

RAIN Annual report 2018 - 2019

Chairperson's report

On behalf of the management committee, it's my pleasure to present the Annual Report for the year 2018 -2019. Since its inception in 2006, RAIN has remained committed to the values of respecting seniors, promoting their welfare and health, fostering active civic participation, and facilitating collaborative action.

As an adaptive and enterprising Organization, we have made major progress in service delivery during this year. Two major initiatives have been instituted and are continuing successfully. With support from local councils, along with the two major projects several other projects have also been successfully completed.

1. We have also established our Social enterprise program of Saturday Tiffin Service with supported funding from Australian Government under the MUSTER programme despite persistent financial challenges.
2. Supported by the Commonwealth Home Support Programme, we have started providing service as approved providers of Home Care Packages.

We have also succeeded in diversifying our funding sources through new collaborations by increasing our volunteer force, and expanding the scope of our programming.

We wish to acknowledge the George's River City Councils' support in the way of providing venue for about 50 seniors to meet every Thursday. Project funding from the Council assists us to provide a quality community service to local Indian Sub-Continent Community residents.

At Ashfield our Social support group activities continue to draw attention and we acknowledge our gratitude to the Inner West Council in the way of providing the venue and project funding support.

We also wish to acknowledge the support and encouragement provided by Mr David Coleman the Federal MP for Banks (current Minister for Immigration, Citizenship and Multiculturalism) and Mr Mark Coure' the Oatley State MP.

Adarsh Sachdev & Bharti Black
Chair Person & Vice Chair Person



TREASURER'S REPORT

I am pleased to be able to report on another robust financial year for RAIN. Income for the 18/19 financial year was \$155,666.92. We did not have a major fund raising event this year as our plans for next year includes one. Expenditure for the 18/19 period was \$113,030.75, and the surplus has helped us bring down our previous year's unsecured loans to the current liability of \$30,000.

Income was once again generated mostly in our three key areas – Commonwealth Government CHSP Social Support Program (\$58613.76) and other grant incomes (Georges River Council, Inner West Council, Federal Govt MUSTER and volunteer grants and Community Building Partnership grant) for community development projects totalling: \$93906.58 which made 60.33% of the income. Centrelink aged care for home care packages newly started was \$3013.78 (1.94%) Memberships , interest, donations, fund raising and sponsorships got us the rest of the income \$58746.56 or 37.73%). I must make special mention of the Social support group yet again, which, enjoyed further growth in number of people attending in Hurstville ,18% increase this year!

\$61741.01 or 54.62% of expenditure was on staff wages, superannuation, workers compensation and staff training, an investment which pays dividends for our members in terms of service delivery. Another main expenditure, \$14227.95 (12.59%) was on transport including amount spent for the seniors as part of the CHSP program. \$5463.71(4.83%)was spent on meals provision and on morning tea. The rest of the expenditure was for operational costs such as occupancy costs, programming, accounting, insurance, cleaning, repairs and maintenance, utilities and stationery. Through prudent planning, the management committee has been able to keep membership rates flat for the seventh year in a row.

Our RAIN Life Long Learning Centre building fund continues to receive donations for building a language library and to maintain the current Life Long Learning hall with its amenities that help to conduct seminars and other community development sessions.

As treasurer, I am pleased to report 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 RAIN's biggest asset.

SAPNA SHAH
RAIN TREASURER



RAIN MUSTER PROJECT

Background

RAIN funded by NSW South East Sydney Local Health District (SESLHD) conducted a survey entitled 'Measuring Acculturation and Psychological Health of Senior Indian Women Living in Australia' which showed the vulnerability of ISC women seniors and the social adjustment they needed to make. Importance of socialization and financial assistance were recommended.

Following this survey, RAIN community consultations revealed that seniors were interested in exploring possibilities of making dry food items that can be sold for community benefit and to share with those who are frail aged and alone. It was clear that providing them with an activity as a social enterprise, can help reduce social isolation and generate a small income for essentials. Mental health issues that arise out of loneliness and low self-esteem could also be prevented to a great extent.

RAIN kitchen provides the atmosphere and opportunity to make our seniors share their abundant knowledge of food, health and medicinal values of herbs used for hundreds of years. They are provided with the opportunity to share with their peers different methods and varieties of cooking thus enhancing their self-esteem and encourage social inclusion.

