHOE & THE VICTORIAN HOMES	Page 7
"It is Too Easy"	Page 7
STATE REPORTS	
SOUTH AUSTRALIA & MT GAMBIER	Page 5
WESTERN AUSTRALIA	Page 5
NEW SOUTH WALES	Page 6
AUSTRALIAN CAPITAL TERRITORY	Page 6
BENDIGO SUPPORT GROUP	Page 6
BALLARAT SUPPORT GROUP	Page 6
VICTORIA	Page 8

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From the National President

The Victorian Foundation and the Victorian Homes Foundation (they are separate legal entities) are busy preparing to host the **2006 Biennial Meeting from 24 to 26 February at Ivanhoe in Melbourne**. Some delegates will be accommodated in the Victorian homes. We look forward to welcoming friends from interstate and overseas. Air Marshal Brijesh Jayal, the Chairman of the 'Raphael' Council, and his wife and Mr Dick Bird, the Chairman of Target Tuberculosis in the UK, have accepted our invitation to attend this Biennial Meeting.

As President of the Victorian Homes, I have a very regular day-to-day involvement in its activities and a short report appears later in this Newsletter. It is also encouraging to attend the monthly meetings of the Victorian Foundation as Treasurer and to learn of the many fund-raising activities being organised. The sale of cards is an increasing source of income and very popular with our supporters.

The construction of the Mt Gambier Home is nearing completion and we look forward to its opening in 2006.

I was pleased to attend the recent **Cheshire Memorial Lecture** organised by the Victorian Foundation. **A large audience listened to a very inspiring address by Kevin Bailey, the Honorary Consul for Timor Leste in Victoria.** Kevin is a former member of Australia's SAS force and a regular visitor to Timor Leste. He spoke of Australia's debt of honour owed to the people of Timor Leste for their support of Australian soldiers during the Japanese occupation from 1942 to 1945, and the steady advances now being achieved in the recovery from the aftermath of the events of August 1999.

I was sorry to learn of the closure of the Barbara Seabrook House at the Royal Perth Hospital due to a lack of resources to maintain its operation. I congratulate the members of the W A Foundation who have administered the House for many years and particularly for their recent efforts in attempting to keep the House open.

I was also interested to read of the recent very innovative trivia night with a difference organised as a fund-raiser by the Bendigo Support Group with good financial results.

Don Sinclair

THE AUSTRALIAN ASSOCIATION
OF RYDER-CHESHIRE FOUNDATIONS
would like to wish
its many supporters in all States
a Very Happy Christmas and New Year.

Your valued generosity enables the work of
our Founders to continue,
touching the lives of many in the
"Relief of suffering".

We thank you all most sincerely and may you
enjoy Peace, Joy and Happiness
in the Festive Season.

REFLECTIONS ON KLIBUR DOMIN

by Patricia McDonell

CHANGING NEEDS, CHANGING ROLES

I have been lucky enough to have worked at Klibur Domin on three separate occasions – for six weeks over the Christmas/New Year period of 2000/01, for six months from late 2001 until the middle of 2002 and now for two years from late 2003.

When I first arrived at Klibur Domin it was more an entity in name than fact. Though the buildings were there, the organisation and management of a low dependency health care facility were absent. Those first employees of Klibur Domin did not understand what the foreigners were trying to achieve, nor what was expected of them. Yes, they were happy to work there, but in the situation as it was, they would have been happy to have found paid employment anywhere.

During the period 2000/01, the United Nations were transitioning from an emergency phase to one of support and development. The work required of volunteers was very tedious but essential for those newly relying on Klibur Domin for their care; carting water, sourcing supplies of food, addressing basic health-care needs. Additionally, in a country with few or no clear rules, the volunteers were in the position requiring 'discovery' of the developing framework and 'discovery' of those people that could provide assistance.

The changes that confronted me when I returned to Klibur Domin in late 2001 were impressive. The work of the many volunteers and of the now understanding employees had resulted in a facility playing a major role in the health care system of the country. Volunteers had more time off than we had in the past as the local staff were now capable and willing to do a lot of the work. **The role of the volunteer had changed to one of advice and direction, as distinct from the earlier role of actually doing what needed to be done.**

Another area where change could be seen was in the relationship with the local community. When we first 'occupied' the compound in late 2000, the locals were unaware of our intent. When they observed our care for the Klibur Domin residents they accepted our presence, but uncertainty still existed. By the time I returned in late 2001, Klibur Domin was providing assistance to the local community and that community was supporting the work of Klibur Domin. The Chefi, the local headman, assisted in developing the work ethic of the employees, demonstrating to the staff and to the local people that the hierarchy of Klibur Domin was to be treated with respect and that it was now part of the local community.

The relationship with the community had again changed between my second and third stint at Klibur Domin to

one where we now consult and assist in many areas. The local community asks for assistance when it is required, just as Klibur Domin asks them for assistance on some occasions. Our reach into the community continues to grow as we become aware of their needs, most specifically the needs of the sick or those with handicaps. Such involvement has led to a strong and trusting relationship.

