

RAIN ANNUAL REPORT 2018

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 along with 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 improve 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 future Initiatives include:

- The extension agreement with Department of Health and Ageing till June 2020 to support with funding our ISC Social support group in Penshurst and Sutherland.
- Strategic usage of our centre at 501 Forest Road, Penshurst to include life-long learning activities, training and a fully functional community kitchen with social enterprise options.

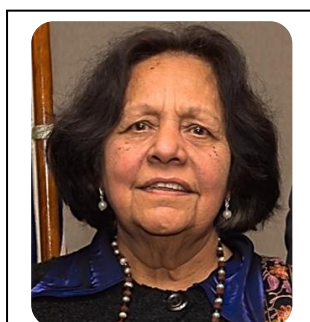
I wish to acknowledge the George's River City Councils' support in the way of providing venue for about 50 seniors to meet every Thursday. Project funding from the Council assists us to provide a quality community service to local Indian Sub-Continent Community residents. We are also thankful to Club Central (Illawara Catholic Club) for the Clubs NSW grant which helped us with providing interesting and empowering activities for the elderly in the community.

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.

The financial performance of RAIN for the year ended 30 June 2018 was sound. The Committee and Trustee Team remain focused on the future, and will continue to create a positive culture within RAIN that supports creative and innovative solutions to difficult human service issues.

ADARSH SACHDEV



RAIN CHAIR PERSON

BHARTI BLACK



VICE CHAIR PERSON

TREASURER'S REPORT

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

Income for the 17/18 financial year was \$176,584.11, which represents continued growth compared with income of \$169,490.74 for the previous 16/17 financial year. Expenditure for the 17/18 period was \$138,691.53, and the surplus has helped us bring down our previous year's unsecured loans to the current liability of \$35,000.

Income was once again generated mostly in our three key areas – Commonwealth Government CHSP Social Support Program (\$57,747.53) and other grant incomes (Clubs NSW, Georges River Council, Inner West Council) for community development projects totalling: \$91,302.08 which made 51.4% of the income. The service income from CHSP was \$8,291.00 (4.7%). Memberships, interest, donations and fund raising events and sponsorships got us the rest of the income (\$76,831.03 or 43.9%). I must make special mention of the Social support group yet again, which, enjoyed further growth in number of people attending in Hurstville, 28% increase this year!

\$62,444.12 or 35.1% 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 \$17,823.57 (9.6%) was on transport including amount spent for the seniors as part of the CHSP program. \$7,986.06 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 sixth year in a row.

I as treasurer, 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

OUR STAFF:

Rain is proud to have a set of dedicated and 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.



R.S. Loganayaki



Gita Pandit



Rita Devmurari



Hari Narayan

THANK YOU 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.

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



RAIN RASOI

OUR 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.

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. They are 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.

PARTNERING ORGANISATIONS

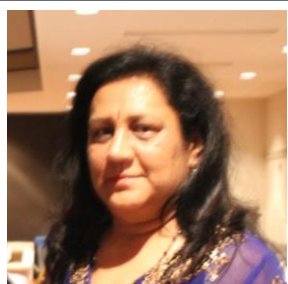
We have carried out events with partnering organisations throughout the year. In this respect our sincere appreciation and gratitude to the following organisations:

Gymea Community Aid and Information Services Inc
Share SMR Inc –Mr Adrian Prakash
3 Bridges Community Training services
Julie Prickler - Chair Zumba
Stay Standing –Monique Kurdian & Peter Van Vliet
A special 'Thank You' to all our partnering organisation.

Department of Multiculturalism

We acknowledge with gratitude the funding support provided by the Department of Multiculturalism to purchase of kitchen equipment. We are appreciative of the visit by Honourable Minister Mr Ray Williams to our centre and the encouraging interaction with the seniors of the community.

