

RESOURCEFUL AUSTRALIAN INDIAN NETWORK INC (RAIN)

ABN: 37 958 982 719
INC9886052



ANNUAL REPORT 2014-15

COMMUNITY CONCEPT | COURAGEOUS INNOVATION

R
A
I
N

Resourceful, Reliable, Resilient

Australian, Achieving, Ambitious

Indian, Inspirational, Innovative

Network

Our Web Site:
www.eager2rain.com

Vision

Establishing an ethno-specific nursing home for the benefit of frail aged in the Indian Sub-Continent Community where their cultural, religious and dietary needs are taken care of.

RAIN

Mission

Encourage ISC seniors to maintain their dignity and self-esteem To create awareness of Aged Care available and to provide assistance in securing care

To establish itself as a highly respected, sustainable organisation to grow, develop and enhance its services to the seniors and humanity.

Values

Seniors come first: Acknowledging their expertise developed through years of experience, their sense of independence, and self-determination, RAIN's organizational culture is defined by the following values:

Service – Cultivate direct, committed service to the frail aged in the ISC community based on respect and positive communication.

Encourage volunteerism

Leadership – Lead the community to achievement and empowerment

Collaboration – Engage partners to multiply impacts

Excellence – Perform at the highest level, Conceptual and perpetual satisfaction for opportunities well utilised.

Innovation – Be inventive, not merely having good intentions, but adapting purposeful systematic analysis of opportunities and creating new dimensions in our performance

Inspiration – Catalyze all ISC community members to serve

2006: Started with three founders
Thanks to Hurstville City Council, found Venue to meet at Senior Citizens' Centre, 91 Queen's Road

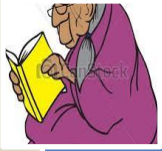
2011: After several fund raising events, Community donations from generous hearts and helping hands, RAIN home at 501 Forest Rd, Penshurst is purchased.

2014: Secured funding for Centre based Day Care, Staff appointment and transport from Home and Community Care, Commonwealth Government

Mission accomplished :
securing a firm ground for the seniors of the Indian Sub-Continent Community to meet and socialise



Social Support group



- *The provision of Centre based day care and the transport* will help provide a comprehensive coordinated and integrated range of basic maintenance, support and care services for frail older people and their carers as per the objectives of the Commonwealth Home Support Program.
- Physical access – Our Community centre at 501 Forest Road, Penshurst accommodates the day care activities. We have an access ramp and disabled toilet and the place is disabled and wheel chair friendly & accessible to people with physical or sensory disabilities.
- Our usual Thursday meetings at Senior Citizen Centre , Hurstville are also conducted on the basis of Senior care with special activities to help the ISC seniors come out of their social isolation and improve their knowledge on community service facilities available to them. Currently we are having similar sessions once a month on Tuesdays in 3A Stapleton Avenue at Sutherland

Sabari Food Project



- In partnership with the Hurstville Community Food Services, we have been successfully running the 'Sabari' Indian community traditional vegetarian food services for the past nine years. Our volunteers cook at the Hurstville Community Food services every week and food is served during our Thursday senior meetings at Hurstville Senior Citizens' Centre. The food is sponsored by caring seniors and their families. We have formed a food committee that work efficiently in offering their services in cooking, serving the elderly and washing up after the sessions. Our volunteers also take meals to house bound seniors who have the need.
- To foster social inclusion for the elderly ISC seniors and to build a sense of community and to improve the physical and mental health of participants, we are setting up a community kitchen , planning to equip and run it effectively, planning how to cook and share nutritious ,low cost meals. This will provide a venue for our Seniors' unique traditional experience enhanced by modern requirement for healthy lifestyle and to improve their personal and community well-being.

Men's Shed

Transport



- RAIN organises transport and clients are picked up at home and brought to the centre for the centre based day care. We hire the bus and the volunteer drivers from St George Community Transport Services Inc and Sutherland Shire Activus Transport Services Inc.
- Under the able leadership of Dr Gunu Naker, Dr Avinash Joshi, Mr Ravi Pandit our men's shed carries out activities of interest to the RAIN Men. Trips to places of interest are planned and our male members show great enthusiasm in participation.



YOGA



Cooking



ANTAKSHARI



Rain green gardening



Recipe sharing

Age cannot wither our spirit

SPECIALISED INDIAN SUB-CONTINENT ETHNO SPECIFIC CARE



Pongal the harvest festival at RAIN community garden



Navarathri

Doll festival and
garba dancing



A number of seniors are above the age of 80 and the vulnerability of the individual to further deterioration shows the urgency of the requirement for provision of ethno specific culture and religious based services.

This opportunity for them to be served by an ethno specific organization run by seniors who fully understand their cultural and dietary needs, helps support them to be more independent, thereby enhancing their quality of life.

RAIN is the best option to provide flexible, timely services that respond to the ethno specific needs of these people. (Social Support services provision for two days per week for 22 ISC seniors in total).

Without discrimination – Eligible people assessed as needing a service are offered access to Commonwealth CHSP services without discrimination on the grounds of ability to pay, location, gender, ethnicity, language, marital status, religion, sexual preference or type of disability.

Activities such as mentally stimulating games, memory quizzes, Indian songs, Yoga and relaxation exercises, art and craft sessions and spiritual and guest speakers are some of the activities planned.