Another big change that I discovered on my return to Klibur Domin in 2003 was the role of the Volunteer. I was pleasantly surprised to find that the basic operations of the facility were being managed by the local staff. Certainly some assistance was required in some areas, but predominately each facet of the facility was being handled well. Upon arrival I was again responsible for managing Klibur Domin but, more importantly, this time I was responsible for handing over management to a Timorese man – Joaquim Soares. All of you that have met him will know what a wonderful person he is, a very conscientious and caring soul. I have found working with him to be a wonderful experience and handing over management to him was the high point in my relationship with Klibur Domin.

The final major change has been in the role of the volunteer. Klibur Domin no longer needs foreigners to come in, identify what is wrong and put in place the solution. **Now that Klibur Domin has developed into a Timorese-run facility, what is needed is volunteers willing to work with the local staff to identify those factors that the local staff believe should be improved, assist them in identifying options for the improvement, then empowering them to follow through and make the changes.** Certainly this takes more time, certainly it can be frustrating. But the results of 'volunteer' made solutions are typically short-lived; those of the more time-consuming 'local' solutions can be seen to endure. What may be seen by some volunteers as professionalism can be seen by local staff as arrogance.

Klibur Domin will need assistance from Australia for many years to come, both financial and physical. In response to the changing needs identified by the local staff, the Ryder Cheshire Foundation must change their role by accepting that the local staff are knowledgeable and professional. We must work to respond in a way that strengthens and empowers those now responsible for the operation of Klibur Domin. Undoubtedly the local staff will make mistakes, but if we do not allow them to do so we will rob them of experiences essential for their development. This may at times be frustrating for us, but for the Timorese it will be the only way they can grow themselves, Klibur Domin and Timor-Leste.

Patricia McDonell October 2005

NEWS FROM TIMOR-LESTE

From Helen Trueman, Klibur Domin Project Officer



We all say it....but truly haven't the past two years gone so very quickly. It was this time two years ago that ACT RCF President Patricia McDonnell arrived at Klibur Domin on an *Australian Volunteers International*

placement. This was Patricia's third placement at Klibur Domin, having been the Home Manager in 2000 and again in 2002.

Patricia's role on this occasion was to mentor Joaquim Soares and to assist him to prepare himself to take over in the role of Home Manager. Joaquim quickly grew in skills and confidence in managing the various aspects of Klibur Domin and he took over the Manager's role in July 2004. For those fortunate enough to have met Joaquim and to have had regular contact with him, we know that he has grown in many ways into this role. Patricia and previous Volunteer Home Managers, Mike Chapman and Judy Chesney, have all contributed to Joaquim's development as a Manager.

Patricia McDonnell completed her tour at Klibur Domin on the 6th November 2005. She has made an enormous personal commitment to Klibur Domin. She has given more than two years of her life to help the people and facility she holds dear. Her departure from Klibur Domin will mark the end of an era. I am sure that Joaquim will miss her counsel and support. Thank you Patricia.

Isaura Da Silva, the young girl whom RCF organised to come to Australia in 2000 for cardiac surgery, required further investigations earlier this year. Klibur Domin organised for Isaura and her mother to come to Darwin so that these tests could be carried out. Isaura will probably require further cardiac surgery within twelve months. RCF and Klibur Domin are following this up at the moment.

Klibur Domin continues to treat a variety of patients. They are referred to the home from various clinics and the Dili Hospital. People come with malnutrition, fractures, TB and other medical conditions. Their basic needs are provided in a loving and caring environment, where general health awareness is promoted.

There have been a few additions to the staff at Klibur Domin. The Board of Management has agreed to employ a local nurse. The recommendation of **Volunteer**

Carer Advisor, Maria Lonie, was considered and adopted. The position is not yet filled, although advertising is well under way. At a recent staff meeting, the staff at Klibur Domin decided to self fund a person to care for staff children, whilst staff are on duty.

The Vegetable garden at Klibur Domin continues to flourish. Here is an extract from a recent report

"A new garden was recently designed and made by both Carlos (staff) and Jane (Volunteer). The shapes of the beds ensure maximum water retention and soil fertility. These beds are in the process of being composted, mulched and planted. Just outside this area, the gardeners have made some raised beds out of wood and bamboo and trialed growing different varieties of green vegetables in them. They are very successful as they stay moist all day long and are not attacked by any pests. We also have our tree nursery that was completed about 3 months ago. Fruit seeds are being sown in black bags in order to be strong enough to be replanted in the earth when the wet season arrives. These young fruit trees will also be given out to the community. In the last two weeks we have harvested twenty four paw paws, nine and a half large wash tubs of green leafy vegetables, forty eggplants, forty eight sweet potatoes and fourteen kilos of cassava."

Des Buchhorn a nutritionist and a regular volunteer at Klibur Domin, recently spent a number of weeks at Klibur Domin and followed up his previous work at the home. Again Des wrote a comprehensive nutrition report. It is pleasing to know that the food served at Klibur Domin is of a high quality and standard. Des has made some further recommendations, which Joaquim and the staff are following up.