ARCHANA SACHDEV



RAIN SECRETARY

SUCCESSFUL PROJECTS OF 2017 TO 2018

GRANDMA'S SECRET CURE TIPS AND HEALING GARDEN

A steering committee with 6 members to plan and carry out the project was set up in Sept 2017. A diverse group of Indian seniors, hailing from different states of India (Punjab, Gujarat, Maharashtra, Uttar Pradesh, Tamil Nadu, Andhra & Karnataka) have been sharing time tested "Grandma's Cure" tips on a regular basis during our Thursday sessions at Hurstville Seniors' centre and Rain centre at Penshurst. Several fortnightly sessions of presentations were held during the year.

As the project progressed, the seniors took pride in restoring their knowledge and tradition in maintaining optimum health through a culturally informed food system & increasing knowledge on Ayurvedic cure and herbal medicine. This project has helped in building food security in a socially isolated group of vulnerable frail aged in the ISC community and has improved social and health related behaviour and increased social connectedness.

Photographs were taken throughout the process to develop Grandma's secret Cure recipe book which was completed, passed on to Coco Tang for designing and printed by AB Media.



HEALTHY LIVING

Healthy cooking demonstration sessions, gardening and exercise workshops and regular Yoga sessions by Veda Srinivasan were conducted and liaising with Share Organisation we had aqua therapy Sessions for the seniors and their carers. Liaising with Shop Front we held a stall in their premises and offered Cure tips by our Grandmas. The Chair Zumba sessions held regularly once a month by Julie Prickler were looked forward by the seniors eagerly as Julie listened to their suggestions and used Bollywood Hindi songs to do Zumba with.



BOOK LAUNCH

Encouraging multicultural participation, this program helped us to build bridges of understanding across different cultures. We have been a part of Council's Grand Parents' project and we have actively participated in Council's Civic activities. Grand Finale for the 'Grandma's secret cure tips' project was held on 16th of June at the Civic Theatre at Hurstville with a music programme and the Grandma's secret cure tips book was launched by Mr Mark Coure' NSW Parliament member for Oatley .



ACKNOWLEDGEMENT

We are extremely grateful to Georges' River Council for the funding support for this wonderful project which was of interest to several Indian Sub-Continent seniors. Our sincere gratitude to the Georges River Council's community service department, especially the coordinating officer Nicholas Best, Brenda Eggleton, Anne-Marie Wiles, Jamal Bassam & Arabella Lee for their support in judging Super Chef events and encouraging us by taking turns in participating in the major events.

Our partners GyMEA Community Aid and Information services were supportive participating in all our projects throughout the year and our gratitude goes to Jenny Grey and Rita Nepolitano.

We are also extremely grateful for the support and encouragement the Oatley State MP Mr Mark Coure' has offered us during this year.

Our gratitude also goes to the St George Women's Interfaith Network who participated in a discussion featuring 'Healing herbs mentioned in religious scripts'. Our special thanks to Barbara Koppe and Lorraine Watson.

RAMAYAN DAYS

Considering the religious needs of seniors, we organised Ramayan reading sessions once a month. Satya Sharma a very much valued senior with us, organises the reading sessions and currently due to health conditions and her moving to community housing, she is unable to conduct prayer sessions in her house. This has made a number of seniors very sad and we decided to have once a month sessions which give them an opportunity to share their prayers and pray for those who are in need. This gives a sense of wellbeing and gives them the feeling they are doing something for others.



Multicultural & Celebrative events



October 2017: Navrathiri : Nine days of doll festival with food competitions (participants representing different states of India). Wider Australian Communities were invited to participate and judge.



Nov 2017: Diwali (Festival of Lights) grand celebration –multicultural participation, connecting communities through culture sharing.



Jan: 2018: Pongal (harvest festival): Garden Food Fair with multicultural participants.



We celebrated Seniors week on 12th April with multicultural participation. New Year festival in April (Baisaki) was also celebrated in Park Road Anglican Church at Carlton and this marked a great achievement as our seniors enjoyed the feeling of harmony and togetherness . We are grateful to the official committee of the Church for kindly allowing us to use the venue and our appreciation to our Vice Chair person Bharti Black for organising this wonderful event. The participants presented various cultural programs which entertained everyone present. The emphasis was on providing an activity for multicultural community to get together and make new friends, develop healthier and happier lifestyles.