Celebrative events keep our seniors happy and provide them with an opportunity to share their culture

2014-2016 GRANTS AND SERVICE PROVISION

Community building partnership Grant
Infrastructure to provide wider driveway, carport
and community kitchen

Ashfield Council
Rain Green Project Grant

Toyota Grant

Department of Social Services
Commonwealth Home Support
Program
Social Support (Group)
BENEFITTING INDIAN SUB
CONTINENT SENIORS - 22
Service Provision- 4000 hours

NSW Department of Health
Launch of Mahila DVD
&
Community Kitchen project
& bringing about awareness of
Chronic diseases

Hurstville City Council and Kogarah City Council
Community Kitchen Project
Benefitting Indian Sub Continent
Seniors who meet at Hurstville
Seniors Centre on Thursdays -45
Service Provision- 9000 hrs

Clubs NSW Hurstville
Illawara Catholic Club
'Community of practice and peer support' in local
food growing and through helping community
members to access much-needed education in how
to do it well and sustainably.
15 seniors - 1800 hrs
Community garden and Men's Shed

Community Relations Commission's
Pathways to Inclusion - South Asian Women
in partnership with Inner South West Community
Development Organisation
Home and Community Care
accredited Certificate III course
Course instruction and training provided by 3 Bridges

FROM THE CHAIR



ADARSH SACHDEV

The annual report on the operations of RESOURCEFUL AUSTRALIAN INDIAN NETWORK INC (RAIN) provides an opportunity to formally thank the team of funders and supporters of RAIN. The Public Officer, the Program manager, the staff, the volunteers, and the members of the committee, for their commitment to the pursuit of excellence in the delivery of ethno specific Aged Care Service.

The commitment of RAIN to improvement is established by provision of the much needed ethno-specific services to clients with complex needs.

Our focus on helping our frail aged, and our preparation for client focused and directed outcomes for the future Initiatives for the year include:

- *The award of a three year agreement with Department of Health and Ageing to support our ISC Social support group in Penshurst and Sutherland.*
- *Expansion of our centre at 501 Forest Road, Penshurst to include a life-long learning activity room and a community kitchen.*

The financial performance of RAIN for the year ended 30 June 2015 was sound. The Committee and Trustee Team remain focused on the future, and will continue to create a culture within RAIN that supports creative and innovative solutions to difficult human service issues.



We will continue to create a positive culture within RAIN that supports creative and innovative solutions.





Rain Chair Person Adarsh Sachdev receives an award from Prime Minister Mr. Malcolm Turnbull and Mr David Coleman MP for Banks.



5th November 2015 at Parliament House NSW Premier Mike Baird presented rain's Sudha Natarajan (Community Service), Saroja Srinivasan (establishing Balar malar and Service in mental health) Veda Srinivasan (Yoga)and Damodar Sodha (Community Service) each with a token of appreciation. Our State MP Mr. Mark Couré was there supporting our group.



David Coleman MP Recognises the Resourceful Australian Indian Network

*Hansard, page 52,
House of Representatives,
44th Parliament of Australia*

17:03, Tuesday 10th November 2015

Mr David Coleman MP:

"We are also fortunate in Banks to have a very strong community of Indian background. One of the organisations that works with immigrants from India in my electorate is RAIN, the Resourceful Australian Indian Network. Sudha Natarajan and all of the people involved in RAIN do a terrific job in welcoming people to our nation, particularly older people in the Indian Australian community who are looking for a support network and an environment in which to learn more about the local community and to interact with others. RAIN is an absolute pillar of our community. Earlier this year I held a fundraiser with all funds going to the Red Cross appeal after the tragic Nepalese earthquake. RAIN was very instrumental in supporting that event, as were many other members of the community, and made a very generous donation."



RAIN IS AN ABSOLUTE PILLAR OF OUR COMMUNITY

DAVID COLEMAN, FEDERAL MP FOR BANKS

WE ARE ACHIEVERS





MY JOURNEY WITH RAIN

BIRTH OF RAIN & NAMING



NIRMAL KAPILA



ENHANCED AND
ENRICHED QUALITY OF
LIFE

NEW MEANING TO LIFE

In 2006 a group of three migrant seniors thought about forming a network to provide consolation and companionship to the companionship-thirsty, isolated and lonely seniors.

After several sessions of discussion a fantastic network was born. Now the baby had to be named....many suggestions came forth. The name had to be matched with the purpose and the best choice was **'RAIN'** abbreviation for Resourceful Australian Indian Network, a name that respected the dignity of seniors and their experience. With strong passion and loving care, Sudha Natarajan a highly educated and intelligent lady took to nurturing the growing RAIN with equally committed support from Veda Srinivasan (Looked after the physical and soul well-being through Yoga sessions) and Saro Srinivasan (Practising Clinical Psychiatrist whose expert advice and mentoring shaped RAIN's bright future).

The practical challenge of having a space to grow in had to be faced and thanks to Hurstville City Council RAIN had a venue at Senior Citizens' centre and the growth began. Started with a few members and a few Leader and Indian Link articles later, we had the privilege of the Sydney Bhajan Group of truly resourceful seniors joining us and we had the efficient leadership of Usha Sanghvi and Harihar Patel who led the Bhajan group.

The three had become thirty and RAIN born in March 2006, got incorporated in September. A management Committee was elected with Veda as the Chair person, Ushabehn as Secretary and Saro the treasurer. Sudha became the Public Officer. I was part of the committee assisting Sudha and closely monitoring the tremendous growth and progress. Mr Damodar Sodha was our next Chair Person and the committee took on projects that promoted community development and culture sharing with the wider Australian Community.