To support our aim in creating and sustaining community well-being we applied and received approval of MUSTER grant for the next two years (starting from July 2019) from the Department of Social Services.

The acronym MUSTER stands for mutual understanding, support, tolerance, engagement and respect. It is a sub-activity of the Strong and Resilient Communities Activity – supported by the Community Resilience and Inclusive Communities grants. MUSTER aims to build cohesion and create a sense of commonality around everyday issues (i.e. issues that are tangible and meaningful in day-to-day-life) to further understanding and acceptance of diversity. The main objective of this initiative is to foster a cohesive community.

Aims and Development of Plan

- Identifying the skills of ISC seniors and providing an opportunity for them to put it in practice. They will have enhanced confidence in seeing their skills materialize into a social business to support community needs.
- Setting up a social enterprise to provide the participating seniors support to have regular healthy meals and to purchase their vitamin supplements.

- Providing training support for volunteers, new migrants and carers to develop, promote and market a social enterprise.
- Creating opportunities for the ideas and guidance from frail aged seniors could be followed to make dry food such as rice pappads, pickles, chutneys, curry powder and fryums (dried food that can be fried when needed), Chapathis, samosas and snacks. Group workshops to help carers and volunteers to develop their skills and make these at RAIN kitchen.
- The project is of two years duration would provide enough time to plan and develop the social enterprise, pack and label, advertise, promote and market all of which will involve seniors. Our whole ethos is based on enabling people who face barriers to participate in economic, social or civic activity to get more involved.

Proposed plan of activities

Cooking workshops

Delivering cooking workshops (3 Internal and 3 external) with multicultural participants. Project Chef to direct and guide Workshop details.

Recognise the knowledge and experience of the attendees, and provide space for that knowledge and experience to be shared.

Training sessions on relevant skills development to be organised with teaching organisations.

Saturday Tiffin project

Delivering ongoing cooking sessions (30 being planned) to make food.

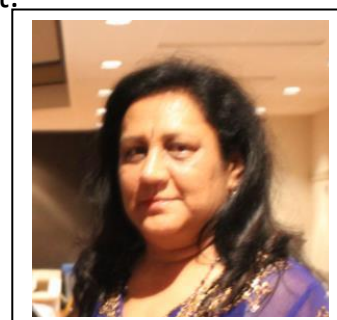
Progress so far:

- We have Included project-based activities and issue-based meetings reinforcing the strategy initiatives.
- We have involved different language speaking representatives from community to form the advisory committee.
- We have organised support, advice, mentoring and signposting. (Word of mouth advertising by seniors for effective marketing).
- We have planned for direct training regarding social enterprise and will move on to broaden access to growth-focussed training.
- We plan to maximise the productive use of human capital for example by Involving 4 seniors and 4 volunteers on regular cooking sessions.

We acknowledge with gratitude the funding support provided by the Department of Social Services for this valuable and very much needed project.

Archana Sachdev

Secretary



COMMONWEALTH HOME SUPPORT PROGRAMME AND HOME CARE PACKAGE SERVICES

As the program manager, I am very happy to present this report for our CHSP activities from July 2018 to June 2019. We are very proud that we have referred all our eligible clients for registering with MY AGED CARE and 47 of them have been approved for CHSP services this financial year. We have also started providing services as approved providers of home care packages this year. All these success stories prove the effort RAIN puts in finding ways to make the life of its clients comfortable and safe in old age.

As a CHSP SOCIAL service provider funded for giving social support we make it a point to understand and apply the aged care quality standards in any activity that is carried out. We conduct group consultations twice a year to find out the needs of the clients before we plan the activities. Activities are planned keeping in mind their needs, well-being, interest and goals.

Individual person-centred care plans are developed with the clients and a copy of the care plan given to them. Their privacy, dignity and choices are respected and maintained well. Clients are well informed of the complaint mechanism and their safety is given priority in all activities. All activities are planned keeping in mind the well-ness approach.

