



Friends of Fernlea



Christmas 2010 Edition

From the President

What a day to have the A.G.M. through a draw in the AFL Grand Final, our Meeting took place at 2pm on the day of the replay. Consequently we scrapped in with the exact number to run the A.G.M. At the meeting we recognized and thanked Jenny Lyndon for her work as a Committee Member, as Secretary and as Interim Manager. Jenny chose not to re nominate for the Committee of Management but is continuing to volunteer on a subcommittee. The President's position is a two year appointment but other committee members were required to be voted on or recruited.

The Committee of Management consists of the following members and positions.

Rod Brown – President	Anne Carter – Secretary	Joe Verrill – Treasurer
Bob Farrow – Fund Raising	Angela Dione - Ordinary member	Sharyn Turney – Staff
Helen Pike - Staff Member and Manager.		

It was decided at the first Committee of Management Meeting after the A.G.M. to accept Helen and Sharyn as members of the Committee to have the required amount of members to meet the Constitution Requirements. Please consider either volunteering for a position on the Committee of Management or encourage others you may feel would make a contribution. I am very happy with the positive and co-operative atmosphere as we ensure the Future of Fernlea.

Finally, thank you to all the Volunteers and staff that make Fernlea the positive supportive community service we provide. **Rod Brown**

Happenings at the House

Well another year as gone by and ever so quickly. It seems the older we get the faster the years go or is that just my imagination?

Since the last newsletter we have had some changes in staffing. Annie Whitehead resigned for personal reasons and Kathryn Lees-Doherty joined us at the beginning of November as the Clinical Services Nurse.

Rhonda O'Neill resigned and Sharyn Turney came on board as the Business and Development Manager in September.

The house continues to be fully booked and even overbooked at times, four days a week and our guests continue to enjoy the ambiance, the garden and the food!



Over the past few months I have presented papers on Fernlea House and its model of care at a number of conferences including the Best Practice Forum organised by the Victorian NRCP Services Network and the ARC 2010 National Reiki Conference. The interest in Fernlea House, its model of care and the outcomes achieved for

guests is high and I am continually asked if there is anything like Fernlea House elsewhere. Of course there isn't as we are quite unique. You will see in Sharyn's report that we are looking at expanding so maybe eventually there will be Fernlea satellites across Victoria!

In November the Eastern Region of NRCP providers held a Carers Expo in Nunawading at which Fernlea House was represented. I acted as MC for the day and our table was visited by many people.



In October 2010, a report was released by Carers Australia titled: ***The Economic Value of Informal Care in 2010.***

"In 2005, Carers Australia commissioned Access Economics to undertake the first Australian study of the economic value of the informal care provided by unpaid family carers for people with disability, mental illness, chronic conditions, terminal illness and the frail aged. Five years ago the annual replace value of informal care was in excess of \$30 billion. Today, the annual replacement value of informal care has exceeded \$40 billion per annum, 33% higher than in 2005.

This growth is predominately due to demographic ageing coupled with growth in replacement cost of care from \$25 per hour on average in 2005 to \$31 per hour today.

Informal carers provide 1.32 billion of hours of care each year."

I find these figures staggering and it only highlights even more the value of the work Fernlea House does in caring for the carers of people with a life threatening illness.

Well that is all from me for now.

I hope you have a peaceful and joyous Christmas and New Year.

Helen

Introducing Kathryn

My name is Kathryn Lees-Doherty. I was born in England but immigrated to Australia in 1987. I trained as a registered nurse division 1 in England and as a midwife in Australia. I studied palliative care at Flinders University in Adelaide and have worked at Caratis Christi Hospice Kew, South East Palliative Care as a community palliative care consultant nurse, Wantirna Health Hospice and as an undergraduate clinical nurse educator specializing in palliative care.

I have always been very interested in Fernlea House and find its purpose, vision and values in tune with my own thoughts on palliative care. I feel honored to work in such a caring holistic environment that Fernlea House provides. I love the garden and have large rose garden at home. I also have a lavender garden with about 30 different varieties of lavender. I studied Aromatherapy in 2002.



Kathryn

Introducing Sharyn

Hi, my name is Sharyn Turney – pronounced Shar ren. No I am not pedantic in the least, but actually very easy to get on with and laid back with my experience of systems and quality being my guide. I have over 30 years management experience in health and community services, including accreditation, and across various types of service. I live locally and am a creative person, with photography a passion, as well as crafts and jewellery. I am also a qualified marriage celebrant, president of Sherbrooke U3A, and Treasurer of the Chinese Health Foundation of Australia. Since starting as a volunteer at Fernlea, I have become passionate about it and committed to its sustainability and success. As the recent ABC television show about making 8 Australians happy reported, just thinking about helping others improves the strength of your immune system, and actually doing it changes your brain function positively. So if there was proof needed about the benefit of what we do, we now have it, scientifically. Enjoy and be happy to live a long life.



Sharyn

Hi everyone,
We have been having a great time at Fernlea House. We went to a book chat at the Emerald Library.
Our guests appeared to enjoy this outing. This week we are sharing our old coins and stamps. Next week we are travelling to New Zealand, which will be interesting.

