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Did you know...

- * Per capita, Australians read more newspapers than any other nation.
- * The 'dingo fence' is the longest fence in the world (5,530km). It is about twice as long as the Great Wall of China.
- * The largest Greek population outside of Athens is found in Melbourne.
- * Adelaide's Botanic Gardens are home to the oldest glasshouses in the Southern Hemisphere.
- * Perth is the only city in the world which can have aircraft land in its CBD.
- * Australia is the only continent without an active volcano.
- * It is illegal to walk on the right hand side of the footpath.

Hunters Hill Ryde Community Services (HHRCS) recognises the valuable contribution to the service made by volunteers. Volunteers are an essential part of many of our programs. Our volunteers are unique, individual as well as valuable to our service. We aim to tap into the energy, interest, skills and time of our volunteers to offer them a rewarding volunteer experience. Thus, we are extremely grateful to the many HHRCS volunteers who dedicate their time each week year after year. Without you, our service would not be as successful as it is today.

HHRCS started celebrating National Volunteer week this year on Monday 11th May with a visit from the Hon. Anthony Roberts MP who took time out from his busy schedule, as Minister for Industry Resources and Energy, to visit our community services organisation and thank our volunteers. HHRCS appreciates he took the time to talk with the volunteers and to hear about what is happening in his local community.

I felt privileged to attend the City of Ryde Volunteer Recognition awards where it is humbling to hear all the amazing work volunteers do in our local community. City of Ryde had gone to a huge effort to create a wonderful atmosphere for the volunteers. HHRCS nominated a Meals on Wheels volunteer Sharon Whitbourn who has been volunteering for Meals on Wheels since 1990. Sharon is very reliable and always greets the clients with a friendly smile.

HHRCS finished National Volunteer week with a joint celebration for our volunteers with North Ryde Community Aid and Ryde Hunters Hill Community Transport. HHRCS has 172 volunteers who work with us and our people in many different roles. Volunteers have been part of our organisation since we started caring for our community in 1966. In 2014 HHRCS established the role of Volunteer/Client Coordinator to ensure we have a more streamlined approach to recruitment and training for our volunteers. As part of this role a Volunteer Handbook has been developed.

Thank you to all our volunteers we really appreciate the work you do for HHRCS.

Anna Buddo
General Manager





SAILORS WITH disABILITIES **CARERS SAIL DAY**

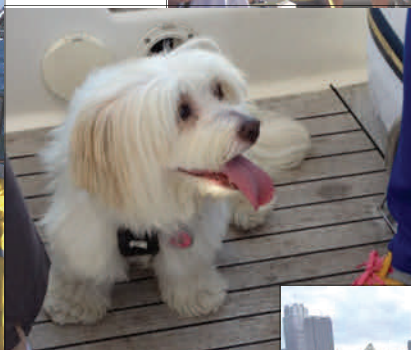
Again this year, thanks to the generosity of Sailors With disAbilities (SWD) and their crew of volunteers, HHRCS carers enjoyed a magical day on board the SWD 52 ft yacht 'Moksha'. The weather was perfect and the water calm. The carers set sail from Rushcutters Bay at 11.45am. Getting out on the water enabled the carers time to relax, leaving any carer issues behind for a few hours. We sailed out near the Heads and the opportunity was given to those wanting to try their hand at the helm.

The carers were left not wanting for food nor beverages as the crew were very attentive. When it was evident a storm was brewing the skipper wisely headed the yacht back to sail around our beautiful harbour. The carers disembarked safely at 3pm and arrived to HHRCS just as the storm broke.

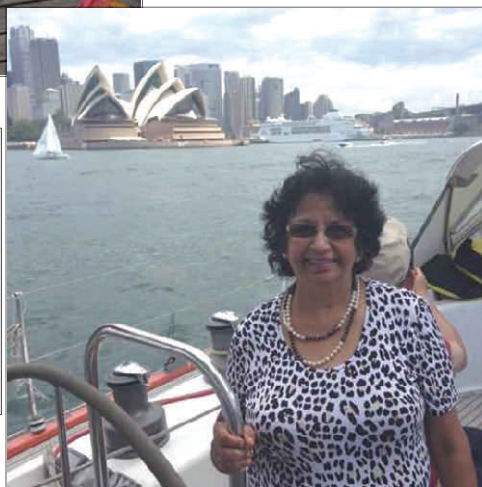
'A picture tells a thousand words', Mary Hardiman at the wheel.



