

The Roden Report

Winter 2008 Issue 7



When there is no-one else to help

Roden Cutler Wheelchair Roll Around Australia March to May 2008

The very successful 2008 Roden Cutler Wheelchair Roll around Australia to all capital cities started off from Sydney on March 25.

Volunteers Vic and Clark were in the Lime Taxi when it headed off on its 20,000km journey to Canberra, via Brisbane, Darwin, Perth, Adelaide, Melbourne and Hobart.

The Roll had two (2) aims:

Firstly to create awareness about the wonderful work the charity performs across NSW and how expansion on a national basis is planned for the coming years and;

Secondly, to announce at functions in the Parliaments that Lady Cutler and Ros Packer AO, our 2008 Sir Roden Cutler Medalist, are to launch their 'Search for a Carers Story for Australia' for 2008, in late June.

During the formal proceedings, Tania Hayes, the Charity's 'Lady Cutler Carer of the Year for 2007', and Carers Ambassador, shared her family's inspiring story with guests. Tania also invited all carers to be part of 'Lady Cutler's Search for a Carers Story' for each state and Australia, and send us their 250 word story during July and August.

Other inspirational speeches came from Jack Thompson, Bill Moss, Patron of the Wheelchair Roll, David Cutler, Sir Roden's eldest son, Chairman Patrick Condon and Founder Christopher Williams. Their contributions made the gruelling schedule very well worth the effort -

| | | |
|-----------|----------------------|-------------------|
| Brisbane | Parliament House | Friday 27 March |
| Darwin | Parliament House | Tuesday 8 April |
| Perth | Parliament House | Thursday 24 April |
| Adelaide | Parliament House | Tuesday 6 May |
| Melbourne | Crown Casino | Monday 12 May |
| Hobart | Parliament House | Thursday 15 May |
| Canberra | Legislative Assembly | Monday 19 May |
| Sydney | Parliament House | Tuesday 3 June |

The politicians, carers and disability groups, business leaders and other supporters who came to the receptions universally welcomed us with a warmth and enthusiasm that excited and energised

us all. We were invited to come back next year for a Wheelchair Roll in every capital city – an invitation we were most happy to accept.

Thanks also to the Federal Government, Basil Sellers, Kevin and Lesley Maloney, The AHA State and national. Lime Taxis, News Ltd and many, many others the Roll was also a great success financially. Thanks also to our 3 sets of volunteer drivers -Vic & Clark (Sydney to Perth, 60% of the distance, Terry & Tony (Perth to Adelaide 20% and Wayne & Noni (Adelaide to Sydney via Canberra, 20%).

Drivers (and promotional team stayed in 35 different towns and cities... great support and involvement from state bodies of the Australian Hotels Associations.

This was a great team effort with the drivers plus Chris Williams, Patrick Condon, Tania & Warren Hayes, Mark Cutler, Jack Thompson, Bill Moss & Sue Whitfield.

Christopher Williams
Founder



Dear Colleague,

I am writing to let you know about vacancies for older people needing affordable rental housing in the Eastern Suburbs.

Mirrabooka Retirement Village at Little Bay is run by The Benevolent Society. It provides low cost, self care accommodation for people over 70.

We have recently refurbished a number of units and have vacancies. Each has a self contained kitchen, a combined living/dining area, separate sleeping area, bathroom and balcony. The units are unfurnished but a stove and fridge can be provided.

The rent is currently \$237.50 per fortnight for a single (bedsit) unit. Residents may be eligible for rent assistance from Centrelink. The rent includes use of laundry facilities, maintenance and an after-hours emergency system. Telephone and electricity are the responsibility of each resident.

If residents have assets they may also be asked to pay an ingoing contribution, most of which would be refunded on their departure.

I am the on-site village manager and I can help residents access community services such as Meals on Wheels, Home Care or Community Care Packages, if needed.