The Board of Management has approved two projects which will extend the work done at Klibur Domin into the wider community. These projects are a Children with Disability Outreach Program, and a Mobile TB Clinic. An application is currently with AVI to find a volunteer coordinator of these projects. It is envisaged that these trial projects may commence in February/ March next year. **These two projects were made possible because of a generous bequest.**

Thank you to the many supporters and volunteers who have contributed to the development of Klibur Domin. I wish you all a very safe and happy Christmas. May peace reign.

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RYDER-CHESHIRE WEBSITES

Australia	www.ryder-cheshire.org
India	www.raphaelicare.org
East Timor	www.klibur-domin.east-timor.net

NEWS FROM RAPHAEL

from Meera Handa, Liaison Officer

Once again it's time for us to update you on our activities at Raphael for the past six months. We feel we have achieved a lot in this time and are pleased to be able to share this with you.

Renovations Repairs and renovations to Ava Vihar and the Little White House have been going ahead at full steam. All buildings have been painted afresh, bathrooms retiled and new curtains hung up. A centralized kitchen for all the wings has been set up and all meals are now served in one central dining room. The next phase of renovations will begin soon and next in line are the volunteers' living quarters and the administration building, both of which are in desperate need of a facelift.

Fund Raising Activities We are planning a series of events that we hope will help generate additional funds for Raphael. A charity walk, fetes and sporting events are some of the ideas we are looking into. We hope to get local schools involved in these activities with the aim of creating awareness about disability amongst the children. Another avenue we are exploring is trying to generate more publicity for our vocational workshop and we hope to participate in a lot more fetes and other events where we can sell the items we make. With the festive season currently underway, we are already doing brisk sales in our candle workshop.

Visits Last August, HelpAge India and students from a local school, presented us with a cheque of Rs 71,250/- which they had collected for the purchase of medicine for senior citizen patients in our TB hospital. As part of their course curriculum, about 300 officer trainees from the Academy in Mussoorie visited Raphael to see the work being done by us in the field of disability. These officers will be the future administrators and policy makers of the government and we were very pleased with the level of interest and concern shown by them. They asked many questions and were very keen to know how we thought the government could get more involved in helping institutions like ours. Other visitors to Raphael included Maria Teresa Mehta, the wife of the Deputy Chief of Naval Staff; Major Gen K S Sindhu, DG Resettlement, Ministry of Defense; and Mrs Sneh Agarwal, Additional Secretary, Ministry of Social Welfare in Uttaranchal. All were highly moved by their visits and commended us for the work we were doing.

NEWS FROM THE WINGS The Shiv Sadan family lost two members in the past six months. Shadei Devi, 72, passed away on 29.9.05 and Dhanoli Devi, 56, on 9.10.05. God rest their souls in peace. The weaving at the Sheltered Workshop is continuing. Plumber Dewan and carpenter Badal have also been keeping quite busy helping out with all the renovations in Ava Vihar and LWH.

Little White House Bhanmati, Lakshmi 2 and Bina 2 have enrolled for a 3 year nursing course and Chanda is doing a tailoring course. This brings the total number of children from LWH currently undergoing vocational training to 9. Bina 1 has successfully completed her fashion designing course and is now ready to join the workforce. Laxshmi and Sarojni have been selected to play for the Uttaranchal State Volleyball team. Five boys recently participated in their school's athletic events including a marathon and a couple of the younger children attended the recent Uttaranchal Special Olympics meet at Welham's Girls School.

AVA VIHAR

Day and Residential Centre Thirteen children were assessed for admission of whom two have been admitted. About fifteen children went to Rishikesh to participate in a sports meet. Twenty two students also took part in the Uttaranchal Special Olympics in October at Welham Girls School. **Our students won 9 gold, 7 silver and 1 bronze medals.** Four students travelled to Secunderabad to participate in a national level Bocce competition held in October and **won two gold medals.**

Vocational Workshop We were invited to set up stalls at the Academy in Mussoorie and the Doon Club on Dussehra. With Diwali round the corner, we will be setting up stalls in several other venues towards the end of October. Our candle workshop is working on overdrive to meet the demand. This year we have come out with diaries for 2006 containing 12 artworks (one for each month) done by the children of Ava Vihar and found sponsors to cover all the printing costs.

Resource Centre Awareness workshops on Dyslexia were conducted for teachers in five schools. Six new children have been assessed and remedial work is continuing at the Doon School and Doon Girls. A programme has been prepared and handed over to Hopetown School for them to use independently.

Community Based Rehabilitation The centres at Mehuwala and Nayagaon continue to run well with about twelve children attending each centre. Parent training sessions have been held regularly at the centres covering topics such as Early Intervention, Social Interactions, Communication Skills, Prevention and Precautions. Surveys have been carried out several centers. We will shortly be opening two new centres at Signiwala and Hasanpur. The premises have been arranged and potential students identified. We are currently training some teachers from the community.