Social support activities carried out and benefits of those activities:

- Centre based activities like stay standing and chair Zumba-(Focused on physical wellness).
- Art and craft—Mental wellness and hand and eye co-ordination [increases self-esteem].
- Pitru pooja, Vishnu Pooja, Ramayan sessions, temple visits during holy months, Navarathri celebrations –(Spiritual well-being).
- Diwali, Pongal, Baisakhi and Christmas celebrations –(Social well- being and mental wellbeing).
- Music, dancing, Garba and sharing stories –(Empowerment and increase self-esteem).
- Health information sessions on Osteoporosis awareness, Oral health, M & D, Healthy brain, Diabetes awareness, medicine management - (Mental wellness- Improves Knowledge and helps in managing and preventing Chronic diseases that affect seniors).

- Outdoor activities:-Outings to beaches, parks, Garden, (Physical wellbeing, mental wellbeing, social wellbeing and psychological wellbeing).



Training and CHSP meetings

Rain staff members regularly attend the CHSP meeting to update themselves with the developments in the industry. Some of the trainings undergone by the staff last year:

- Dementia and creating Dementia friendly communities
- Educating the clients on well-ness and re-ablement
- Understanding and applying aged-care Quality standards
- NBN scams and awareness
- Well-ness and re-ablement action plan
- Abuse of older people in the community .
- RAS information session
- Working with people with Dementia
- Community engagement forum

Acknowledgement of funding:

Activity of Social Support Group is supported by funding from the Australian Government, under the Commonwealth Home Support **(CHSP)** Program. CHSP helps frail older people (with functional disability) to live independently in their own homes, preventing premature or inappropriate admission to residential care. "Older people" are defined as 65 years & above (50 years old & above for Aboriginal & Torres Strait Islander people).

R.S. Loganayaki Program Manager



Garden Report by Dr Gunu Naker

Our Permaculture garden project continues and the back yard has been improvised with facilities to provide more convenient gardening activities for the seniors. We wish to thank Dr Gunu Naker for his tireless service in making our community garden a place of interest and serving the needs of our seniors. We also wish to thank the garden committee for helping with the garden on a regular basis.

We formed a garden committee and a workshop was arranged for the members who were interested to be in the garden project on 27/4/19. Harvesting and preparation of the planting areas were done on 17th May. Nearly 8kg of Ginger was harvested and similar amount of Turmeric harvested. These products were packed and most of these were purchased by the RAIN members.

With support from members and George for heavy work the garden has flourished. New crop of coriander and Fenugreek had been used in the weekly kitchen preparation. Valor and papdi vines have been giving crops and with the help from next door neighbour Roslyn, who picks a lot of the beans growing on her side of the fence to hand to the members who are at the centre. We had a good crop of mandarins and guava too. Last march we had 14 lovely mangoes too. I am attaching some photos.

Purpose of the garden

- Makes one with the nature
- Connection with our roots, as we come from various parts of world where we were one with what grew in those areas.
- Senior members involvement with Garden enhance their interest with the nature and can be used as an activity with those who like and share their skills.
- There can be some income and pride in the products from the garden as we have seen in the past.

What we have done so far.

- Established some fruit trees, mango, mandarins, guava, papaya, Curry leaves, Flowering plants
- Tub with herbs
- Tub with Chilli
- Tub that can be used for various seasonal crops
- Tubs ginger and turmeric
- Beans wall climb, Tindora
- Some exotic plants like Jasmin, Parijatham, Beetle leaf, Patra
- Cactus in the front



Tindora from RAIN garden



Coriander from RAIN garden



Mehti (Fenugreek)



Dr Gunu Naker
Garden Committee co-ordinator

PROJECTS during 2018 TO 2019

'RAIN Rangoli Folk & Food festival'

Supported by funding from the Georges River Council, RAIN successfully carried out the RAIN Rangoli folk and food festival project. The project helped in promoting awareness of cultural traditions of the Indians in this community and also helped Council's plans to initiate, facilitate and support inclusive and accessible events that meet the community's aspirations and actively connect Council to individuals, community groups to make sure the community is socially and culturally connected.

We have selected a collaborative activity of art and food for this project as the materials used for the Rangoli can be dried pulses and grains traditionally used in South Asian cooking. The activity provided a focus for informal conversation and social interaction about food and its role in health, leading to a collaboratively produced piece of artwork that the seniors are proud to exhibit. RAIN seniors have always been enthusiastic about sharing their culture and tradition with other communities and feel enthusiastic in participating in Georges' River Council's civic activities. Our participation in Georges River Council's Grandparents week celebration and the Discovery festival are good examples of this. Equal enthusiasm is shown in being hospitable to other communities during the festive days.