If you or your clients would like to know more about living at Mirrabooka Village, please go to our website at www.bensoc.org.au.

I would be very happy to give you more information or to arrange a time for you to visit. Please do not hesitate to contact me on 9661 5340 or via email at amandag@bensoc.org.au.

Yours faithfully,

Amanda Godbold
Village Manager
Mirrabooka Village
(Wed, Thurs & Fri)

The Benevolent Society
1409A Anzac Parade
LITTLE BAY NSW 2036
Office: 02 9661 5340
Mobile: 0408 779 226
Fax: 02 9661 5351

Free Dementia Information Seminar

Monday, June 23 2008 10:30am - 1:00pm
or

(repeated on the evening of)

Monday 30th June 2008: 7.00 pm - 9.00 pm

*Planning for On-going Dementia Care
No booking is required*

*Get the support you need from family
and community services.*

*Continance Management
Care Planning*

Identify warning signs of stress and overload, and learn to look after yourself. Presented by specialist Nurses

REGISTRATION 15MINS PRIOR TO START TIME

Venue Little Sisters of the Poor Auditorium
70 Market St/Cnr. Avoca St, Randwick
Refreshments provided parking on site.

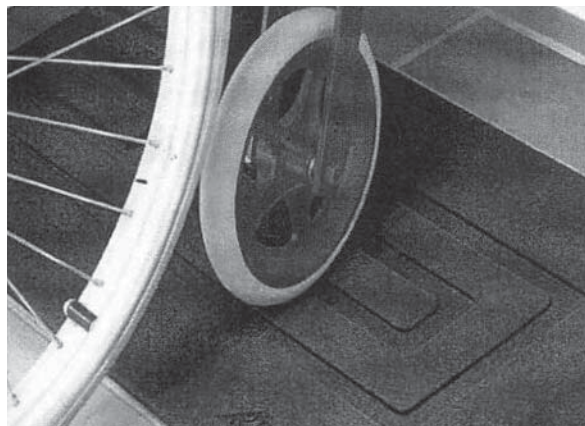
This free seminar is available to any home carer, relative, volunteer or paid worker who cares for a person with dementia.

If respite is needed to attend this seminar phone Carer Respite Centre: **9599 0233**.

For all other matters phone
Dementia Advisory Service **8382 1921**.

Threshold Access Ramps

We are able to provide you with a ramp for wheelchair, electric scooter, walking frames access, prams, or even use for trolleys. This ramp is placed against a step and allows easy access. It is made from recycled tyre rubber. Cost is \$25.00 for 25mm or \$60.00 for 50mm and can be purchased through the charity. If you need further information, please call us on 9362 4430 and we will assist you.



How much fun we have going to the doctors.

Hello! My name is Kristian Miller, I am 8 months old and I come from a small town called Maude in drought affected south west of NSW, near Hay. I was born profoundly deaf and have recently had a Cochlear Implant and it's great, it will help me to learn to speak. Very exciting now I can hear.

About every two weeks since August 2007, when I was 4 weeks old, I come to Sydney to attend the Shepherd Centre at Darlington and The Royal Institute for Deaf and Blind Children at North Rocks, with the assistance of Angel Flight, Earth Angels, Ronald MacDonald House and, of course, Sir Roden Cutler Charities.

Poor Mum and Dad, they were spending on average \$260 per Sydney trip on taxis, buses and train fares to and from appointments until Sir Roden Cutler Charities found us and offered their help.

Our March trips was a never-ending nightmare...I had my regular appointment at the end of March and this trip was a shocker!

Before any appointment Mum rings to confirm the Angel Flight. However, this time the phones were down and Mum had to drive 58 kms towards Hay for mobile phone coverage, she wasn't happy! But then she had more problems.