VOLUNTEERS AND INTERNATIONAL VISITORS The summer/monsoon months are always quiet on the volunteer front and this year was no exception. There was however one brave soul, **Jill Belcher, physiotherapist from New Zealand**, who braved the heat and humidity and volunteered at Raphael from June to September 2005. **Reicha Sharma from the UK** spent about 3 weeks with us. **At the moment, Robert and Marguerite Potts from Western Australia are here with us.** Our deep appreciation to all volunteers for their time and hard work. **Amongst our international visitors**, we were pleased to have **Bruce and Margaret Moon from New Zealand.** The Moons have had a long association with Raphael. **Carolyn Tapley, Sponsorship Secretary Christchurch and Jane Forster, a regular visitor from RCF UK**, spent a couple of weeks with us in October. **Father Charles Drennan** was here for about a week in October. Beth Fay (an ex-volunteer) and a friend dropped by for a few days. **Nick and Andrea from the Rege Foundation in UK are currently visiting with their daughter Bella.** We hope they all enjoyed their stay with us and hope to see them again.

RAPHAEL RYDER-CHESHIRE INTERNATIONAL CENTRE

Chairman Emeritus: Maj-Gen R Bakhshi MC (Retd)
Chairman: Air Marshal BD Jayal PVSM AVSM VM (Retd)
Director: Brigadier AA Sinha SM (Retd)

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The Association gratefully acknowledges David Coath, of Prompt Distribution Pty Ltd, West Heidelberg, Victoria, who most generously arranges and pays for the distribution of this Newsletter.

SOUTH AUSTRALIA

from Margaret Blaber, Honorary Secretary.

CARDS AND CHRISTMAS SHOPPING The Charity Shop at 7B, Southern Cross Arcade, 52 King William Street, Adelaide was officially opened for the Christmas Season by the Lord Mayor of Adelaide. The South Australian Foundation has an excellent selection of Christmas Cards, Cards for all occasions, as well as a selection of craft items for sale in the Shop.

QUIZ AFTERNOON Barbara Phillips, a resident of the Stuart Grove Retirement Village in Camden Park, and a hardworking committee member, organised a very successful "BRING & BUY QUIZ AFTERNOON", in the Community Hall at the Village on 30 September. SA members and friends, as well as Village residents enjoyed the Quiz, the Afternoon Tea, and the many prizes offered. Barbara would like to thank all those in the Village who so capably assisted, firstly in setting up, and finally in clearing up! Thanks also to those who provided the food and those who contributed to the trading table and prizes, and finally to those who "dug deep in their pockets", all of which added significantly to this fundraising event.

ANOTHER FUND RAISER Once again the Lions Club of the City of Adelaide have offered to assist with the BBQ, by undertaking all the catering. **THIS WILL BE HELD ON SUNDAY 22ND JANUARY 2006, AT THE CHARLES STURT MUSEUM IN GRANGE** (the same venue as in 2005). Flyers are being distributed with full details of this function, and it is hoped this will be as enjoyable and profitable as it was in January 2005.

FILM AFTERNOON AND TEA A reminder that this will be held at the Wallis Theatre on **SUNDAY 23RD APRIL 2006**. Details to be sent nearer the date.

NATIONAL BIENNIAL CONFERENCE To be held on 24-26 February 2006, in Melbourne. **President Patricia Frith and past President Christine Lopez will be representing South Australia as Delegates.** Delegates from the Mt. Gambier Support Group will also be attending.

MOUNT GAMBIER SUPPORT GROUP Margaret Blaber and Judith Bonfiglioli attended the Annual General Meeting on 20th October 2005, followed by a dinner at the home of Kaye & Neville Gilbertson. President Kerry Probert (re-elected for a further term) thanked committee members and local supporters for generously continuing support of the Group's activities in raising funds for the Ryder-Cheshire Foundation.

MOUNT GAMBIER PROJECT The Support Group is well on the way to finalise completion of the first Ryder-Cheshire Home in South Australia. Young disabled people in the South East will now have a home for life. Generous bequests from the estates of Dame Roma Mitchell (former Patron of the SA Foundation), and Geraldine Sherrington-Brown, as well as a one-off Federal Government grant has enabled the financing of this worthwhile project.

**CONGRATULATIONS AND WELL DONE
TO THE MT. GAMBIER SUPPORT GROUP
WHO HAVE ENABLED THIS PROJECT TO REACH FRUITION.**

As we reach the end of another year, on behalf of the South Australian Foundation we extend to all our members and all supporters of Ryder-Cheshire throughout Australia, our good wishes for a Happy Christmas and Peaceful 2006.

WESTERN AUSTRALIA

from Evelyn Petters, Honorary Secretary

The past twelve months have been a very difficult time for the Western Australian Foundation. Diminishing numbers on Council have made it difficult to organise fund raising events and problems in managing the Barbara Seabrook House have escalated throughout the year.

