



## “ave a good weekend”

We hope all the lucky people going to Rochester this weekend have a good and fruitful time

## It's Tuesday not Wednesday

The Board Meeting for next week will be on Tuesday 19<sup>th</sup> May 2009, not Wednesday in President David's office INNLEN Sydney Road, Coburg.

## Bush Fires

I was fortunate to get Deputy Police Commissioner, Kieran Walshe to speak at a seminar dinner I organised last Saturday (our wives are cousins, he is also the son of a cousin of PDG Bernie Walshe - I should call Bernie uncle!) for The National Funeral Directors' Association of Australia in Lilydale.

There has been a lot said and much more will come out as the enquiry progresses, but it was interesting to have a first hand account of the strategic overview of what happened, what has been learnt and as the subject of the speech suggested “Black Saturday, could it happen again”.? – Yes.

There were telling facts, many of which which may come out unless they are clouded by political opinions and perspectives. However, as one woman said to me this insight given by Kieran is something that should be made available to the public. It's a pity it isn't shown on a T.V. current affairs programme.

In the next issue of The Bulletin I'll give a more comprehensive report mentioning things like how had it not been for the C.F.A. and a major filtration plant protected, we – that's the whole of Melbourne – would have had to boil our water for the next 5½ years.

## Northern Volunteers Expc

How many have volunteered to help Dean by staffing a stand at the Northern Volunteers Expo to be held at the Coburg Town Hall this Friday - 15<sup>th</sup> May 2009 3 p.m. to 8 p.m.?

## Attached a letter by Dr Christine Armit

Thanks to David Earley for the attached letter written by Dr. Christine Armit, manager of the Moreland Community Health Centre about Stewart Lodge

## Programme

Thursday 14 <sup>th</sup> May 2009	<b>Lunchtime meeting</b> 12.45 pm for 1 pm	Bridie O'Reilly's Guest Speaker t.b.a.
Friday 15 <sup>th</sup> May 2009	<b>Northern Volunteers Expo</b> 3 pm to 8 pm	Coburg Town Hall
Saturday / Sunday 16 / 17 <sup>th</sup> May	<b>Visit Rochester</b> 11 am Sat to 2 pm Sun	Cluster drought examination hosted by RC of Rochester
Tuesday 19 <sup>th</sup> May 2009	<b>Board meeting</b> 6 pm	At President David's office INNLEN Sydney Road, Coburg
Sunday 31 <sup>st</sup> May 2009	<b>District Assembly</b> 9 a.m.	Wilson Hall, Melbourne University
Saturday 27 <sup>th</sup> June 2009	<b>District Governors' Changeover</b>	Melbourne Park Functions Centre
Saturday 3 <sup>rd</sup> July 2009	<b>Changeover</b>	T.B.A.



## Brunswick Rotary Newsletter article

### Health and wellbeing sprouts at Stewart Lodge

Residents of Stewart Lodge Supported Residential Service (SRS) are looking forward to spending time planting, weeding and harvesting the fruits of their labour in their edible garden. Plans are underway to establish the garden as an opportunity for residents to be involved in physical activity, learn new skills, spend time outdoors and also grow fruit and vegetables for use in their meals. The residents will work alongside a project officer and community volunteers to design the garden, choose the vegetables to be planted and participate in workshops conducted by PermaBlitz to learn useful gardening skills. The edible garden is being coordinated by Moreland Community Health Service (MCHS) staff from the LINX Assertive Outreach Team and the Health Promotion and Research Team. Many other community organisations have also offered support such as Brunswick Uniting Church, Kildonan Uniting Care, CERES and Ilma Lever Gardens - with involvement ranging from donations, discounted gardening materials and volunteer time.

The Managers of Stewart Lodge, Vince and Rosa Alessi say that the idea for the garden originally came from the residents themselves and that it will provide an opportunity for them to actively contribute to something meaningful which they feel ownership over. Jackie Evers from Moreland Community Health Service has submitted two grant applications seeking funding for the edible garden. A project officer will be employed to assist the residents for 12 months, building their knowledge, skills and enthusiasm. Into the future the budding gardeners will continue to be supported by volunteers, the LINX Team and Vince and Rosa. To complement the garden MCHS is also working with the Stewart Lodge kitchen staff to review their menus and hopes to establish an indoor gym with individualised programs.

SRSs such as Stewart Lodge provide added support for people who are unable to secure and sustain other forms of accommodation. The Lodge, located in Stewart St Brunswick, is currently home to between 80 and 90 residents. The majority of residents are men, aged in their 40s and 50s and have diverse cultural backgrounds reflective of the broader Brunswick/Coburg population. The people living in Stewart Lodge have often spent periods of their life living on the street, in psychiatric hospitals or prison, however through these experiences have developed a high level of resilience. A significant proportion of residents have a diagnosed mental illness and/or intellectual disability. In addition many have current or past histories of alcohol or drug abuse, poor social networks and fragmented family relationships. As a result of these combined factors the residents are socially isolated and often chronically unwell. Several residents work locally at Brunswick Industries and Creative Opportunities, or attend day programs at the Carinya Society and the Shrivings Day Centre. The LINX Team have been working with Stewart Lodge residents for 7 years. In partnership with Dr Duncan Howard and nurses at the Brunswick Community Medical Centre, weekly health clinics are held at the Lodge to assist in addressing acute health issues and monitoring chronic conditions.

If you would like more information on the edible garden, or would like to be involved, please contact Jackie Evers, Health Promotion Officer at MCHS at [jackiee@mchs.org.au](mailto:jackiee@mchs.org.au), or 8319 7423.