



NewsLink

The Quarterly Newsletter of South Port Day Links Inc.

www.spdl.org.au

ABN: 82 957 361 749

SPDL is a not for profit organization, all donations over \$2 or more are tax deductible

Spring/Summer Edition 2016

South Port Day Links provides volunteer based services to older people and people with a disability through our services that include: -

- ◆ DayLinks
- ◆ PetLinks
- ◆ WalkMates
- ◆ GardenMates
- ◆ InfoLink
- ◆ Betty's Bus Trips
- ◆ DriverLinks

If you are interested in registering for our services or in becoming a volunteer please contact us on: -

(03) 9646 6362

or email us at

info@spdl.org.au

or visit our web page

www.spdl.org.au

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**To our Clients,
Volunteers &
Supporters thank you
for your ongoing
support.**

SPDL Welcomes Rimmi

Rimmi Singh has been employed as the new Volunteer Program Coordinator to replace Mary Kehoe, who retired in August.

Previously living and working in Sydney, Rimmi was employed with the Red Cross supporting volunteers who were involved in programs assisting older people in the community.



Above: Rimmi Singh

We welcome Rimmi to her role with SPDL and know everyone will make her feel welcome as she establishes herself in the position, getting to know volunteers and the clients who use our services.

SPDL's Fleet Goes Honda

SPDL has replaced its last Ford station wagon with a new Honda Odyssey People Mover, with the new vehicle coming into service in October of this year.

SPDL has been able to update its vehicles through the Stronger Communities Grants provided by the Australian Government Department of Infrastructure and Regional Development, with the endorsement of Michael Danby MP for Melbourne Ports as a part of the grants approval process.

These grants, along with the support from an anonymous donor, the Brian J Sutton Foundation, Rotary Albert Park and Brighton Honda has enabled SPDL to upgrade its entire fleet to Honda People Movers.

This will mean SPDL can increase the number of trips that it can offer to the community, improve client access and provide volunteer drivers with an improved volunteer experience.

SPDL acknowledges the support from all these parties in providing SPDL with the opportunity to upgrade its fleet. Able to achieve its mission in the community, to enable people to stay connected and live independently.



Above: New Honda People Movers that were purchased, replacing the Ford Station Wagons.

SPDL Christmas & New Year Operating Hours 2016: SPDL will close at 12.00pm on Friday 23 December 2016 & reopen at 8.00am Tuesday 3 January 2017. **Regular services will not operate during this period.**

A shopping trip to Coles Port Melbourne will be offered during this period. Contact the office on **9646 6362** for bookings.

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Mike's Hike in the Himalayas

Mike Pope who is a volunteer Driver with SPDIL recently travelled to Kathmandu and went hiking in the Himalayas. His tour included visiting the Everest High Passes, Mount Everest Base Camp and Nepal. Mike said that he enjoyed the trip and recommended it as being an incredible place to travel and experience.



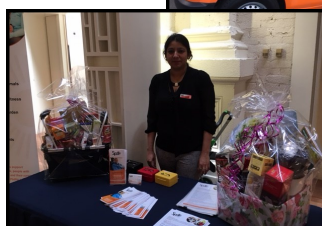
Above: Pictures from Mikes recent holiday in Kathmandu.

Blue Illusion, Port Phillip Seniors Ball & The Block Fund Raiser's

SPDL recently held three very successful fund-raisers. These included the annual blue illusion fund-raiser, a raffle at the Port Phillip Seniors Ball and as part of The Block open day. These events raised in excess of \$1,500 which will be used toward the purchase of new vehicles.

SPDL is not funded to finance its vehicle purchases. It is an ongoing need for SPDL to raise funds for this purpose and requires ongoing support from the community to achieve this goal.

Donations to SPDL are used to support the purchase toward our next motor vehicle. You can visit our website at spdl.org.au and donate through Give Now or contact the office on **9646 6362** to learn how you can make a donation.



Above: From left blue illusion fund raiser, Port Phillip Senior's Ball and The Block

Its Almost Summer - Be Aware of the Effects of Heatwaves

With summer fast approaching it's a timely reminder to all of us to make sure during periods of successive hot days to drink lots of water, keep cool and not over do it by exerting ourselves beyond our capacity. It is a sad fact that many people die as a result of heatwaves in Australia, especially older people.

If you are feeling unwell during hot weather you need to contact a relative or friend to check in on you, as you may be dehydrated. You need to look after yourself and keep an eye out for those around you, especially people who are older.

For more information visit the Better Health Channel at betterhealth.vic.gov.au

Call NURSE-ON-CALL on **1300 60 60 24** for 24-hour health advice or see your doctor if you are unwell. **In an emergency, call 000.**

A brochure detailing what to do in a Heatwave is available at www.health.vic.gov.au/heathealth or phone the Health Protection Branch on **1300 761 874**.

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Volunteer Update

Hello from Rimmi Singh - Volunteer Program Coordinator

It has been great to join the SPDL team. While SPDL is a small organisation it is highly capable and responsive to the needs of the community. By delivering quality volunteer based services that make a real difference to peoples lives. It ensures that local residents are able to remain independent and participate in community life.

I commenced in the role on the 15 August as the Volunteer Program Coordinator. I have felt so welcomed by everyone in the organisation. The Staff and Volunteers at SPDL have been very friendly and supportive and it has been a pleasure to meet everyone and start to get to know them.