We started the year without a resident Supervisor to run the House and were pleased when we were able to fill this position as reported in the July Newsletter. However, the position became vacant again in October. **In consideration of the difficulty in recruiting a new resident supervisor, reduced occupancy levels, escalating costs and the lack of volunteers to assist,** Council voted to consider closure of the facility. Discussion with Royal Perth Hospital Management followed and we terminated the lease on 31 October 2005. It was the decision of Council to donate all effects to the Hospital which Royal Perth Hospital were pleased to accept. **This will benefit their program of using the facility for Rehabilitation purposes. We are pleased that the name of "Barbara Seabrook House" will remain.** As an acknowledgement of our very good relationship with the Royal Perth Hospital, Members of the RCF Council were invited to attend an afternoon Tea at the Hospital on 28th October. The following are excerpts from a speech given at this event by **Dr Philip Montgomery, Area Executive Director, Royal Perth Group North Metropolitan Area Health Service.**

"Thank you all for coming this afternoon to share in this token of our appreciation to the Ryder Cheshire Foundation. The Foundation has been associated with the Shenton Park Campus of Royal Perth Hospital since March 1st 1991. The Board of Management of RPH agreed to allow the Foundation to use the Old Quarantine House, as the building was then known, on a trial basis for six months. The House was re-named "Barbara Seabrook House" after the Honorary Secretary of the WA Branch of the Ryder Cheshire Foundation at that time. I am pleased to let you know that it is the Hospital's intention to retain this name for the building. The Foundation has provided an outstanding humanitarian service for many patients during the past 14 years. Barbara Seabrook House filled a gap that existed at that time, not only for patients attending Royal Perth Hospital but also (other) hospitals. In 1995 the Foundation signed a twenty-year lease with the Hospital and it with regret that we recently accepted the Foundation's decision to terminate the lease. On behalf of Royal Perth Hospital and all the patients and carers who have used the facility, may I thank the Foundation for the excellent service that you have provided. The Hospital appreciates the collaboration and partnership that it has shared with the Foundation over the past 14 years. I wish the Foundation continued success for the future".

In response, the WA President, Professor Desmond O'Connor, looked back on a very fruitful and harmonious relationship with the Hospital. **Around 1987, when he was President of the Royal Flying Doctor Service, he saw the need for inexpensive accommodation for country people coming to Perth for medical treatment. This came into being as Barbara Seabrook House. The House was opened by Lady Ryder on 7 March 1991 with accommodation for 10 people.** Extensions, bringing the capacity to 19 people as well as a Supervisor's flat, were opened by Lady Ryder on 3 April 1998. Mr Ron Bodycoat, the President at the time, was the Architect. The work was financed by the WA Foundation to the tune of \$80,000 with a matching grant from the Lotteries Commission. In June 2005 the House took in its 6,000th guest. This is a tribute to our volunteers and benefactors. It saddens us all to bow to the inevitable.

The WA Foundation thanks all who have contributed so much to maintain this facility over the past 15 years. The work of the WA Foundation will carry on and we would be pleased to hear from anyone interested in joining our loyal band of workers organising fund raising events.

We send sincere Festive Greetings to all of our valued members and supporters in Western Australia, extending grateful thanks to all who have enabled the Foundation to continue during its 35 years in WA.

NEW SOUTH WALES

From Jayne Robinson, President.

The Committee of Ryder Cheshire Foundation NSW held its 39th Annual General meeting on the 11th July. The existing Directors and Committee Members were re-elected for another term of office.

The NSW committee held the annual Member's Indian Lunch on Sunday 16th October 2005. It was a very enjoyable afternoon where a young volunteer, Anna Dawson, spoke about her experience she had at Raphael in 2004. Anna showed a number of lovely personal photos that she had taken, some of the young children she had so enthusiastically taught and also some of the older residents who have been able to call Raphael "home" for a long time.

A NUMBER OF STREET STALLS HAVE BEEN ORGANISED CLOSER TO CHRISTMAS TO SELL THE BEAUTIFUL SELECTION OF CARDS WE HAVE THIS YEAR.

Our Support Group in Newcastle, ably led by Joan Cunningham, have secured a position in the charity card shop once again and are hopeful of another successful season.

We would like to take this opportunity to thank our loyal supporters and long standing members and we wish everyone a very peaceful Christmas and New Year.

AUSTRALIAN CAPITAL TERRITORY

From Dennis Sleigh

AT THE ANNUAL GENERAL MEETING OF THE ACT BRANCH, SERIOUS AND PROLONGED DISCUSSION OCCURRED ON THE FUTURE VIABILITY OF THE BRANCH. It was clearly acknowledged that the continued existence of the group could be ensured only if all members were prepared to accept a significant role in its operation.

The meeting heard that there had been previous occasions when the committee had considered closing the ACT Branch, but on each such occasion, it was agreed that the spirit of Leonard Cheshire and Sue Ryder should continue to be manifest in Canberra.

It was therefore agreed that if everyone took on clearly defined roles and fulfilled the duties involved, we could overcome current problems and move confidently into the future.