Background

RAIN has conducted continued consultations and focus groups to assess the immediate needs of the Indian Sub-Continent seniors. There is an inherent fear of dementia and they are eager to grab on opportunities that will allow them to keep their mind focused and functioning. RAIN committee supported the 3 Bridges in creating a play on 'Dementia awareness' in Hindi in the past year and discussions have followed with how the group can remain active with focus and coordinated movements.

PROJECT PLAN & ACTIVITY DETAILS

Suggestions made in the group discussions by seniors included the traditional art of Rangoli an art form that is familiar to Indian seniors. A decision was made that workshops will be of benefit to the elderly especially the women in which they can try and involve other communities which will also bring about togetherness and harmony. The need is not only to keep practising their skills but also feel confident and build their self-esteem. This art form is also acknowledged as a good diversion therapy for the elderly.

It was also decided to hold an exhibition to high-light and present their work along with a food festival that will help them present their skills in cooking. A grand Navrathri celebration with RAIN rangoli exhibition and the folk and food festival was planned to be held at RAIN community garden at 501 Forest Rd, Penshurst during the month of September 2019.

RAIN invited the St George Women's Interfaith group to discuss the various art forms mentioned in religious scriptures and this was of great interest to both group members.(For example the Buddhists practice the Mandala art form which is similar to Rangoli.)

Months of preparation with Seniors working at Rangoli patterns and discussing the decorations led to the Rangoli boards being collected, designed and printed.

WORKSHOPS

Rangoli art workshops

Project included ongoing workshops of Rangoli folk art from different states of India, featuring their different Rangoli Folk art forms (Gujarathi, Punjabi and Kerala). Workshops have led to the presentation of these art forms at Penshurst centre, Hurstville Seniors centre and Ashfield council venue where our volunteers presented successfully different styles of Rangoli with colour powder, grains, rock salt and flowers.

By attending this creating type of group senior's increased their psychological health by promoting good feelings, like a happier outlook on life, and suppressing bad feelings, like anxiety. Participants have told us that since attending the classes they are willing to take up art and crafts projects on their own diminishing their boredom, stress and anxiety.



Folk and food workshops

Traditional festive food cooked in RAIN community kitchen with advisory support from Indian seniors has been part of the festivities to mark the Pongal festivity, the Baisaki celebration at Park Road Church at Carlton and Seniors Week festivities at Hurstville Seniors Centre.

Along with festivities, workshops were part of a Food assistance project aimed at increasing the number of low income families, seniors & people with a disability who access our food security program. The project proves to be a huge hit and makes a big difference to many of the participants involved.

Participants report that they now have a better awareness of good nutrition and have increased their cooking and budgeting skills by planning and preparing low cost and nutritional meals.

OUTCOME

- Empowerment through a traditional art form (Rangoli) and created by seniors and the social inclusion and concentration improvement.
- Mental and physical health benefits encouraged by focus and finger movements to improve coordinated motor skills.
- Increased level of participation and attendance and enthusiasm shown in exhibiting talents.
- Social assimilation and improved cultural awareness. strengthened social cohesion.
- Successful exhibition of Rangoli art to reflect Indian seniors' pride in presentation.

This project has helped our seniors not only to re-live their younger days, but also to keep their motor skills and focused concentration in practice. The Rangoli exhibition and food festival have helped to unite people of different communities creating an understanding of Indian tradition of folk art.

ACKNOWLEDGEMENT OF SUPPORT

RAIN is grateful to the Georges River Council for the funding support to run this project successfully. We are also thankful to the Community Service officers of the Council for their encouragement and support. The social cohesion and assimilation were made possible by the workshop conducted in partnership with the St George Women's Interfaith Network Inc and the seniors from Chinese and Italian day care groups at GyMEA Community Aid and Information Services. We enjoyed our association with both these organisations and our sincere gratitude to their managements for making this possible.



FROM THE ARCHIVES OF THE MIND

Laura Ingalls Wilder who wrote Little House was 60 years before she wrote the famous book. She believed that memories remain intact in the archives of the mind, ready to be relived in full detail if the mind's owner tries to summon them forth.