Thursday afternoons at Hurstville became a hive of activity soon and the neighbourhood got used to seeing a trail of ladies in sarees walking up from the train station to the seniors' centre. Based on need networking with several Community service organisations started and soon Sutherland RAIN sprang into action under the able leadership of Loga and Sushma.

The growing RAIN 5 years old in 2011, needed a place to call its own 'Home'. Mr Ambalal Patel started the donation campaign with a \$5000 cheque and with the community staunchly supporting and helping hands and generous hearts pitching in to help 501 was purchased and more challenges pursued. We needed to make the premises liveable, we did that in stages. We soon created a community garden. Silent supporters like Dr Naker, Radhamani and Gopma Naidu took this as a personal commitment and RAIN Home evolved.

Built with love and care this is the Home for Indian Seniors where those with disability gain strength and seniors are respected and dignity, solace and compassion are encouraged.

FROM THE C E O



SUDHA NATARAJAN



A privilege of being CEO of RAIN is the opportunity to gain rich experience from our seniors, our staff and volunteers. With every passing year, new set of values are adopted, and it is wonderful to see those values in action. The many highlights of RAIN are:

IDENTITY:

We have created an identity for ourselves with broad input from staff and stakeholders. Our intention is to raise our profile with clients and potential clients as well as to ensure that our public image better matches our mission and values. The format of this Annual report is an indication of our new approach.

CHALLENGE

RAIN prides itself in working differently and exploring better options all the time. We constantly challenge ourselves to better meet community needs, and find better options. Always facing the challenge of managing with the limited space and the growing numbers, and with support from Mr Mark Coure' our State Member for Oatley, we have successfully secured NSW Government support for the ramp, kitchen and carport facilities and this year the centre will get a face lift with rendering of the building and painting. We will soon have a spacious hall to accommodate our life-long learning activities and the centre based day care for the seniors, We are grateful to the generous Indian Community members for their praise-worthy generosity.

The two social support groups (in Penshurst and in Sutherland) maintained their quality delivery, and offered enhanced services, such as ethnic festivities and temple visits in response to seniors demand. Positive consumers feedback is now a regular feature of our centre's operations.

Choice

Client outcomes led to greater choices. As one example we have started a new social support group at Ashfield with support from the Ashfield Council with venue provision and a grant to do the RAIN Green environmental project.

A number of significant project funding have been won including continuity of Commonwealth Home Support Program for the next three years.

With introduction of CHSP and the Aged Care portal system, our staff (who have gained the required qualifications with RAIN support) put much effort into preparation for the world of client-directed care, including actively developing social support strategies and interesting activities for the coming years.

Innovation

In preparation for opportunities for better and structured service provision, we commenced development of a model of care which would integrate long seniors day care with carers support, primary health services and community development.

Collaboration

Increasingly, much of our work is done in partnership with government policy makers and other service delivery agencies

These efforts have helped change our thinking from traditional program categories to a much more client-focused approach.

RAIN 's growing reputation for quality services is very much a team effort, based on our excellent staff and volunteers mentored and guided by our efficient program Manager R.S.Loga. The organisation is governed by an enthusiastic, savvy and supportive management committee, under the stewardship of Chair Adarsh Sachdev and the two capable vice chair people Archana Sachdev and Sapna Shah.

2006 TO NOW....

WE HAVE GREAT PLEASURE AND PRIVILEGE TO NETWORK WITH.....



**HURSTVILLE CITY COUNCIL
KOGARAH CITY COUNCIL
SUTHERLAND SHIRE
COUNCIL
ASHFIELD COUNCIL**

**INNER SOUTH WEST
COMMUNITY
DEVELOPMENT
ORGANISATION**

**ST GEORGE MIGRANT
RESOURCE CENTRE NOW
ADVANCE DIVERSITY
SERVICES**

**HURSTVILLE
COMMUNITY FOOD
SERVICES**

**SOUTH EAST SYDNEY
LOCAL HEALTH
DISTRICT, NSW HEALTH**

**GYMEA COMMUNITY
AID AND
INFORMATION
SERVICES**

**ST GEORGE
WOMEN'S
INTERFAITH
NETWORK INC**

**ST GEORGE COMMUNITY
TRANSPORT PROJECT ,
ST GEORGE REGION

ACTIVUS TRANSPORT
SUTHERLAND SHIRE**

**SOUTH ASIAN
LANGUAGE
ORGANISATION**

RAIN TRUSTEES



DR SAROJA SRINIVASAN



MRS SUDHA PATEL



DR GUNU NAKER



DR A . MANOHARAN. A M



DR SUDHA NATARAJAN



DR G.N.SUKUMAR



We have a strong management committee with professionals from all fields and under the able leadership of our trustee board, our two funds (The Fijiwala Ambalal Senior Care Fund and the RAIN Life Long Learning centre building fund) have had positive financial growth during the year.

- The six trustees are: Dr Saroja Srinivasan; Dr Gunu Naker; Dr A.Manoharan AM; Mrs Sudha Patel ; Dr Sudha Natarajan and Dr G. N. Sukumar. Trust deeds have been legally drawn and stamped. All in all, our management committee is proud of its leadership qualities, compassionate commitment to tasks undertaken and a total devotion to the cause of seeing our seniors age happy and well. A strong management committee with professional office bearers and an equally strong trust board have taken on the commitment to make RAIN successful in its endeavours to serve our seniors.
- This year we have elected Sapna Shah as our treasurer. Our previous treasurer Dr Saroja Srinivasan to whom we are forever indebted for the years of dedicated service to the cause and passionate commitment. Saro has made a massive contribution to the committee through her leadership , expertise and commitment. Her clear head, thoughtful approach and ability to identify key issues has been an asset to our deliberations. She has been invited to serve as head of our Advisory committee and will continue to be the Chair Person for the Trustee committee.