The President, Shirley Williams, was thanked for her contribution to the Foundation at both local and National level, and members undertook to offer their full support in the coming years. Shirley agreed to take on the role of President for one more year, and the other executive roles were then filled. The new executive members are:-

- President** Mrs. Shirley Williams
- Vice President (Publicity)** Mr Dennis Sleigh
- Vice President (Functions)** Mrs Wendy Altamore
- Treasurer/ Card Secretary** Ms Beth Stone
- Minutes Secretary** Ms Anne-Maree Sleigh
- Membership Secretary** Ms Gayle Yeaman
- Sponsorship Secretary** Mrs Margaret Sleigh
- Committee** Mr Robert Altamore

Wendy Altamore reported to the meeting that the major fund raising function for 2005 would be a charity dinner at University House, Canberra. John Bell of the Bell Shakespeare Company will be the guest speaker at the dinner which will be chaired by Dr Paul Collins from ABC Television.

BENDIGO SUPPORT GROUP

from Hugh Elphinstone, President

The Annual Trivia Night was held in October and raised \$600. President Hugh Elphinstone was the frustrated Compere, because he was not permitted to ask one question for the entire evening ! As a colourful change from the usual format, it was a "Visual" Trivia Night and all clues were pictures projected onto a large screen. Round prizes were vast amounts of chocolate. The major prize was Dinner to the value of \$200, donated by our Bendigo Vice President, Irene Keogh and husband Graeme who are the proprietors of the One Tree Hill Hotel, View Hill. The Anglican Church was the ideal venue. Raffle prizes were gift vouchers donated by various Bendigo businesses. Hugh Elphinstone drew the raffle prizes - this was not a wise decision as he drew out his own ticket, his Mother's ticket, RCF secretary Betty Keating's ticket, and his church Minister's ticket - twice !! This Trivia Night "package" will now be offered to Ryder Cheshire's Melbourne and Ballarat support groups in 2006.

The Bendigo Support Group has been successful in publicising the work of our Ivanhoe Home in an article written by Hugh Elphinstone, with considerable help from the Home Supervisor, Sister Jane Gorey, who also supplied the photographs. The article has been published in a free newspaper, the Bendigo Weekly which is delivered to every home in the city. It also appeared in the monthly magazines of the Anglican Diocese of Bendigo and the Catholic Diocese of Sandhurst, both of which have a wide circulation in Northern Victoria. This article is available (from Hugh) to anyone who would like to use it to publicise the Ivanhoe Home.

We have found a source of medical supplies for the RCF Home in East Timor. Central Victorian Medical Supplies has offered Ryder-Cheshire all their non-perishable stock, such as needles, wound dressings and hand cleaner, which has reached its use-by-date. All this stock has been checked and is in excellent condition.

St Paul's Cathedral Bendigo has opened its annual Charity Christmas Card Shop, and Ryder Cheshire is one of 35 charities which sells its Christmas cards through this venue. Thanks to the good work of RCF Bendigo Secretary Betty Keating, the Shop has taken a big increase in RCF cards. The Shop is growing in popularity every year and always sells out long before Christmas.

BALLARAT SUPPORT GROUP

from Dianne McGrath, Vice President

The Ballarat Support Group acknowledges the wonderful work of the Committee and Supporters at this year end. Sales of stationery and products, raffles and events have all contributed to our fund raising this year. We appreciate the generous support from our RCF Sponsors. The group extends warm Seasons Greetings along with Health and Happiness to all members and supporters of RCF.

BALLARAT SUPPORT GROUP

meetings are held regularly
every fourth Tuesday of the month at 7.30 pm
(Please note this is a change of time from the usual 8.00 pm)

ALL ARE WELCOME TO ATTEND.

Please contact our Secretary
Mrs Janice Cook {Ph 03-5331 8898} for further information.

IVANHOE, VICTORIA

A City 'Home' for Country People

Steve* has just recovered from surgery for lung cancer. His Doctor has arranged for a course of chemotherapy at the Austin Hospital's cancer treatment centre for outpatients at the former Repatriation Hospital in the Melbourne suburb of Ivanhoe. His wife will stay with him in Melbourne until they return to their home in the country.

Susan* has been told she needs an operation by her Doctor, who has referred her to a Surgeon at the Mercy Hospital for Women. The Mercy has just relocated to Heidelberg in Melbourne's northern suburbs, next door to the Austin Hospital. Susan* is worried about complications which may arise after her operation and has asked her sister to come to Melbourne with her.

Brad* suffered serious spinal injuries when he lost control of his ute on a gravel road near his home and hit a tree. After lengthy treatment at the spinal unit of the Austin Hospital, he has been transferred to a nearby rehabilitation centre to try and make a full recovery. He knows he will be an in-patient there for many months. He has asked his father to come to Melbourne and help with his rehabilitation.

Country people could find themselves in these situations at any time. The problem for all these patients and their carers is a shortage of affordable accommodation for country people in Melbourne. **The solution is the Ryder-Cheshire Foundation's "Home" at 12 Donaldson Street Ivanhoe.** The Home consists of three blocks of 43 self contained units which were fully refurbished two years ago at a cost of more than \$1,000,000. Each 2 or 3 bed unit has new ensuite facilities, plus kitchen, telephone and colour TV. Each block of units has its own guest laundry, and some off-street parking.