Such experience is not unique but it can be applied to seniors and reminiscing is good for stirring thoughts and getting the brain to function. It is a great gift to seniors when someone listens to their stories and this is a great connecting activity as well.

THE PROJECT

This project was welcomed enthusiastically by the seniors. We provided a memories box with small items that would trigger their memories and work as a catalyst to start them reminiscing. We had workshops where each one takes out an item that brings back memories to them. This could be photos, tangible items such as a scarf, a box, a piece of jewellery, even particular smell or taste.

Soon they started bringing photos to tell their stories and individual stories relevant to their memories were collected. They took a lot of pride in telling their stories and others listened with interest.

We recorded their experiences and stories and created a book. This book has given them the satisfaction of their memories being listened to and they leaving a legacy to their grandchildren in the way of a story.

Main Outcome:

This reminiscence project had the seniors as story tellers and opened up their memories with a catalyst provided by memory boxes workshops. It also combined capacity building by creating an inclusion strategy to take part in a way that had meaning to the participants.

This project enhanced well-being and fostered inclusion & social connection of the older people of the Indian community. Interest shown by the peer group helped to validate their own experiences from the past.

Project helped confidence development for the elderly and reminiscence therapy to keep mind active and helped improve their mental health. The many 'Show and tell' sessions motivated participants in connecting with other communities and enhance multicultural participation. This also encouraged and helped develop better civic participation.

LONG TERM BENEFITS:

We are sure Increased knowledge and awareness of civic activities will help in assimilation with wider community.

ACKNOWLEDGEMENT:

RAIN seniors are extremely grateful to the Inner West Council for the funding support for this project. We also wish to thank the Council's Community Project Officer Sarah Harrison who has been such a pillar of support in advising us to coordinate with relevant services and making networking easier.

Thanks to Open Inner West Multicultural festival our seniors enjoyed the fashion parade and multicultural entertainment. Our gratitude to Raffaella Cavadini, Community Arts project officer, for encouraging us to participate in the various cultural activities that connected with other communities in the region.

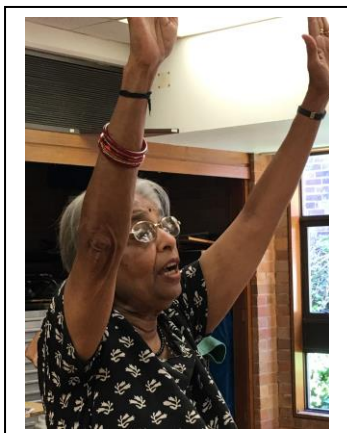
RAIN management committee especially Sudha Natarajan, R.S.Loganayaki and Hardika Hirani have been instrumental in getting the book organised. Our gratitude to Hardika Hirani, Usha Chawla and Anju Srivastava in coordinating sessions and making them interesting for the participants.

Last but not least, without the enthusiastic and continued participation of regular group of senior members from the RAIN Inc, this project could not have been a success.



Yoga and Positive thinking

We continue to raise funds for enhancing a spiritual enlightenment corner, activity & library space for our Life Long Learning centre which will provide, Scripture reading and analysis, language classes, training courses for our volunteers and important informative courses for seniors. This is in line with our aim to support the spiritual needs and to provide a creative and knowledge based positive diversion in the lives of seniors of ISC community. We are indeed grateful to Mrs Vedavalli Srinivasan (Yoga) and Dr Saroja Srinivasan (positive thinking talks) for their continued support.



Stay Standing Exercise sessions

We are thankful to Monique Kurdian for the regular balancing exercise sessions for the seniors.

These sessions teach the seniors to maintain their balance and prevent falls. Sadly , many of seniors have experienced falls and these sessions have helped them a lot to understand how to prevent falls and what precautions to take.



COMMUNITY BUILDING PARTNERSHIP PROGRAMME

GIVE US WINGS (PURCHASE OF A VAN FOR FRAIL AGED)

We have purchased a van to assist essential transport needs of Indian Sub- Continent frail aged of St George, Sutherland regions. This project has helped frail aged and disabled members of the Indian sub-continent communities to access the range of social, recreational, environmental, health & well-being activities at the community facility at 501 Forest Road, Penshurst and our Hurstville program on Thursdays. Project has created a safe travel facility to bring them to the centers to participate in culture sharing activities & celebrate the Indian festivals so as to create harmony in the multicultural neighbourhood.

