

## Club Officers 2020-21

**PRESIDENT: PHIL LACY**

**PAST PRESIDENT: CARL BICKNELL**

**PRESIDENT ELECT: vacant**

**SECRETARY: FRANCES WRIGHT**

**TREASURER: JUDITH MOTTRAM**

**VOCATIONAL SERVICE & MEMBERSHIP:  
STUART WAIT**

**COMMUNITY SERVICE PROJECTS:  
KEITH OLDMEADOW**

**YOUTH SERVICES: ROBERT STRINGER**

**INTERNATIONAL SERVICE & ROTARY FOUNDATION:  
MARSHA MERORY**

**PUBLIC RELATIONS: DAVID BALSHAW & KEVIN RITCHIE**

**BULLETIN EDITOR: CARL BICKNELL**

## Rotary District 9790 Officers

**DISTRICT GOVERNOR :  
BRUCE ANDERSON (Marilyn) (Strathmore)**

**DISTRICT GOVERNOR ELECT:  
ANNE REID (Alexandra)**

**ASSISTANT GOV. GROUP 2  
(Coburg, Heidelberg, Ivanhoe, Moreland,  
Pascoe Vale, Preston, Strathmore)  
EMMA DAVIS (Moreland)**

**DISTRICT SECRETARY: CHRIS SUTTON  
(Numurkah)**

*"We gather in fellowship  
to serve the community"*

**Board Meetings  
2020/21**

**Monday 26 Oct  
7.30 pm  
ZOOM meeting**

### The Rotary Four- way Test

**Of the things we  
think, say or do:**

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOOD-WILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

**Rotary Club of  
Ivanhoe  
[Ivanhoe@rotary  
9790.org.au](mailto:Ivanhoe@rotary9790.org.au)  
PO Box 1091  
Ivanhoe 3079**

**The Rotary Club of  
Ivanhoe currently  
meets on line by  
ZOOM,  
Wednesdays  
7.30am - 8.30 am**



**ROTARY DISTRICT 9790**

**Meeting No: 1280**

**Web :  
[rotaryclubivanhoe.org.au](http://rotaryclubivanhoe.org.au)  
Facebook :  
Rotary Club of Ivanhoe**

## NEWSLETTER FOR

**Wed 30 September 2020**

**NEXT MEETING  
Wed 30 September  
7.30 am—8.30 am**

**Joint session with  
Rotary Club of Moreland**

**Meeting id: 870 7776 5173**

**ZOOM link:**

**<https://us02web.zoom.us/j/87077765173>**

**Rosemary Freeman**  
**The life of a health  
professional during Covid**

## Last Week's Meeting

John Rumble is the Coordinator of 'Hope Springs', a mental health ministry of the Banyule group of Uniting churches. It is for people with mental illness, acquired brain injury, other disabilities, or anyone who is socially isolated.

John explained Hope Springs is more a 'community' than a 'service'. John and his deputy JJ (Jiaying Jiang) manage creative activities and discuss issues of relevance to participants in a non judgemental setting. Hope Springs also provides linkages to other services, including advocacy.

Conceptualised in 1997 by Rev Peter Sanders, Hope Springs was prompted by closing down of large psychiatric hospitals like Larundel. More community support was needed for the ex-residents so Peter started day-program activities and carer support groups (still running).

Hope Springs' Mission is *'to assist participants in their recovery by providing social inclusion opportunities, creative outlets, hospitality, as well as opportunities for mutual support and self-help'*. Emphasis is on the importance of supportive relationships and community and the positive role this has in recovery and quality of life.

Surprisingly Hope Springs does not receive Government funding. John explained that this enables the service to operate in an unfettered way without having to conform to government regulations and objectives that would actually hinder effectiveness. Funding comes from Uniting Churches, provided both locally and centrally.

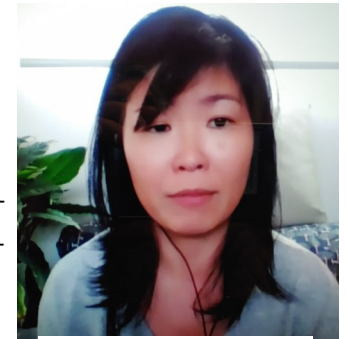


**John Rumble**



**It's frosty at Woodend!**

Who does Hope Springs support? A large proportion of clients are adults over 40 with diagnosed mental illness. Many are unemployed, living in a supported residential setting or patients from psych wards and supported rehabilitation programs. Another client group comprises community members living on their own. All up there are currently 110 people on the books.



**JJ (Jiaying Jiang) }**

In the current Covid environment the service is making use of electronic communications mainly using email and ZOOM. Outreach phone calls are made by staff and volunteers. John and JJ can legally drop off care packages, which contain a well-wishing card, puzzles, tea, coffee. ZOOM groups cover art therapy, music and drop-in, a women's group and relaxation groups.

JJ admitted some people are getting left behind with technology.

Hope Springs is launching an online art exhibition on 30 Sep via ZOOM – the theme this year is 'boredom sparks creativity'.

Hope Springs is located at Edwin St Heidelberg Heights, near the 'men's shed'.

## CLUB CALENDAR

We will continue to invite guests to our Wednesday morning ZOOM meetings, ideas from members most welcome.

	October is Mental Health awareness month. Stay tuned for exciting news about our planned 'virtual sausage sizzle' fundraiser
24 October	World Polio Day