Country and interstate in-patients or out-patients at Melbourne hospitals, and the carers who support them, are welcome to stay at the Ryder-Cheshire Home at a cost of \$30 per person per night. Home residents who live in Victoria more than 100 kilometres from Melbourne may be eligible for a full refund of this accommodation fee through the Victorian Government's 'Patients Travel and Assistance Scheme'. Patients or carers can drive their own cars to the nearby hospitals, or Social Workers at the Repatriation Hospital in Ivanhoe and the Peter MacCallum Hospital in East Melbourne may be able to arrange transport for some patients by volunteer drivers or the Red Cross.

There is a very high demand for this type of accommodation, so it's essential to book accommodation at the Home as far in advance as possible. Bookings must be made by the referring social worker or medical officer at the Hospital. The Home is located south of the intersection of Bell Street and Waterdale Road, Ivanhoe. Phone 03 9254 2400.

The Home is currently staffed by a Catholic sister and a volunteer carer who see their work as an opportunity to provide emotional support for patients and their carers. **The Ryder Cheshire Foundation is also seeking volunteers, singles or couples, to live-in at the Home as resident carers, or to live-in for a week occasionally to relieve the resident carers.**

The Ryder-Cheshire Foundation is a Charity which subsidises the cost of running the Home by seeking donations from the general public. All donations in support of the Ivanhoe Home are tax deductible.

*(*All names used in this article are fictitious.)*

THE VICTORIAN HOMES

from Don Sinclair, President Homes Foundation

Life is very hectic in the Victorian Homes at Ivanhoe. We have lost two of our resident carers this year with Sister Chrys Cox departing in April and Sister Marie Salmon in August. We are very grateful for the faithful service during their time at Ivanhoe.

Mrs Margaret Crotty, a former resident, has answered our plea for a volunteer residential carer. Margaret has settled in to her new role very well and will be with us for at least a year. Sister Jane Gory, our long-serving resident carer, fell heavily in the garden recently and fractured her wrist in several places. Jane traded roles as a patient in the nearby Austin Hospital while she recovered from surgery. Jane is now back on duty with her arm in a sling.

The most pleasing thing and also the most disappointing thing is the fact that our 43 units are in such demand that we have recently had to turn away some applicants due to lack of accommodation.

During the past two years we have accommodated groups of Vietnam Veterans, peacekeepers and emergency services personnel attending the Austin Repatriation Hospital for intensive PTSS therapy. The groups use our Community Lounge as their dining room and social centre. We are currently upgrading the chairs and other furniture to make them more attractive for residents.

WE ARE LOOKING FORWARD TO WELCOMING FRIENDS FROM INTERSTATE WHO WILL BE STAYING AT THE HOMES DURING THE BIENNIAL MEETING IN LATE FEBRUARY NEXT YEAR.

IT IS TOO EASY

It is too easy to judge, to think that your way is wrong and mine right.

It is too easy to be seduced by the children's smiles and fail to see those truly needing help.

It is too easy to ignore the needy, the marginalised, because they challenge my ability to cope.

It is too easy to jump in and do it my way because I see no other way.

It is too easy to shelter within my own experience and fail to acknowledge the privileged life I have led.

It is too easy to expect gratitude when I am only really acknowledging and reacting to your humanity.

What is not easy is comprehending the pain and suffering you have endured.

What is not easy is to realise that the markers that define my world are not necessarily relevant within yours.

What is not easy is to accept that what I believe needs to be done is not your priority.

What is not easy is to acknowledge your solutions are more applicable and enduring than mine.

What is not easy is to leave you without wanting to return.

And what was not expected is that you have done more for me than I could ever hope to do for you.

Patricia McDonell

October 2005

NEWS FROM THE STATES

VICTORIA

from Peter Newton - President

With the end of the year fast approaching, it is time to thank all our Victorian supporters for your magnificent support during the year which will allow us once again to meet our financial targets for Raphael (\$40,000 pa) and Klibur Domin (\$32,000 pa). This is despite the fact that many of our supporters would have donated to the Tsunami and other disaster appeals to help the hundreds of thousands of people made destitute on Boxing Day last year and in the terrible natural disasters of 2005.

These tragedies have drawn a magnificent response from the Australian people who have shown their humanitarian spirit in a most generous way. Having said this, our Ryder-Cheshire Foundation receipts are down compared to same time in the previous five years. With the many tragedies we have seen, it is totally understandable that people will give them priority. There is also a growing view that India and East Timor are doing ok. The reality is that India still has many hundreds of millions of people living on less than a dollar day and East Timor is still the poorest country in Asia and one of the poorest in the world. **Raphael and Klibur Domin will both need our help and financial support for years to come.**

Our Committee has seen major changes in 2005. **Helen McKendrick** retired from the Committee but still continues to support the Foundation most actively. Five new members joined the Committee in 2005. **We warmly welcomed John Aldridge, Penny Connolly, Danni Standish, Marianne Leith and Tony Birkett**, all of whom are already making a big impact on the Committee. The injection of new and enthusiastic people was most encouraging to all of our longer serving Committee and will allow us to look at other ways to fundraise in 2006 and beyond.