A special thanks to Mary Kehoe, former Coordinator of Volunteers for her orientation and induction held over 2 weeks. Her handover provided me with detailed aspects of the programs and helped get me started in the role. I wish her all the best for the next phase in her life.

Plans for 2017

In 2017 I plan to: -

- Develop new training opportunities for our volunteers
- Through Volunteer Coordinators' and Managers' meetings, build networks and market SPDL
- Implement the review of the Companion programs to continue to grow these programs
- Develop the Road Safety for Seniors Program.

Summer Protection Against UV - It's Important to Protect Yourself

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer. Sunlight is the main source of UV rays, but you don't have to avoid the sun completely.

It would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun. Simply staying in the shade is one of the best ways to limit your UV exposure.

If you are going to be in the sun, "Slip! Slop! Slap! and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and skin around them.



Volunteer Greetings and Farewells

We welcome new volunteers to SPDL: Samantha Morley, Kevin Mathews, Daniel Paton, Alison Praetz, Shauna Novacsek, Saleh Mouakkassa, Stephen Patrick, Janette Williams, Lyn Zarifis, Leanne Cecchellero. We welcome back volunteers returning to SPDL: Lilian Lethborg, Gail Forward.

We say goodbye and thanks to volunteers leaving SPDL: Saskia Andrews, Sri Widyaninsih, Susan Brown.

Another Year Comes to An End

We have come to the conclusion of another successful year. I would like to take this opportunity to thank all our volunteers for their contributions, efforts and dedication during a challenging year. I wish you all a very happy and safe festive season.

Rimmi Singh
Volunteer Program Coordinator

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SPDL Policy Update—Elder Abuse

Principle: During the course of their activities, staff, volunteers or clients may identify an instance of where elder abuse may be occurring. Any suspicion that this may be occurring should be immediately reported to the SPDL management who will take the necessary steps to confirm the situation and attend to appropriate actions to support the effected person. The purpose of this policy and procedure is to:

- Ensure that appropriate action is taken in cases of elder abuse or suspected elder abuse
- Maintain the dignity and safety of older people utilising SPDL services
- Achieve a pro-active approach to the management of elder abuse, while respecting the rights of older people to make their own decisions

Elder abuse can take various forms, Emotional, Using Threats, Neglect, Financial Abuse, Physical Abuse, Social and Sexual Abuse.

If you are suspicious that elder abuse may be occurring staff and volunteers should report a suspicion of abuse to the Volunteer Program Coordinator or Transport Coordinator. This should be documented using the Feedback Form. The General Manager must also be informed. A full copy of the Elder Abuse policy is available to all staff and volunteers to read.

More information about Elder Abuse is available at seniorsrights.org.au

SPDL Inc. Committee of Management

Committee of Management Members: *Chair:* Lea Pope, *Deputy Chair:* Brendan Paynter, *Secretary:* Adam Saunders, *Treasurer:* Frank Ragusa. **General Members:** Clare Doyle, Glenda Beale, Joanne Lye, Leanne Cecchellero and Mario Galante

Acknowledgment of Funding Bodies, Donors & Sponsors 2016

Australian Government - Department Social Services - Home Support Program (HSP).
- Department Infrastructure and Regional Development, Stronger Community Grants

Victorian Government - Department of Health Home & Community Care (HACC).

Albert Park Rotary- donation of funds.

AutoSafe - free installation cargo barrier new vehicles.

Blue Illusion (Port Melbourne) - sponsor fundraising event.

Brewsters Fresh Food (Port Melbourne) - donation toward Bunnings BBQ fundraiser.

Bakers Delight (Port Melbourne) - donation toward Bunnings BBQ fundraiser.

Bendigo Bank (South Melbourne) - support of the Car Fundraiser.

Brighton Honda - sponsorship and training.

Brian J Sutton Foundation - donation toward the purchase of the new vehicle.

Bunnings, (Port Melbourne) - use of BBQ facilities for fundraising and other donations.

Calxa - discounted software.

City of Port Phillip – provides SPDL with annual grants, provision of office accommodation & community grants.

Coles (Port Melbourne and South Melbourne) - donation toward Bunnings BBQ fundraiser.

Com Source - discounted telephone services

Converge International - support in the delivery of our Employment Support Program.

Eco Springs – discounted water cooler.

Elwood St Kilda Neighbourhood Learning Centre - supported the expansion of service.

Fuji Xerox - discounted leasing costs, printing of the Annual Report.

Grilled – donation of funds.

Honda Foundation - loan of vehicle for 3 years all expenses subsidised.

Microsoft (through Donortech) - enabled purchase of software at discounted rates.

MYOB - discounted software.

Pod Homewares (Port Melbourne) - Donation of Homewares toward raffle.

Ralphs Quality Butchers South Melbourne Market - donation toward Bunnings BBQ fundraiser.

Port Melbourne Senior Citizens' and Trugo Club - provide the use of their premises free of charge.

Sandridge Motors - safety check our vehicles on a regular basis, free of charge.

South Melbourne Community Chest Inc. - provision of grants to SPDL.

SNAP Printing (Port Melbourne) - discounted printing provided to SPDL.

State Trustees Australia Foundation - Auden-Wachsmuth, donation of funds to SPDL.

The Port Bake House - donation toward Bunnings BBQ fundraiser.

Woolworths (South Melbourne) - donation toward Bunnings BBQ fundraiser.