RESOURCEFUL AUSTRALIAN INDIAN NETWORK INC MANAGEMENT COMMITTEE

CHAIR PERSON

MRS.ADARSH SACHDEV

Punjabhi speaking community coordination, FUND RAISING, Social Support group activities Coordination and management, Organisational Administration, human Resource management & training)

PUBLIC OFFICER: DR. SUDHA NATARAJAN

All aspects or Organisational Management, Liaising with Government Departments, funding bodies, Insurance, Risk management, networking with other organisations and organising meetings , surveys. (Planning & supervision of Consumer Centred Care , assessment, Care plan as per Individual needs, Data entry and MDS reports to the Government)

SECRETARY: MRS. RENGASAMUDRAM S.LOGANAYAKI

Tamil speaking community coordination, Organisational Administration and Human Resource management and Staff training, Networking , Liaising with Government Departments, Organising Committee meetings) ; Staff and Volunteer training and management.

JOINT SECRETARY: MRS. HARDIKA HIRANI

Organisational Administration and Human Resource management and Staff training, Networking , Liaising with Government Departments, Planning & supervision of Consumer Centred Care Administration Financial and Assets management & Control)

VICE CHAIR PERSON : MS. ARCHANA SACHDEV Social Support and Home And Day care based Consumer Directed Care activities planning and assisting with marketing, advertising and promotion), Liaising with surveys

TREASURER: MRS.SAPNA SHAH

Administration and Assets management, Financial Management & Control, Advocacy , monitoring financial aspect of all activities; Advise Planning & supervision of Consumer Directed Care , assessment, Care plan as per Individual needs& monitoring on WHS Safety issues.

MEMBERS: DR. GUNU NAKER ,DR.SAROJA SRINIVASAN, MRS SUDHA PATEL (Management advisors (Organisational Administration and Human Resource management, Capacity building , Advise & monitoring on WHS Safety issues.

STAFF MEMBERS

MRS GITA PANDIT & RITA DEVMURARI

CENTER BASED DAY CARE & SOCIAL SUPPORT GROUP FACILITATORS
(Planning & carrying out Consumer Centred Care , assessment, coordination or activities planned per Individual needs, Data entry and reports)

MR HARI NARAYAN & MRS SMRUTI DESAI

CENTER BASED DAY CARE & SOCIAL SUPPORT GROUP ASSISTANTS
(Assisting Facilitators, direct service to Individual clients (Consumer Centred Care) taking into consideration their individual needs)

SURVEY AND PRODUCTION OF DVD

AIM: Examining the psychological and physical health issues of Indian Sub-Continent seniors (women) residing in the St George & Sutherland regions in order to develop culturally sensitive interventions.

PROCESS: A detailed survey was carried out by RAIN in 2013. Data collected was processed by Dr Ritin Fernandez (Nursing professor, St George Hospital) and Dr Cathy O'Callaghan (NSW Department of Health).

FINDINGS: Overall most of the participants had traditional cultural expectations and responsibilities regarding family, nuclear family, elder care, marriage, divorce, gender roles and family living arrangements. Many respondents identified that they had significant caring responsibilities, particularly for their grandchildren which impacted on the time they had for themselves.

OUTCOMES: The results pointed to more community education about family support options for older Indian women and their families. Indian women could also become aware of social support opportunities beyond looking after children. More social support could also be provided to older women looking after children such as grandparent groups.

Evidence from the findings are being utilised to initiate further measures to develop meaningful and sustainable relationships. Accessing meaningful and culturally appropriate activities is vital in promoting healthy and active ageing. Resourceful Australian Indian Network (RAIN) provides a space and network for various cultural and social activities specifically for the Indian Sub-Continent community in the St George and Sutherland areas. In consideration of the health issues revealed in the surveys, it was proposed that a DVD 'The Story of Ageing' be produced to explore the issue of loneliness, widowhood and health issues in old age. Some of the women who have conducted the survey were approached to tell their stories.

A steering committee was set up to oversee the development of this DVD which included general practitioners, RAIN President and office bearers, St George and Sutherland Hospital Diversity Health Coordinators, St George Mental Health, Professor of Nursing St George, Cultural Diversity Officer at Hurstville Council, bilingual counsellors and two film makers.

The DVD had a dual purpose of: educating service providers about the cultural, physical and mental health needs of this community; and informing the community of the physical and mental health issues of older people (and women in particular) and how these issues may be addressed.

Interviews, filming and making the DVD were done by two students who are qualified in photography as well as in community service. Diwali celebration in line with Hurstville City Council's Discovery Art and Health Festival in November, was chosen as the main festive event to launch the DVD. This video was also shown at health support groups supported by NSW Health department.

Pathways to Inclusion-South Asian Women



SUCCESSFUL PROJECT PARTNERSHIP:

RAIN & INNER SOUTH WEST COMMUNITY DEVELOPMENT ORGANISATION. Thanks to CEO Asha Ramzan and Project Officer Onaiza Ribeiro

Funded by the NSW Community Relations Commission's Multicultural Advantage Partnerships Project.