We would love to hear from any of our other supporters who would also be prepared to serve on the Committee or to assist with activities such as card and opportunity shop rosters, making cakes and sandwiches for functions and the like. These activities would not take much of your time, but they would assist the Committee greatly in its efforts. **Please call Peter Newton on 9894 3191 or email him on peter.newton@ryder-cheshire.org**

As always as Christmas approaches, I would like to say a very special thank you to all our sponsors of residents and patient beds at Raphael and Klibur Domin. Some of our sponsors have contributed regularly for more than 30 years while others have joined the scheme in recent years. Sponsorships are the most important and effective fund-raising activity that we undertake, and we would dearly like to increase the number of sponsors for both Raphael and Klibur Domin. **If you, or a small group of family or friends, could manage to find a dollar a day to sponsor a resident or patient bed, please contact Helen Newton on 03 9894 3191 (for Raphael sponsorships) or Helen Trueman on 9894 4734 (for Klibur Domin sponsorships).** What a wonderful idea for Christmas !!!

The Committee and a number of enthusiastic supporters manned the Lions Club Opportunity Shop at Mount Waverley for a total of five weeks so far this year raising over \$6000. **We have other weeks in the Shop coming up 19th - 23rd December, 23rd - 27th January and 20th - 24th February, so those willing to be on the roster should phone Peter Newton on 9894 3191.**

We would also welcome our supporters as customers at the Shop which is in Wadham Parade, Mount Waverley, anytime during those weeks from 10.00 am to 4.00 pm.

In May this year we held a Valuation Day where people brought along their treasures and had them valued for a very modest fee. Ray Dalton, who had previously compered the Collectors Show on ABC Radio, entertained supporters with an interesting description of the items while providing the valuation. Ray also made a number of house visits after the Valuation Day, where he valued house lots, charging just \$140 per hour. We intend undertaking a similar event in 2006, so watch out for information in the next Newsletter.

Our last Bridge Day in July was a great day, raising nearly \$1200 with table fees, card sales and donations.

On 26th October, we held our annual Founders Memorial Address to honour Leonard Cheshire and Sue Ryder. This year we were privileged to have **Kevin Bailey, the Honorary Consul for East Timor**, tell those who attended of his very personal understanding of the tragedy that unfolded in East Timor in September 1999 and its aftermath. Kevin has visited Klibur Domin on one of his many visits to East Timor and he also spoke of the excellent work being done at the home. We thank Kevin most warmly for presenting this address, which was extremely well received by all attending.

Our Christmas card sales having been going extremely well this year. As always we have a lovely selection of quality cards at most reasonable prices. Most people will have received in the mail a coloured flyer and order form, and many have already placed mail orders. If you would like more details of this year's cards, please call Helen Newton on 03 9894 3191.

On 24th - 26th February 2006, the National Biennial Conference will be held in Melbourne at The Centre Ivanhoe at 275 Upper Heidelberg Road, Ivanhoe. Australian Delegates and observers from as far away as Western Australia will meet to discuss and approve major policy issues. **We are also expecting representatives of the Boards of Ryder-Cheshire in the UK, Raphael and Klibur Domin.** Victorian supporters are most welcome to join in any of the Conference sessions and to contribute their views. **WE WOULD ESPECIALLY LIKE TO INVITE SUPPORTERS TO THE OPENING FUNCTION AT 7.00 PM ON FRIDAY 24TH FEBRUARY. GOVERNOR LANDY WILL BE OUR GUEST OF HONOUR AT THAT FUNCTION.** The Conference Dinner on Saturday evening will be another opportunity for supporters to meet the executives of the Foundation in most pleasing surroundings at The Centre Ivanhoe, commencing at 7.00 pm.

Finally with Christmas just around the corner, let me take the opportunity from the Victorian Foundation Committee to wish you all a very happy and safe Christmas. We have another challenging year coming up in 2006 and we look forward to continuing the work we are doing to relieve the suffering for a small but significant number of people in India and East Timor.

Coming Events for Melbourne Supporters

THE MOUNT WAVERLY LIONS CLUB OPPORTUNITY SHOP.

From 20th to 24th December, 23rd to 27th January and 20th to 24th February from 10.00 am to 4.00 pm. Wadham Parade Mount Waverley. **Volunteers needed to go on three hour rosters.** Customers needed to purchase items, so swelling the Foundation funds.

Contact Peter Newton on 9894 3191.

2006 NATIONAL BIENNIAL CONFERENCE.

The Centre Ivanhoe. Opening Function Friday 24th February 2006 commencing at 7.00 pm. Conference Saturday 25th and Sunday 26th February, sessions commencing at 9.30 am. Conference Dinner Saturday eve-

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State reports and other contributions for the

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