The objective of buying a van for transport has also facilitated & enhanced social cohesion within disparate groups of Indian background from the Indian diaspora. This is extremely useful to the ageing seniors of Indian Sub-Continent Community to be picked up from their places, have support activities and care for a few hours at our centres, do shopping at regular intervals or go sight-seeing. A driver has been employed to support the pick-ups and drop off.

The project also supports the volunteers as previously they had to make two or three trips in their vehicles to help seniors with transport to the centre and back.

We are grateful for funding support from the NSW state Government Community building Partnership programme which gave our seniors the transport facility that was very much requested for. We also wish to thank Mr Mark Coure' our Oatley State member for the support and advice in making this project come true.



HEALTHY AGEING SEMINAR

Sai Medical Unit Australia with support from RAIN and Sathya Sai Centre of Hurstville conducted a Special community seminar for seniors, will be seniors and the carers on 22nd June, 2019 at RAIN centre. 5 speakers from Sai Medical Unit and one from RAIN presented topics related to Ageing., with Dr K. Nadanachandran as the facilitator. Including speakers there were 74 people who attended the seminar. 4 members of Hurstville Sai Centre and 4 members from RAIN volunteered to provide delicious snacks for afternoon tea.

Day's proceedings started with welcome and acknowledgement of the traditional custodians of the land by Dr G Naker. NSW MP for Oatley, Mr Mark Coure was the chief guest. He was requested to open the seminar by lighting a candle. In his address he encouraged such activities at the RAIN, as he is a keen supporter of activities that

care for the seniors in the area. He participated as audience till afternoon tea and was very happy with all the presentations, refreshment and the attendance.

Presentations:

1. Healthy Ageing and age related issues – Dr Kujan Nagarathnam (Geriatrician)
 2. Infectious Diseases and Immunisation – Dr Jaslyn Doshi (Infectious disease specialist)
 3. Fitness and falls prevention – Ms Vani Chetty (Physiotherapist)
 4. Oral Health with Ageing – Dr Ram Nathwani (Dentist)
 5. Self– care for carers – Dr Saro Srinivasan (Psychologist)
 6. Advance Care Planning – Dr Gunu Naker (GP)
 7. Vote of Thanks – Dr Sudha Natrajan Public Officer, RAIN
- Feedback from the attendees and the speakers was very positive.



**Dr Gunu Naker
Trustee**



THE MANAGEMENT COMMITTEE

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 Mr Bharath Bhoola.

All in all, our management committee is proud of its leadership skills, compassionate commitment to tasks undertaken and a total devotion to the cause of seeing our seniors age happy and well.



OUR STAFF

I would like to give a special acknowledgement to the staff members R.S. Loganayaki, Gita Pandit, Rita Devmurari, Hari Narayan and Prem Chandra. They are a team of professionals who are dedicated to the clients we serve and always go beyond to ensure services are delivered to those most in need.

RAIN is proud to have such hardworking staff who have maintained momentum, motivation and whole heartedly completed roles and responsibilities to achieve a myriad of best outcomes for the clients and the community we serve. As well, to prepare for challenges and opportunities that may present in 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.

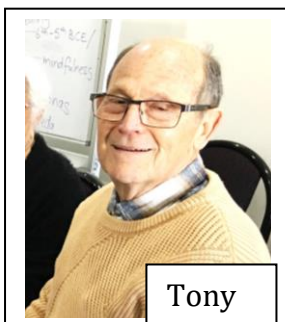


VOLUNTEERS

Our volunteers work together to create collective impact.

Our centre is equipped, connected and positioned to strengthen volunteering. Folk and Food workshops held during the year have helped our volunteers to develop their food knowledge, cooking skills, feel more comfortable in the kitchen, meet new friends, improve pathway to employment and to establish their own business by attending courses such as Food Handling Training.

Tony Blake is a volunteer who understands the importance of keeping active and the role volunteering plays in the success of services and activities provided by our organisation. In today's world when we are all so busy, seeing the importance what Tony gives to his voluntary work is admirable and inspirational.