The project trained, resourced and has supported a group of 15 women of South Asian background living in the St George & Sutherland region to undertake a certified course in Home and Community care (conducted by 3 Bridges), so they will have a recognized qualification and the skills, knowledge and hands-on experience to work effectively with people in the community who are ageing and disabled.



Successfully completed HOME & COMMUNITY CARE accredited course thanks to our teachers from 3 BRIDGES.





R.S.LOGA



*THE BEST WAY TO FIND
YOURSELF IS TO LOSE YOURSELF
IN THE SERVICE OF OTHERS*

MAHATMA GANDHI



Some of our dedicated volunteers

**Veda, Nisha, Radhamani,
Nirmal, Bharti , Tara, Manju,
Vimu, Jaya , Pachiamma,
Kumud & Usha.**

**Raghavan Srinivasan,
Kadambi Srinivasan, Naresh
Sastry, Jayantilal Gohil,
Gaman Khatri, Ram Tihari &
Ramesh Rajput**

FROM THE PROGRAM MANAGER

TO ALL STAFF & VOLUNTEERS

You are the organisation; without your ceaseless contributions, energy and ideas RAIN could never have reached this height.

VOLUNTEERS

Volunteers are an integral component of our vision for a more caring and cohesive community .RAIN volunteers are inspired by the organisation's innovative, people-caring and cohesive community.

Goal of gaining career related experience through volunteering is looked after by RAIN through trainings and many accredited courses. RAIN has succeeded in turning community assets into outcomes such as jobs, educational achievements and satisfaction.

Our volunteer team serves the important social and psychological functions of value, understanding and enhancement while practicing a functional approach concerned with the needs of frail elderly of the ISC community.

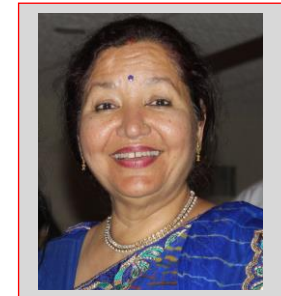
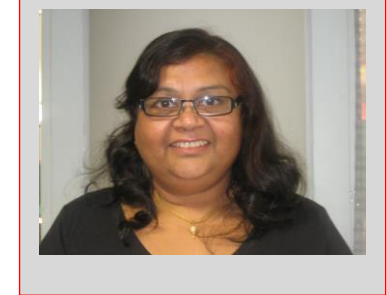
Our volunteers provide transport for peer group to visit home bound seniors and those who are in hospitals and nursing homes.

Our volunteer team helps with computer work, fund raising events, cooking and serving the frail elderly and tidy up.

OUR HARD-WORKING STAFF

Gita Pandit, Rita Devmurari, Hari Narayan & Smruti Desai

RAIN is proud to have a set of dedicated and qualified Staff who have maintained momentum, motivation and whole heartedly completed roles and responsibilities to achieve a myriad of best outcomes for the clients and community we serve. As well, to prepare for whatever challenges and opportunities may present into the future. A strong and stable team of vibrant, capable and professional staff has been the foundation for delivering good outcomes. I take this opportunity to recognise all staff for their hard work and commitment. Much has been achieved, as the pages of this Report attest.



SUTHERLAND GROUP

RAIN Sutherland branch started as a social support group in 2007 to cater to the needs of ISC seniors living in the shire with 6 members and today it operates as centre based day care for about 22 ISC seniors. They enjoy regular social outings with their peers, health talks ,information talks , educational pursuits, exercises classes and are becoming physically, emotionally and psychologically more fit .They could feel their lives becoming more meaningful and their ageing enjoyable.

Thanks to all our networking partners for their role and support in our success.



FUTURE DIRECTIONS

FOCUS

Indian Frail Aged who are in need of home care and social inclusion.

VULNERABILITY

- Language barrier
- Severe disability
- Low access to rehabilitation
- Poor self-management
- Psychological Distress
- Social, emotional & Cognitive impairment

STRATEGIC DIRECTIONS

Develop a workable system which is of benefit to client, carer and staff.

Invest to provide more care to vulnerable ISC seniors and more restorative and well-being care.

Address the social determinants of health and well being

Building environments that enable safe, active and socially inclusive life style for good population, health and well-being.

Building Community capacity and resilience.

APPROACH

Community decides:

Meaningful community consultations with clients, carers as equal partners.

Goal setting with equity and re-ablement in mind.

Establishing strong partnerships.

Prevention.

Targeted, localised, integrated approach

Skilled staff , Opportunities for training

Matching staff with individuals.

Empowering ,innovative ideas and effective training.

OUR STRATEGIC PLAN 2016 TO 2020

RAIN's five-year strategic plan – Advancement through innovation – sets out our goals and provides us with a clear framework for directing, monitoring and assessing our progress. It will ensure that we continue to make a meaningful difference to people's lives, assisting them to live with dignity, respect and independence.

The Strategy provides a strong vision, aims and guiding principles. An indicative Action Plan has also been developed that outlines specific initiatives which will enable us to achieve our objectives, along with key performance indicators to measure the success of our Active ageing endeavours.

A key objective for this model is that it must focus on becoming financially self-sustaining. Progress of engagement develops from a platform of shared values and trust. This has been developed through focusing on the significant external challenges.

GOAL : Creating a non-loss business arm on top of being the best non-profit community service organisation is our current goal

MOTIVATION: RAIN is motivated by a need to find an alternative source of funding to plug a financial gap. We also have the social commitment to deliver high quality social care for disadvantaged frail aged ISC seniors, create employment for disadvantaged groups and empower the ISC community. and RAIN sees social enterprise as a way to achieve this aim.