Our skipper for the day (above) and pictured left, his best mate, Coco



Relaxing - carers fly away for awhile. Chris with a friend and Linda



Neera having a wonderful day out



COMMUNITY VISITING SCHEME (CVS) and VOLUNTEER VISITING PROGRAM (VVP)

CVS and VVP volunteers met together for their first meeting of the New Year – a 'Pizza Night'. Sixteen volunteers attended the meeting. Our Social Support Team Leader Branka Ivkovic led an informative evening discussing "Client Centred Planning and Support Plans". She spoke about the importance of working together with the clients to achieve their goals. It was a wonderful time for catching up and sharing with each other.



Craig Powell, Becky Kwan, Maura, Shirley with Pat and Liz (back view)



Janine, Angela, Marguerite, Craig and Becky



Pat and Elizabeth



Coral and
Cathy



Angela and Shirley



VOLUNTEER THANK YOU - MORNING TEA

Our HHRCS volunteers shared the volunteer recognition event with volunteers from North Ryde Community Aid (NRCA) and Ryde Hunters Hill Community Transport (RHHCT). The morning tea, held at North Ryde RSL, was a great success. The atmosphere was lovely, the room was filled with volunteers chatting and eating yummy food. All the volunteers at the event were presented with a certificate from the Hon. John Alexander MP along with a ribbon that says "valued volunteer 2014 - 2015".

A big THANK YOU to North Ryde RSL for hosting the morning tea, Floral DeVine of Hunters Hill for the beautiful floral table centrepieces, City of Ryde Council for the ribbons and to all those involved in the organising of the memorable occasion.

Certificates were made for all our active volunteers so just ask your Coordinator for yours - along with your ribbon.



VOLUNTEER NOTICEBOARD

HHRCS now has a Volunteer notice board on the HHRCS website: www.hhrccs.org.au in the section "Volunteer/current positions". The notice board provides a list of current vacant volunteer positions at HHRCS. The main objective is to help the Coordinators find volunteers to fill specific roles in their programs. The position descriptions will also be available so a volunteer knows whether they have the required skills. The aim is to develop our volunteer's skills ensuring the volunteer's experience at HHRCS is a very rewarding one.



Angelique Terrier
Social Media Administration Officer



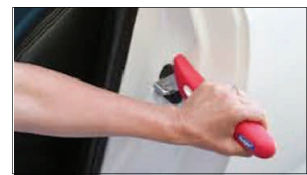
MANUAL HANDLING TRAINING WORKSHOP

Over 35 Hunters Hill Ryde Community Services (HHRCS) and North Ryde Community Aid volunteers gathered together on 17 June for a Manual Handling Training workshop. The training was made possible by the City of Ryde Volunteer Services. A number of HHRCS staff also attended the training to brush up on their Manual Handling knowledge.

Under the expert guidance of Clair Cheel, the Occupation Therapist and Trainer the volunteers learned valuable skills and knowledge such as:-

- > How to protect yourself to minimise the risk of injury.
- > What is safe lifting?
- > How to use the Handybar - a vehicle transfer support handle.

If you wondered what a Handybar is here is the picture!
It is a great mobility tool for everyone who needs that bit of extra support when getting in and out of a vehicle.



For more information about this tool, and the many other aids available, contact the Independent Living Centres Australia or visit their website www.ilcaustralia.org.au

Branka Ivkovic, Social Support Team Leader



VOLUNTEERS SUPPORTING WELLNESS AND REABLEMENT

At Hunters Hill Ryde Community Services we believe in maximising the opportunities for people to participate in and maintain independence on a personal and community level. Our wonderful volunteers work in partnership with our clients to pursue their interests in knitting, cooking, gardening, reading and writing, going out to the community for a movie, shopping or just to sit and reminisce and enjoy a cuppa.

Anna's Story

When we met Anna in 2014 she had lost interest in the activities of daily living.

Her typical day looked like ...

Anna had no contact with the outside world. She felt lonely and isolated.

Anna told us she wanted support to get motivated to pursue her aspirations to get out of the house, to enjoy the outdoors, go to the library, to borrow books and knit.

Anna was matched with Kelly, a carefully selected volunteer, who understood Anna's needs and worked with Anna towards achieving her goals.

Anna's typical day now looks like ...

Anna is cheerful and her house is tidy. She looks forward to the volunteer's visit and dresses up to go out with Kelly to the library, lunch or coffee. She enjoys sitting in her garden to soak up the beautiful morning sun. Anna's calendar is now full of activities and outings.

Leo's Story

Leo is an 86 year old gentleman who recently moved to Sydney. The move shook his confidence and he was fearful of getting lost. He spent all his days indoors. In his old home town Leo was a very talented performer and participated in many community groups.

