



## Welcome all to the Spring edition

According to the Bureau of Meteorology rainfall in winter was above average in the eastern suburbs of Greater Melbourne, but totals were generally close to average in the city's north and west. Coldstream had its wettest winter and coldest night on record. Daytime and night-time temperatures were generally warmer than average.

## Spotlight on a Client



### How lucky am I?

By Georgie Farmer

I first encountered South Port Day Links (affectionately called SPDL) after my open-heart surgery in 2011. I am so glad I did!!! They help me so much.

I do not drive, and **DayLinks** mostly take me to my weekly physio/gym session at Star Health; but I have also asked them for help with transport to Bunnings and to Australia Post to pick up a large parcel. I mostly do my shopping online, so I do not need transport help with that, and if I did, that would be OK too.

Each trip costs a measly \$7.00. The cars are like limousines, so comfortable and beautifully maintained, but most important of all, every driver I have met has been cheerful and helpful. Nothing is too much trouble! The Co-ordinators in the office have the same 'can do' attitude.

**PetMates**, as efficiently co-ordinated by Ivano and Maria, helps me take Bobby, my beloved Australian Terrier, to the Vet. Chris, my regular PetMate Volunteer, helps me with more than transport.

I have a bad right elbow and cannot lift Bobby; Chris lifts him into and out of the car and even onto the consult table. Chris is wonderful! I have another wonderful PetMate Volunteer, Benn, who walks Bobby on Saturday, and Bobby loves him!

I do not have a green thumb, but that does not matter because Joan my wonderful **GardenMate** Volunteer, loves gardening and looks after my garden as if it were her own. She is enthusiastic, hardworking and a lovely person.

You may notice a plethora of the word "wonderful" in this article, but there is simply no other word, in my view, to describe the SPDL family. They are all volunteers who happily and willingly give their time and energy to support people to live independently in the community and makes SPDL such a wonderful (there I go again) organisation.

I am so appreciative, SPDL!!!

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## Feedback process

If you would like to provide us with feedback, good or bad we would like to hear from you.

Feedback may be provided a number of ways:

- **Phone us on 9646 6362** and ask to speak to the General Manager
- Write to the General Manager at SPDL PO Box 199, Port Melbourne Vic 3207
- Write to the Committee of Management c/o SPDL PO Box 199, Port Melbourne VIC 3207

## 10 years ago at SPDL

In the December 2012 newsletter there was an article on the farewell to Betty Harrison with Betty deciding not to continue on the SPDL Committee, concluding over 15 years of wonderful service to this community.

To those of you who do not know, Betty for many years was a lynchpin of the office at DayLinks. For many years, Betty also hosted our InfoLink stall at the South Melbourne market on a Friday.

Rain hail or shine (and freezing weather!) Betty would turn up with a smile and assist the local community by linking them to services within Port Phillip.

## Client feedback update

Recently we have been contacting our transport clients to review their support plans, seek feedback on how SPDL are performing to assist people to achieve their goals. Below is some of the feedback we have received:

So grateful to everybody at DayLinks for helping me out to get to my appointments. SPDL is a wonderful place and full of good people.

SPDL IS DOING A GREAT JOB.  
**Volunteers are lovely.**

*The service is fantastic*

The service is terrific. I have been using DayLinks for more than 6 years now and am very happy.

“VOLUNTEERS ARE SO GOOD.”

Very nice people!

**DayLinks**  
is a wonderful service

EXCELLENT SERVICE

“BEAUTIFUL, KIND PEOPLE AT SPDL.”

I don't know what will I do without them.

It's heartening to see that our clients are enjoying and benefitting from the service!



## Spotlight on a Volunteer

### Maria Erisksson

This month we have a feature on a new volunteer Maria Erisksson, who joined us in August 2022 as a Daylinks volunteer.

#### Tell us about yourself.

I moved to Port Melbourne during 2020 COVID lockdown after 10 years of residing in the city. My nephew and his wife live in Port as well, and I decided that it was time for a change in my life. I was drawn to the lovely community vibe and I have been very happy since.

#### Why did you choose to volunteer at SPDL?

I chose to volunteer as I wanted to give back to the local community. My father passed away in 2016 aged 88 and my mother now 91 is in a home with dementia. I have seen the struggle of some of the most vulnerable in our society and the desire to stay in their homes. I wanted to support and assist in helping them do so and retain some independence and dignity.