Research: Community consultations, Social enterprise workshops, discussions with partnering organisations, trying out ideas with seniors, experimenting each idea to see whether it will work, analysing the financial benefits, all done by seniors themselves and we have finally reached the decision to provide seniors with an opportunity to turn their cooking expertise into beneficial catering activity, turning their assets into rewarding financial outcomes.

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Formalising process we developed a set of criteria around our motivation to help create a range of flexible and supportive employment or training opportunities within this business.

Training new migrants and young mothers who wish to have part time job opportunities to train in cooking skills, food safety and kitchen management.

The business offers a real working environment in which older people would want to work as mentors and volunteer training is offered as part of life long learning

Working in this business will promote health and well-being, develop employability and reduce social exclusion for all ages.

This set of criteria has helped us to make decisions and is something that we refer to repeatedly throughout the business development process and in evaluating the impact of our activities.

We don't have to realise our dream singlehandedly, RAIN committee has the drive, vision, charisma, determination, resourcefulness, commitment and motivation to inspire others to make this a team effort.

RAIN plans to run a Life Long Learning Centre, a Community Kitchen & Café venture that involves the community in need of social support, inclusion and empowerment.

***RAIN LIFE LONG
LEARNING CENTRE***

Strong , vibrant,
economically sustained
community

Economic
regeneration
Job opportunities



We respect diversity
which enhances the
learning capacity of
our community

**We are a learning
community**

We are operationalised through
collaboration, cooperation and
partnerships

Education enhances
the capacity to work
and life-skills of our
members

Opportunity for social
and workplace
inclusion

Individual
fulfilment

We share a common goal



RAIN LIFE LONG LEARNING CENTRE:

RAIN centre at 501 Forest Road, Penshurst will soon have a Life Long Learning activity and training room as an extension to the current lounge. We are extremely grateful to our generous donors and the NSW Government "Community Building Partnership" Grant in making it possible to include a wider drive way with broader entry, a new car port and a community kitchen. We wish to acknowledge with gratitude the support of the State Member of Parliament for Oatley Mr Mark Coure'. With the funds raised for building an activity room and library for a Life Long Learning centre (which will provide language classes, Scripture reading and analysis, training courses for our volunteers and important informative courses for seniors) we have commenced construction at 501 Forest Road. This is in line with our aim to provide a creative and knowledge based positive diversion in the lives of seniors of the ISC community.

OUTCOMES: ACCESS AND EQUITY, COLLABORATION, LITERACY & SKILLS DEVELOPMENT, LEADERSHIP & FOSTERING COMMUNITY COHESION

Enhance community capability

Strengthen community governance.

Develop Skill

Connect Communities

Share culture

Accredited Training

- Accredited training in Home And Community Care for staff and volunteers and new migrants.
- Collaboration with Inner South West Community Development Organisation . Training by 3 Bridges.
- Funding support from Community Relations Commission
- Planned accredited courses in food safety, food supervision in 2016.

Life long learning courses for all

- Chair Yoga for seniors by Mrs.Veda Srinivasan
- Meditation by Dr Naker
- Cooking and Recipe sharing
- Slokas and songs in Sanskrit by Dr Meenakshi Srinivasan
- Tamil talks and debates by Mr Sambamurthi
- Permaculture gardening workshops
- Ayur Veda by Dr Indu Narayan
- Art & craft - Knitting, quilt making, painting
- Computer Skills
- Environment and sustainability

Performing Arts

- Singing Bhajans (spiritual) and Antakshari (recreational)
- RAIN Gitanjali Choir
- RAIN Yoga Dancing
- Bollywood dancing, heartywood exercise for carers in collaboration with South Asian language Organisation, Kogarah.

DREAM COME TRUE THANKS TO SUPPORT FROM OUR CARING RESOURCEFUL SENIORS AND THEIR FAMILIES AND THE GENEROUS INDIAN COMMUNITY MEMBERS WHO BELIEVE IN MAKING THIS A BETTER PLACE FOR OUR SENIORS.

Rain Community Kitchen

FOCUS:

Sustaining community well being

Reablement & Restorative strategies

Retrospective approach for frail aged

Enjoyment provided in having an ethno specific healthy meal in the company of their peers.

Interactive cooking demonstrations and recipe sharing with wider Australian Communities

This community kitchen is sure to bring a remarkable change in the ISC seniors' knowledge about food safety, planning and cooking simple but healthy food, inclusion in the the society, increase in their self-esteem and self-confidence.

RAIN kitchen will provide the atmosphere and opportunity to make our seniors come out with the abundant knowledge they have about food, health and medicinal values of the herbs that they use. They will have the opportunity to share with their peers different methods and varieties of cooking thus enhancing their self-esteem and encourage social inclusion. They will be encouraged to do cooking demonstrations under the able guidance of trained staff to practice the retrospective approach and train them to be independent gaining more self-confidence.

Information sessions that will enhance the knowledge about healthy eating, Food safety procedures, budgeting healthy food and meal planning will be organised .Involvement of other community groups in the kitchen will bring more interest in recipe sharing and get more friends and members attending these sessions.

Community kitchen will help family members taking care of frail aged seniors as food will be available to take home to cater to their need as well

Long Term goal: serve ethno specific INDIAN vegetarian Meal to all those in need of it in local community groups, the house bound needy seniors as well as those who are in nursing homes in the St George region.