Grand Parents' Festival

Thanks to Georges River Council's Grand parents' festival our seniors enjoyed a workshop in painting. Our gratitude to Brenda Eggleton for organising a water colour herb painting workshop for the grand parents with Coco Tang helping us design pages to become a part of the 'Grandma's Secret Cure tips' book. Brenda also organised a 'Stay standing' exercise and information program for the seniors. Monique Kurdian and Peter Van Vliet provided valuable information and exercise techniques to the seniors for which we are grateful.



CLUBS NSW SUPERCHEF PROJECT

To encourage ongoing, voluntary and self-motivated pursuit of knowledge, RAIN planned the Super Chef project involving seniors and their carers as well as new migrants. Rain has developed a consumer directed social enterprise to support the frail aged of the Indian Sub-Continent Community by establishing a community kitchen. With this project, RAIN planned to combine the social enterprise to support new migrants with the much needed training. A Life Long Learning process will also help the seniors to be the mentors as well as learners. Main aim is to support frail aged who need social inclusion and at the same time improving their mental health through activities that they can participate in. Ongoing Super Chef competition for vegetarian cooking in different states of India and other ethnic communities will motivate connecting communities and enhance participation and interest in the project.

Further kitchen equipment and outdoor cooking facilities were enhanced with the purchase of a barbeque and relevant tools. Volunteers were happy to try doing parathas and Dosas using the barbeque table and this provided an outdoor activity for the seniors. We were training volunteers to cook healthy vegetarian meals for the frail aged seniors of Indian Sub-Continent Community. Community seniors' were empowered by the social inclusion and confidence boost, through sharing their expertise in therapeutic and healthy way of traditional Indian vegetarian cooking.



Acknowledgement

We are grateful to Clubs Central (Illawara Catholic Club) for the funding to carry out the Super chef project successfully. We would also like to thank Kylie Di Cesare from Club Central for showing a keen interest in the project and being an enthusiastic judge in one of the contests.

We are indeed grateful to Jenny Grey and Rita Napolitano from GyMEA community Aid and Information Services and Vimla Hayman from Rotary and Elizabeth Horvath along with Brenda Eggleton, Anne-Marie Wiles and Jamal Bassam of Georges' River Council who encouraged our seniors and supported us throughout the project.

RAIN SUTHERLAND GROUP

Under the able leadership of Loga and Rita the Sutherland group has been regularly meeting and participating in regular educative information sessions and enjoyable activities. Police talks on domestic violence, Cronulla Surf life-saving activities and memory games have been part of the educational activities taken by this enthusiastic group of seniors.



Participation in Living Well Locally project

RAIN group participated in the 'Living Well Locally' Project organised by Joanne Cracknell, General Manager of GyMEA Community Aid & Information Services Inc. We invited a group of Sutherland residents to visit our centre and learn the health benefits of the ingredients used in Indian cooking. Most ingredients were grown on site which were included as part of the education. The group then worked together in preparing authentic Indian dishes (vegetarian only) which they enjoyed eating in the outdoor area surrounded by the herb and vegetable gardens. An added feature was to learn how to wear a Sari and have henna patterns drawn on their hands.



ASHFIELD Rain Super Chef project

Main aim was to support vulnerable frail aged who need social inclusion and help to improve their mental health through suitable activities. The Super Chef project also aimed to promote the welfare of the Indian Sub-Continent (ISC) community in Inner West by providing support on social inclusion and in skills development and increased participation in the life of the community with initiatives that address their diversity of social ,cultural and recreational needs.

This project also provided opportunities for interaction of Indian and Australian Seniors through understanding of cultural and traditional background and improve community harmony.

Through this project we encouraged ISC members to maintain their sense of self-esteem by show-casing their varied talents and helped them become pro-active in social & civic activities of the Inner West Council.