An outing to the Rhododendron Gardens in Olinda was fantastic. We have made calendars for next year, and have started to make Christmas cards. With only weeks to Xmas, we will do some cooking and celebrate with some Christmas cheer.

I would like to thank each and every one of the volunteers for their ongoing dedication to Fernlea, as without you all, we could not manage to give the undivided attention that Fernlea provides.

Marian

Our magnificent Fernlea volunteers have helped to support guests 4 days per week this year..what a great effort!

To achieve this we need around 7-9 volunteers per day to support the day respite centre only, so multiply this by four days—that's a lot. Some volunteers agree to volunteer more than once a week and this makes covering the roster easier.

However, we need more volunteers to make sure that we can develop and grow. Do you know anyone who would be interested in joining our Fernlea team? Most volunteers offer around 3 hours support per week. Suitable applicants are offered 30 hours Palliative Care Victoria training which includes, communication, aspects of loss & grief, Palliative care symptoms, OH&S manual handling, and self care for the volunteer. A certificate is awarded at the successful completion of training. The roles volunteers may be allocated include driving the bus or car, jockey support, in-house activities, complementary therapies, Memoir writing or respite support for carers in clients home. There are also opportunities on the Committee of Management and to write Grants.

Our next training will be in February 2011. If you are interested or know someone who may be phone 5968 3895 for more information. We look forward to seeing you in the near future.

Frances

Total Fire Ban Days

Just a reminder that there will be no services operating at Fernlea House on days of Total Fire Ban.

Business and Development Management

Hello everyone. Hope you are all looking forward to the holiday season and 2011 as much as we are. Well, I am anyway.

Having been here at Fernlea as the Business & Development Manager for a few months now, I am just feeling that I have a handle on my role and where everything is going next year.

We have received the final draft of our Quality Assurance Manual, and now need to put it into Quality Practice, and then next year look at Quality Improvement. We are working on our Quality Report to be submitted to the Department of Health & Ageing and we will be having a quality audit around that report (on how we are meeting the standards) early in the New Year.

One of the other exciting initiatives is the development of a potential satellite Fernlea service based in Healesville, one day per week next year. The Committee of Management has recently undertaken some strategic planning activities and identified expansion of our services as one of the goals to achieve. So we will be seeking your support in a variety of ways to help make this happen.

We have been working hard on getting a new and exciting web site up and running this year, which should be a reality before Christmas, and there will be copies of Newsletters and other information on there for people to see what we are doing. We will be looking at sponsorship packages to support the Healesville project, so if you know of any individual or company who may be interested, please get in touch and let myself (Sharyn Turney), or Helen, know, and information will be on the website.

We all know that Fernlea is unique and does a great job. I have been trying to isolate the evidence for this and just what makes it so good, so that we can replicate it elsewhere. If you have any thoughts on that, I would be pleased to hear them. We will be looking at more robust

measuring and evaluation next year, so we can generate better evidence to support Fernlea's ongoing funding applications.

This is a great time to be a Friend of Fernlea, and I am looking forward to meeting many more of you at future functions and activities.

All the best for the season. Take care and have fun.

Sharyn Turney

Bush Fire Preparedness

For all of our friends that live in a Bush Fire Prone area, it is important that you have a written Bushfire Survival Plan.

Communicate Bushfire Survival Plans with relatives, friends, personal carers and supportive neighbours.

Heat stress

Heat-related illness can be very serious and can lead to heat stroke, which can kill. For more information on this www.betterhealth.vic.gov.au

Membership Renewal

Thank you to those members who have renewed your membership for 2010 – 2011. If you have not done so, please consider supporting Fernlea House by renewing membership. Thank you.

Christmas Closure

The house will be closed from 4.00pm Thursday 23rd December 2010 and reopen for guests on Thursday 13th January 2011

We would like to wish all of our Carers, Guests, Volunteers, Members, Staff, & Committee all the Peace, Love & Magic of Christmas and a Happy & Healthy 2011.

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Phones for Fernlea

Fernlea Fund Raising Project

Are your tired old mobile phones
clogging up a draw at home?

Sad really and a real waste - and they're not alone.

Here are some big numbers:

- Over 8 million handsets will be upgraded in Australia this year alone.
- On average, each Australian household is home to 2 (or more) tired, unused mobile phones - over 14 million phones nationwide!

When upgrading, rejected phones will often be left in the back of a drawer. Unused and neglected. Sad for your phone - and sad for you. Each day your phone's value depreciates.

If each phone depreciates by \$5 per month, that's a potential nationwide loss of up to \$70 million per year! Not exactly small change...

So, your phones are losing value, awaiting the dump. This is bad for your wallet. But not just that; it's also bad for our planet.

Why not donate your old mobile phones to Fernlea House and let us send them to a recycle company who will pay us a little money in return.

You help the house provide a better service and you help the planet
WIN WIN

**Drop by the house
or call 03 59683895
to find your local drop off point**

Thank you from all of us and also from mother earth ☺

**Fernlea House Inc – 149 Emerald
Monbulk Road, Emerald.**