KITCHEN EQUIPMENT

THANKS TO OUR FUNDING BODIES:

As part of last year's project on Community Kitchen and recipe sharing we managed to purchase some of the kitchen equipment.

Our gratitude to Hurstville City Council, Illawara Catholic Club (Clubs NSW) and Kogarah City Council

& Our own lovely seniors who came forward to take on the responsibility for individual equipment and the RAMAYAN Group that tirelessly raised funds throughout the year.

KITCHEN INFRASTRUCTURE

We could not have done this without the staunch and caring support of MR MARK COURE' OUR STATE MP FOR OATLEY.

We acknowledge the support from NSW STATE GOVERNMENT FOR THE COMMUNITY BUILDING PARTNERSHIP GRANT that has helped us in tiling and renovating the kitchen to make it a fully functional Community Kitchen.

KITCHEN MAINTENANCE

OUR FANTASTIC TEAM OF KITCHEN COMMITTEE, STAFF AND VOLUNTEERS....

Gita, Rita, Hari and Smruti, Nisha, Manju, Tara, Pachiamma and Usha.....you are all doing a great job... we are extremely proud of you.

Preparation of Kitchen Manual : We acknowledge support from the NSW SOUTH EAST SYDNEY LOCAL DISTRICT Grant funding for this and printing of a healthy recipe book.

Our Program Manager R.S.Loga has been tirelessly spending hours to have the rules and regulations, food safety issues and health and work safety issues covered and documented.

SOCIAL ENTERPRISE:

Stakeholder Analysis

Staff : Our staff members currently volunteer in cooking Indian vegetarian meals at the Hurstville Community food services for our social support group and they are excited about the opportunities this social enterprise will offer them.

Customers, Service Users: Social enterprise workshops which were carried out in the past two years have developed the idea , shaped it into realisable dream and all these are wholly influenced by ideas brought about by the community elders ,their carers , volunteers as well our caring staff and committee members. Every Thursday afternoon 45 seniors are provided with healthy lunch and we have social support groups for Indian Sub-Continent frail aged who look forward to in-house prepared hot meals during our centre based day care sessions. Carers will also be our regular customers.

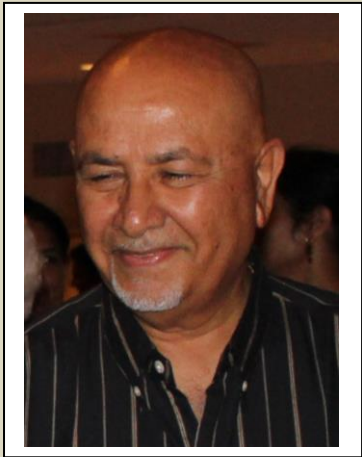
RAIN plans to engage with committees of other community services to source catering opportunities to provide traditional Indian vegetarian meals during staff meetings , workshops, special events, , Local Council harmony events etc.

Investors/Funding Providers: Other than the community supporters who are willing to donate when the need arises, we apply for grants when the opportunity arises.

Partners: Community members, volunteers and staff who will be involved in the social enterprise will be our partners and will be involved in the total process right from the planning stage. For seniors it is social inclusion , being respected for their culinary expertise, and being empowered as mentors will give them a sense of belonging. The carers will be happy to have take home meals when their elderly get back home and they do not have to cook after a day's tiring work. It will be a positive change which they look forward to.

CONCLUSION

With the development and execution of this strategic plan, RAIN aims to realize its vision: that all our members, staff and volunteers are inspired to do their part to strengthen communities. RAIN has a unique role and obligation to the frail aged in the ISC community to promote safe and comfortable living and volunteerism; administer high-quality programs; prepare communities to be more resilient; and connect with partners who can multiply our reach and impact. This strategic plan sets RAIN on an exciting path on which the organization can increase sustainability and expand its already-successful programs, while attracting new resources and programs as they align with the organization's mission, vision and values. With each accomplished objective, RAIN shall empower the seniors of the ISC community.



DR GUNU NAKER



Men's Shed and Garden Blitz:

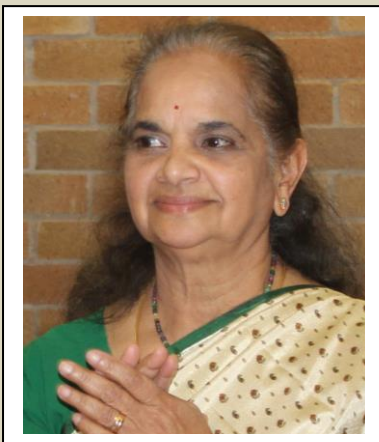
Over last year we have been successful in growing Methi, Chillies, Ginger, Tumeric, Eggplants, and Tindola. Some of the planting had to be shifted due to new development at 501. I am sure we will be able to restore some planting and growing of various items which interest our members after completion. It is always nice to share the harvest with enthusiastic members ever ready to buy the products and enjoy them.

Pranayam and meditation: *We had Pranayam and meditation classes at the RAIN, 501 Forest Rd premises and Ashfield Council hall from time to time running over 3-4 one hour sessions. They were well attended and the participants felt that they can benefit from the meditation sessions.*

Junior Senior Excursions: *We had 4 excursions this year. they were well attended and participants were very enthusiastic to continue these 3 monthly.*



Treasurer's Report



Dr Saroja Srinivasan



I am pleased to be able to report on another robust financial year for RAIN.