Leo told us that he wanted to contribute to the community through performing music and also to get out of the home to see places in Sydney.

Leo was matched with Claude, the volunteer who supports Leo with practising and preparing for the performances at the local community centre. Leo is also enjoying conversations with Claude and discovering places in Sydney.

Wellness Approach has brought many positive outcomes for our clients as well as staff and volunteers. It is very rewarding to witness the aspirations achieved.

_____ All names are changed for privacy protection.

A CLIENT AND HER VOLUNTEER VISITOR

Volunteer visitor Janine Hannan and HHRCS client Noeline Normoyle.

They have been seeing each other since 2012 and really enjoy each others company. They used to go out for coffee and a drive but in later years Noeline is experiencing mobility issues, so now they sit over a coffee or tea and have a yarn.





HARDSHIP ASSISTANCE AT HHRCS

Your local community centre is looking for your support – help us care for our community!

We have been providing Emergency Relief to the most disadvantaged people in our community for the last 49 years. The recent government funding cuts have left us without the means to continue to provide this vital help in our community. HHRCS Emergency Relief Program was one of over 4500 Programs that were defunded in the last funding cuts.

Most residents living in the Ryde and Hunters Hill LGA's are average or above average income earners. However, here are some of the statistics that paint a different picture of the residents in Hunters Hill, Gladesville and Ryde.

- One in ten households live on very low incomes (less than \$399 per week).
- * Whilst average household incomes in the Hunters Hill LGA are higher than the Sydney average, there are areas of disadvantage that are hidden without closer analysis. 285 households are renting from the Department of Housing and a further 33 from a Community Housing Authority which is 6.9% of total households, higher than the NSW average of 5.1%.
- Three in ten low income households do not live in public housing.

In 2014/2015 HHRCS conducted 585 Hardship Assistance interviews and provided support to 200 people. On average we provide 25 food parcels alone in any given month.

You can help us help the most vulnerable people in our community by donating staple food items or making a monetary donation such as:

- \$40.00 will buy staple food sufficient for 5 good meals for a single person
- \$80.00 will buy staple food for 5 good meals for a single parent and two child family
- \$150.00 will pay a week's rent

We appreciate staple items such as:

cereals, rice, pasta
canned foods such as soups, vegetables, fish, lunch meat
long life milk, spreads
tea, coffee
meals in a bag

Please see the back page of this Newsletter to learn how you can make a donation. Staple items can be delivered to our office, 46 Gladesville Road Hunters Hill, between 9am and 4.30pm Monday to Friday.



THANK YOU FOR MAKING A DIFFERENCE





Hunters Hill Ryde
Community Services

42 - 46 Gladesville Road
Hunters Hill
NSW 2110

Phone: 9817 0101

Fax: 9816 5462

Email: office1@hhrcs.org.au

Website: www.hhrcs.org.au

9 LETTER WORD

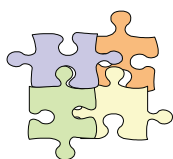
Word: We all need one now and again

C	H	E
E	L	G
A	L	N

Can you make more than 20 words?

(must always use central letter; have more than 4 letters; no proper nouns and one word must use all 9 letters)

SUDOKU



To solve a Sudoku puzzle you have to use the numbers 1 - 9 to fill in the blank squares so that each row, column and each 3 x 3 square has all the numbers 1 – 9 appearing only once.

Puzzle on-line

www.sudokukingdom.com

	4	8			9	1		
				2	6	4		
6			4			5		
			6	8			7	
9		6		7		8		3
	3			9	4			
		9			5			4
		2	7	4				
		4	9			7	8	

DONATIONS - PLEASE HELP

This time your donations will go towards acknowledging our Volunteers by being able to occasionally help with petrol, a coffee/cake for them and their client, perhaps an umbrella - to be prepared. Helping in a small way to say Thank You.



Your donation, no matter how small, does make a difference. It can help us to offer more.

To make a donation - please make cheques payable to: Hunters Hill Ryde Community Services (mail or drop in to us at: 46 Gladesville Road, Hunters Hill 2110) or Direct Debit: SBS 062182 A/c1009 2603 - for Description please quote: **Your surname/Donation** (please email us to let us know you've made a direct deposit: office1@hhrcs.org.au)

Hunters Hill Ryde Community Services acknowledges the traditional custodians of the land, including the Wallumedegal Clan on which our premises are located.

We pay our respect to the Elders both past and present and extend that respect to other Indigenous Australians living in the area.

Newsletter Editor:
Janice Lee
Volunteer - HHRCS Admin