She didn't want to stay in the Telstra queue, to report our phone problem, so she rang Grandad in Mittagong to ask him to do it, from the comfort of his home – lucky man!, it took him half an hour to get through. When he finally spoke to someone they told him that because Maude has only a population of 30, our priority is low. But Grandad persevered and told them that I was going to fly again!, in an Angel Air Flight!, so Telstra thought that this was important and fixed the phones. Mum finally smiled – but not for long.

Well, we caught the flight on Sunday morning and after an hour of flying the plane started to vibrate. The pilot was worried so we landed at the closest place – Bathurst. It was an emergency. Mum was again not happy and this time scared too, I thought the ride was fun! Mum told Dad that she was glad she had big sunnies on because the pilot couldn't see the tears and the fear in her eyes – neither could I.

Well, we still had to get to Sydney, so we hired a car! Did the fun stop there – NO!!!.

The rental company wanted \$120 to have the car returned to Bathurst – too much money, Mum said. But a nice man said, "we have a car that needs to go to Sydney for repairs, there will be no return charges." Was this a good idea? NO, Why? Well, there was air or water in the fuel lines and the four-wheel-drive couldn't do the mountains.

We finally reached Sydney at nearly midnight. The whole journey took 12 hours.

Was this the end of our adventure? NO.

On the way home we hit a storm shortly after takeoff at Bankstown (just over Warragamba Dam). The plane flipped sideways. 90 degrees – WOW! (I think Mum said a naughty word), I was safe, strapped into my baby seat and giggling, I thought I was a great ride! It took us three hours to fly home because of strong winds.

At my next trip down we all stayed at Grandad's, in Mittagong, he let us use his car everyday so we didn't get to see the Sir Roden Cutler Charities people. This trip was not at all exciting, but I did get to see Grandad.

Mum told Dad that she was glad not all our trips are so horrendous and said she was very grateful for all the help we get when visiting Sydney. She always says without the support we receive to Sydney and in Sydney we would be at home learning sign language, instead we have made a heap of new friends and opened a whole new world of sound. She said many thanks to everyone.

Lots of Love Kristian Miller



Roden Cutler Day – 25 May 2008

The “Roll” around Sydney is becoming a bigger and better event. This year the event began with 200 Sydney Boys High Year 11 students collecting at five locations around the city. From there we all met at SCG where we held wheelchair time trials where people, both disabled and abled, were pushed at speed and their times were recorded. The participants in this part of the event ranged from 2years old to 69 years. Everyone had a lot of fun and this was very successful.

James Pittar, a world renowned blind marathon swimmer, swam laps at the pool raising money for Sir Roden Cutler Charities and the Fred Hollows Foundation. He swam 500 laps of the pool, between 8.00am - 1.00pm.

After this, everyone congregated and started their “roll” to Hyde Park and were met by Councillor Marcel Hoff representing the Lord Mayor. Then onto Parliament House where they were met by Speaker Richard Torbay and Assistant Speaker Alison McGarrity. Oxford, College and Macquarie Street were partly closed by the police to allow the 2 block long procession of wheelchair, walkers, vehicles and disabled vehicles and the Sydney High Bus providing an outing for eight elderly nursing home residents of one of whom was celebrating her 84 birthday. She said how wonderful it was for the police to close the roads for my birthday.

Many thanks need to be said to the Sydney Boys High students who collected over \$9,000 in coin donations.

A special mention must be made of Lawrence Png who collected three full cups and came back for his fourth.



Pride before a fall?

My Story: By Steven Adams

I dislike calling myself a victim. The use of the word seems to encourage weakness in ones character, limit availability of choice and signify a certain loss of control and direction, however due to circumstances beyond my control, I suffered an accident in December of 2006, this accident would dramatically change my life as I knew it, but never to the current level's of pain and financial dramatization.

At the time before my accident I was living "my dream". I lived on Queensland's Sunshine Coast in an absolute water fronted multi level apartment I lived a healthy lifestyle taking an early morning 3km walk along the Esplanade followed by a equally healthy breakfast on my rooftop watching sail boats drift by coupled with people on surf boards riding the breaking waves. I enjoyed gardening and spent a lot of time on my rooftop attending to my many potted plants whilst enjoying the sounds from my water features.