Income for the 14/15 financial year was \$1,71,834, which represents continued growth compared with income of \$1,17,326 for the previous 13/14 financial year.

Expenditure for the 14/15 period was \$1,04,050, and the surplus has helped us bring down our previous year's unsecured loans of 146,000 to the current liability of 112,000.

Income was once again generated mostly in our three key areas – Commonwealth Government CHSP Social Support Program (\$55,334 or 32.2 %), Community development projects (\$ 43,260 or 25.2%) and Memberships , donations and fund raising events (\$73136 or 42.6%). I must make special mention of the Social support group yet again, which, enjoyed further growth in number of people attending in Hurstville ,40% increase year on year!

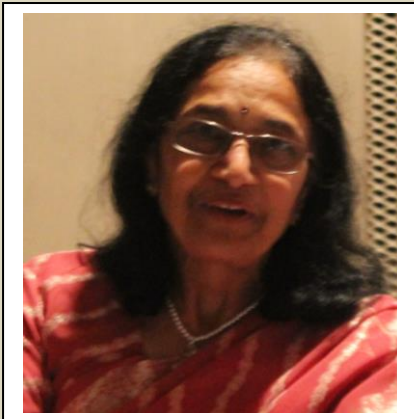
The \$30,000 grant from the Community Building Partnership Program of NSW State Government for a wider drive way, car port and kitchen renovation helped us a lot in updating the facilities and we are grateful to Mr Mark Coure' our State Member for Oatley for this support.

I wish to acknowledge the Hurstville and Kogarah City Councils' support and contribution, which assists us to provide a quality community service to local Indian Sub-Continent Community residents. We are also thankful to Illawara Catholic Club for the Clubs NSW grant which helped us with providing a better environment and beneficial activities for the elderly in the community.

\$ 35,409 or over 30% of expenditure was on staffing, an investment which pays dividends for our members in terms of service delivery. The remaining expenditure \$16,389 was on transport for the seniors as part of the CHSP program and \$13,428 was spent on meals provision. The rest of the expenditure was for operational costs such as programming, cleaning, utilities, updating IT and stationery.

Through prudent planning, the management committee has been able to keep membership rates flat for the third year in a row.

Whilst I will continue as a Trustee and member of the management committee, this is my last year as Treasurer. I am pleased to be leaving the Centre in such a solid financial position, largely as a result of the continued and combined efforts of the committee, staff, volunteers and members, who without doubt are the Centre's biggest asset.



HARDIKA HIRANI



ASHFIELD RAIN

RAIN Inc got involved with Ashfield Council for the first time in 2015 by participating in the Carnival of Cultures. The intergenerational program was very successful and Henna and Rangoli demonstrations were well attended.

Mariam Hi the council cultural co-ordinator saw a need to start an Indian support group at Ashfield and approached RAIN Inc to support the program. Ashfield Council provided the venue free of charge during the last 6 months of 2015. The group met once a fortnight. There were young mothers and elderly who attended the program. Various activities were organized by RAIN Inc like Art and Craft, Yoga, Medical Talks and Permaculture Garden talk. Meditation by Dr Naker was quite popular and had received positive feedback. Morning tea was provided which gave the group a chance to mingle. Slowly the group number has started building up. The RAIN members also visited the meetings to support the Ashfield members and at those meetings lunch was provided.

We applied for the hall for 2016 and Ashfield Council has kindly allowed us a free use of the council hall for the Indian social support group to meet. RAIN Inc will organize the activities. RAIN Inc has also received a grant from Ashfield Council of \$2000.00 for the Rain Green Project. For the next year the activities will include table top gardening, healthy living activities for a sustainable lifestyle and community garden visits. This will give an opportunity to young and old to mingle and share knowledge. It will provide a great opportunity to meet members from different backgrounds.

RAIN will once again participate in the Carnival of Cultures and in Ashfield Council's senior week activities and is planning to provide Bollywood dance entertainment and will also have stalls for Rangoli and Henna. "How to wear a sari" demonstration will also be organised.

We are very excited and are looking forward to fostering our relationship with Ashfield Council. It has been great working with the council members who are very friendly and helpful. We are indeed grateful to Ashfield Council for the opportunity to establish the RAIN Ashfield Indian Support Group.

Commonwealth Home Support Program

FUNDED BY COMMONWEALTH HOME SUPPORT
PROGRAMME, DEPARTMENT OF HEALTH AND
AGEING



RAIN has successfully registered itself as a Special needs, ethno specific Indian Sub-Continent Community organization to deliver Social Support Services in the New Aged Care portal and we are well on our way entering data in the new DEX portal of the Department of Social Services.

The Commonwealth Home Support Program's (CHSP) stated objectives are to deliver timely, high quality entry-level support services, taking into account individual goals, preferences and choices, to help frail older people stay in their homes as long as they can and wish to do so.

The CHSP commenced on 1 July 2015 and the existing HACC clients are supported under the CHSP. Our existing Centre based Day Care services is now called 'Social Support Group' services and offered three-year funding agreements under the CHSP until 30 June 2018. CHSP and Home Care packages will merge to create an integrated at home package from 2018.

RAIN will facilitate new **referral pathways**, managing the transition of existing clients, implementing a **fees framework** and maintaining a **centralised client record** via My Aged Care.

CHSP Clients are encouraged to become more empowered to work in partnership and make decisions about their care through a wellness approach.

To implement a wellness approach, we adapt approaches towards clients, to do 'with' rather than 'for'.