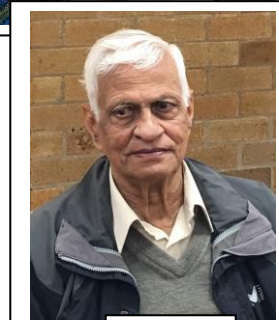
Tony



Ram Tihari



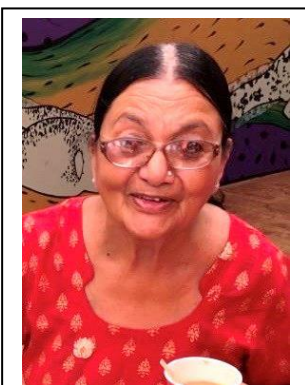
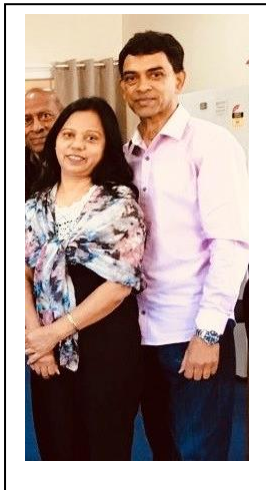
Tara &
Surinder Surti

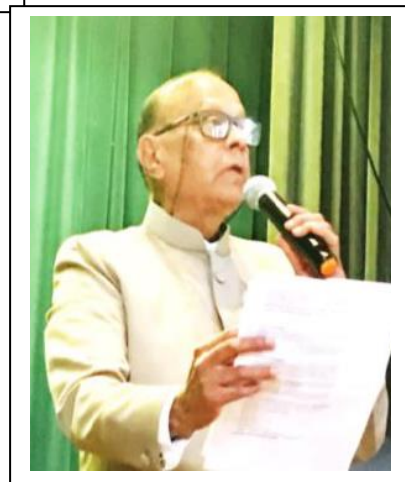


Srimi

Sapna and Archana play many roles in our organisation; they are members of our Committee, office all rounders and excellent team leaders for our community development volunteer teams.

Our volunteer team has also effectively and regularly provided transport for the peer group to visit the house bound seniors and those who are in nursing homes and hospitals. Without these volunteers RAIN could not have reached such enviable heights and our heart-felt gratitude to all our volunteers.





EFFECTIVE NETWORKING AND OUR COMMUNITY PARTNERS

RAIN Inc has established a strong network with the several community service organisations and the Councils in the St George, Inner West and Sutherland shire regions. We participated in the Seniors week, Harmony Day, International Women's Day activities of all these Councils and we invited speakers of different faiths from the St George Women's Interfaith Network. The Georges River Council and the Inner West council, have supported us with grants for our seniors projects and our seniors are always happy to participate in their celebrations and community workshops. We would like to acknowledge with gratitude the continued support from Georges River Council Community Service team Anne Marie Wiles, Brenda Eggleton, Jamal Bassam and Arabella Lee for support throughout the year.

Our community partners are GyMEA community Aid and Information services Inc (thanks to Jenny Grey and Rita Napolitano) and Sydney Community Forum

Organisation (thanks to Asha Ramzan the CEO). We also make use of the St George and Sutherland Activus community transport services for our picnics and day trips. This year we received funding support from the NSW Multicultural Minister Mr Ray Williams for buying kitchen equipment.

We celebrated Diwali in partnership with Kingsgrove Community Services Inc and our seniors had a wonderful time. Baisaki celebrations in April 2019 were held at Park Road Anglican Church at Carlton and we are grateful to the Church management for this opportunity and partnership. Federal MP for Banks and Minister for Immigration Mr David Coleman joined us for this celebration and congratulated RAIN on the continued growth and effective networking.

We are thankful to the committee of St George Women's Interfaith Network Inc and in particular to Mrs Lorraine Watson and Barbara Koppe for the continued support throughout the past years.



In conclusion

RAIN management committee wishes to take this opportunity to thank each and every volunteer and staff members who have worked hard during the year in various ways supporting and assisting our seniors. We are also grateful to the various councils and community service organisations for their support. Our heartfelt gratitude to community members who generously donated towards maintenance of our premises and relevant repairs.

We consider it a privilege to work with all our loving seniors in the community and a big 'Thank You' to all of them.

Dr Sudha Natarajan, Public Officer, RAIN Inc