I have worked in the Hospitality and Catering Industry all my life some 22 years with a resume to match employment in some of the very best Restaurants, Bars and 5 Star Hotels, Resorts and Cruise Ships within Australia, I considered myself one of the lucky one's, however, my dreams, I made come true, they were not dished out to me through privilege.

I have always been taught from a young age to never ever give up in life and I guess that lesson I have always kept in the back of my mind, I have always had a strong work ethic; nothing I have been asked to do by my Employer has ever been too much to ask for but also when I have been asked to do a certain duty I took the challenge by both hands, always working above the expectation of the Employer. I never forgot that the Hospitality Industry is a "Service Industry" and the customer was not just always right, but exceeding the customer's needs meant more to them than just their needs being met and it felt great in doing this for them too.

I decided to take my skills, education training and experience and use them to develop my own Business on the Sunshine Coast and begin trading as a Hospitality Special Events Catering Company I had developed my Business Plan properly funded and was "Business Ready."

In November of 2006 I was given notice from a friend of over 11 years that he was going into hospital for surgery for lung cancer, I asked him to contact me a couple of days before he was due for admission so I could be there for him, It was late in the final week of November 2006 that I received the phone call from him advising me of his pre-admission, I immediately made arrangements for a flight to Sydney to be by his side, during this time I spent in Sydney to be by my mates side in this his time of need.

I spent one afternoon in a shopping centre as I needed to update my telephone handset, the retail outlet I chose to do business with, was and continues to remain to be a leading retail outlet for phones and other computer technologies. Based on the companies size and reputation, after consulting with a sales person with what my needs were with a particular telephone I agreed to a purchase and proceeded to the counter for receipting the purchase and perusal of documentation supplied to me, whilst viewing some documents I had a fall. I was asked whether or not I was ok? I replied "that I was shocked by the incident and more embarrassed than any thing", but I was able to stand back up on my feet I was assured by staff at the store if I needed any future help to please contact them.

I remained in Sydney for a couple more days until my friend's family arrived to be by his hospital bedside. He had advised me that the surgeons have removed all the cancer, there was nothing more I could do for him I wished him well and kept close telephone contact with him regularly there after, upon return the home on the Sunshine Coast I worked towards preparation for an execrated bust Xmas period for trading, however, as days turned to weeks, I began to feel the impact of the injury I sustained, a friend of mine remarked on a limp I was beginning to show as I walked and suggested I might have pulled a hamstring, in the mornings after sleeping I would find it gradually more difficult to jump out of bed to start my day, or rather crawl from bed.

The condition of my "(hamstring)" injury was harmed even more by doing what any expectant hamstring injury would be general known knowledge to rub in some type of heat rub, do a set of leg stretches and at night use a heat bag - none of this worked, in fact the stretching made matters worse as my pain down

continued on page 8

The Multicultural Women's Group

The Royal Hospital For Women

We would like to invite you to come and meet other women who live locally and to visit the Royal Hospital for Women at an informal gathering.

Topics for discussion in 2008:

- **20 May :** Beyond Maturity Blues-understanding depression
- **17 June :** Women's Health-Taking Care of yourself
- **15 July :** Tai Chi-relaxation exercise
- **Venue:**

**AT: Royal Hospital for Women, Barker Street, Randwick
Level 0, Seminar rooms 1 & 2**

DATE: Every third Tuesday of the month

TIME: 10.30am – 12.30pm

So come and join us for morning tea!

Public transport:

Buses

- 400 from Bondi Junction
- 372 from Railway Square
- 373 from Circular Quay
- 370 from Newtown and Leichardt

Bus stops at Sydney Children's Hospital-then walk through to the Royal Hospital for Women

For more information contact:

Saulan Beverly Yin-Lo-9382 3355



SOUTH EASTERN SYDNEY
ILLAWARRA
NSW HEALTH

The Health Service provides a free and confidential Interpreter Service with more than 60 languages including Australian Sign language.