Competitive rounds of Super Chef competition increased their interest to participate in other community activities being offered by the Council. Guest judges from different ethnic and wider Australian communities were invited to assess the talents of our seniors during food demonstrations. This helped to promote culture and recipe sharing. In short, this project improved intergenerational and multicultural interaction. We maintained successful engagement of group through healthy dietary discussions, recipe sharing sessions along with art and craft sessions. Throughout the project, we collected recipes and photos which helped us develop this interesting recipe booklet.

Outcome:

- Confidence development for the elderly and skill development for the younger participants.
- Culture and traditional cuisine sharing sessions invited participation from other communities providing it a multicultural flavour.
- Super Chef project had recipe sharing sessions in teams of young and old pairs, older members offering guidance arising from their experience and expertise, younger ones carrying out the practical demonstration and nutrition finding techniques. Project built an effective intergenerational bridge.
- Participation in Council's civic & community activities improved. In June 2018 Rain group members enjoyed participating in the Council's cultural festival.

ACKNOWLEDGEMENT

RAIN is grateful to Inner West Council for the funding support which helped us plan and carry out the Super Chef project that has been of benefit to the seniors and new comers of the Indian Sub-Continent community in this region.

We are thankful to the Inner West Council's Community Projects and Community service department especially the Community projects 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 Inner West Council's Multicultural festival our seniors enjoyed the Rangoli workshop and presentations. Our gratitude to Raffaella Cavadini, Community Arts project officer, for the support in our participation in this fun-filled festival.

Our seniors felt great communicating with Kate Walsh, Angus Ng and Mary Ciantar who were kind enough to spend time and share information with the seniors and were generous in their appreciation of food presented. All of them made our seniors feel wanted and our sincere gratitude to them.

Our sincere appreciation and gratitude to Mrs Vimla Hayman, Ambassador for Jamie Oliver for judging our competition rounds and presenting the participants with certificates. We are also thankful to Elizabeth Horvath, Barbara Koppe, Lorraine Watson, Patrick Cranney and Abdul Rajkotwala for participating as judges and encouraging our seniors to a great extent.

A special note of appreciation for all the hard work put in by Hardika Hirani and Anju Srivastava in planning and taking the project through several sessions towards the successful finale.



COMMONWEALTH HOME SUPPORT PROGRAM

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.

RAIN has successfully registered itself as a Special needs, ethno specific Indian Sub-Continent Community organization to deliver Social Support Services and Home Care level 1 & 2 in the Aged Care portal and we regularly enter data in the DEX portal of the Department of Social Services recording our CHSP Social Support Group activities. The CHSP commenced on 1 July 2015 and currently we are funded to provide 'Social Support Group' services and we were offered three-year funding agreements under the CHSP until 30 June 2018. This was extended to further two years till 2020.

RAIN is the best option to provide flexible, timely services that respond to the ethno specific needs of these people. RAIN facilitates current referral pathways, managing the transition of existing clients, implementing a fees framework and maintaining a centralized client record via My Aged Care. Activities such as mentally stimulating games, memory quizzes, Indian songs, Yoga and relaxation exercises, aqua therapy, art and craft sessions, diversional therapy and spiritual and guest speakers are some of the activities carried out.

CHSP Clients are encouraged to become more empowered to work in partnership and make decisions about their care through a wellness approach. We have individual Person centred plans and our clients are constantly encouraged to practice what they can do best and what they want to do. To implement a wellness approach, we adapt approaches towards clients, to do 'with' rather than 'for'.

Acknowledgement of funding:

This is an activity of Social Support Group which 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).

HOME CARE PACKAGES

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. Having this in mind, we have acquired Provider approval for Home Care. 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.

Future directions

RAIN has plans to purchase a van to accommodate the travelling arrangements for our social support group. We have started fund raising events and our seniors are excited about the prospect of getting their own transport facility. This will help our seniors to a great extent as transport is a major problem with many of them.

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 new premises and also towards the Life Long Centre Building fund.

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