If you need an interpreter you can telephone the Translating and Interpreting Service on **131 450** (between 9am-6pm Monday to Friday). They will ring the Health Service for you and through the assistance of an Interpreter over the telephone you can speak directly to the Health Service.

To the staff at Sir Roden Cutler
Charities.

My name Stephen and I suffer
from cerebral Palsy. Live I live in a
nursing home call Sir Joseph Banks.
once a week I have the opportunity to
attend a day Centre, it's only possible
organise transport for me to get there
without that I'd be lost,
many, many Thanks to all your support
and allowing me the opportunity
to participate in activities I would otherwise
miss out on S.J Levitt

Dear Christine

Thank you for your care and kindness on behalf of Sir Roden Cutler Charities. You befriended me three times in the past. I have depended on fares for 12 years. Home is at Warren in Central West. My husband died, had to move to Sydney for medical care. I am debilitated from stroke, and I am an ex RAAF Nursing Service. I've found it difficult to use Veteran Affairs for transport, have been using taxies, who are most unreliable, often wait an hour and they don't appear. I have a taxi subsidy which is a great help. We live "drought-mean". I have a property leased to my two sons. I have had no income for six years and I live on Vet Affairs pensions. Your service is so reliable and the delightful driver Sally, David and Phil - so kind, helpful and caring, told me they love doing this work to enable helping debilitated people. I am 90, very debilitated, so grateful to have a strong arm to hold and the mental peace to know they will arrive on time. I would send a cheque when I am able to write correspondence. I hope you will continue to help me. I still see four specialists every four months. Thank you specially Christine, your work is so efficient and you are a wonderful representative of your charity. I was so glad to meet you with David on my first journey with him. Excuse my paper writing etc as I am short of stationery; friends are either in heaven or same state as myself. I am sure Sir Roden is gazing down gratified at the organisation and care extended to the needy under his name, and you will allow me the privilege of using your service again, enjoy the reliability of knowing you will come on time for my appointment.

Again special thanks to you Christine always available.

Gratefully

Madeline Brennan.

continued from page 5

both left and right legs only exacerbated, so I stopped from doing this and started to seek over the counter muscular pain relief from chemists. This pain relief was not helping and my condition continued to worsen with an exacerbations of Lower Lumbar pain, difficulties in walking any distance further than 100 to 150 meters at any time with a need to take a seat and rest for a 10 minute period, I finally consulted a Physician for a professional opinion some 3 months after the injury accruing.

I have been living back in Sydney since August 2007, where I have managed to secure some home Care Support, excellent general and professional medical support and services. Recently I was referred to "Sir Roden Cutler Charities" by a social worker with St Vincent's Hospital Sydney, as I was finding difficulties in meeting all my ongoing services.

I cannot thank the professional, and caring nature of all staff I have had contact with, not to forget the volunteer driver's, whom also play an integral part of the entire team, I remain grateful to and will continue to remain grateful too all staff who have assisted my needs in a kind, considerate and friendly manner at all times.

Steven Adams

Please help us to continue helping others

Sir Roden Cutler Charities helps when there is on-one else to help. To make a donation please call or fill out the following and post a cheque/money order or send us your credit card details:

Name.....

Address.....

Phone.....

Credit Card Details

Please debit my Mastercard Visa Amex

Card Number

Expiry/..... Signature

Donations can be made online through www.ourcommunity.com.au/giving/appeal_details.form?appealId=1381
Bequest – Solicitors have already contacted us because their clients want to make a bequest to us in their will. Please consider asking your solicitor how you too can remember us in your will. Please call for information.

From The Desktop
For the sake of costs, if you do not wish to receive this newsletter could you please call us on **9362 4430**. Thanks very much.

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