#### Who are your top three heroes?

My father, Richard Branson, Dalai Lama

#### Name 5 books you would recommend to read.

- Mao's Last Dancer
- Richard Branson's Autobiography
- and 3 Steig Larsson books
  - The Girl with the Dragon Tattoo
  - The Girl who Played with Fire, and
  - The Girl who Kicked the Hornet's Nest.

#### What is your favourite fruit and why?

Bananas, delicious and great source of potassium

#### What is the latest cartoon movie you watched?

Don't watch animated movies to be honest. I do however love going to the cinema and the last movie I saw was "Where the Crawdads Sing". It was fabulous!

#### In one word, describe yourself.

Fun



## A Slice of Fun with Seniors and Volunteers

**As part of the entertaining array of Seniors Festival events in the City of Port Phillip (CoPP), South Port Day Links (SPDL) successfully hosted the 'Open Lunch with Seniors' on Friday, 14th of October 2022, at Port Melbourne Community Centre and Trugo Club on 219 Esplanade St., Port Melbourne.**

The event was graced by two special guests. Ms Nina Taylor MP, State Representative for Southern Metro and current Parliamentary Secretary for Health, who passionately expressed the intention of the Labor Government moving towards energy efficient transport in CoPP with charging stations.

The prolific Natasha Lukin, a writer and author of fiction and non-fiction books, human biologist, strategic psychology practitioner, NLP life coach, health educator and enrichment speaker for the Royal Caribbean, shared with the seniors and volunteers a number of practical tips on ageing gracefully and looking after one's health.

Lea Pope, SPDL Chairperson, talked about the services of the organisation, and Ed Holmes, SPDL General Manager, gave an update on the changes in the home support program.

Attended by thirty people, the event was a delightful occasion for seniors and volunteers who enjoyed the scrumptious lunch and social interaction.



*Guest speaker Natasha Lukin*

A big thank you to the City of Port Phillip who provided funding towards the cost of the day which was greatly appreciated. The event formed part of an extensive seniors program that the City of Port Phillip presented for residents.

## Client contributions to the newsletter

If any client would like to contribute to the newsletter with any information, please contact **Ed Holmes on 9646 6362 or via email on [ed.holmes@spdl.org.au](mailto:ed.holmes@spdl.org.au)**, we look forward to hearing from you.

## City of Melbourne

A reminder that SPDL is now able to provide transportation in the City of Melbourne for clients, aligned to the feedback we received in the client survey. This includes return trips to the Alfred Hospital.

If any client would like to attend an appointment or event in the City of Melbourne, please call to book on 9646 6362 and please remember to phone prior to 2pm the day before your trip so that we can accommodate your request.



## SPDL@Social Media



SPDL has a Facebook page where you can keep up to date on what is happening at SPDL and also make a comment on any news. If you wanted to post a message to friends or the people of the City of Port Phillip, send it through to us and we can post it on the SPDL Facebook page.

<https://bit.ly/3zblfp7>



SPDL has a Instagram page where you can keep up to date on what is happening at SPDL.

Find our profile at, [@southportdaylinks](https://www.instagram.com/southportdaylinks)



## Leaving a bequest to SPDL

Leaving a bequest in your Will is one of the most valuable ways that you can assist South Port Day Links. Bequests greatly assist SPDL to meet the ever-increasing demands for our services.

Your Gift will enable us to:

- maintain a modern, clean, and safe fleet of vehicles on the road
- provide important services to pets and their owners
- assist with client related small gardening projects and
- provide companion visits to people on their own.

SPDL would appreciate knowing of your kind intentions so we can thank you appropriately for your generosity. Additionally, once aware of your plans, we are able to discuss how your gift may be used to maximum benefit or how we may form a fitting memorial to your kindness.

### How to word your bequest

The wording below is suggested to help ensure that your wishes are carried out.

I \_\_\_\_\_ of \_\_\_\_\_  
(name) (address)

*Give and bequeath free of all duties and taxes payable at my death (if any)  
(Please insert the appropriate statement listed below)*

1. The sum of \$ \_\_\_\_\_
2. (insert number) % of my estate
3. The residue of my estate (or [insert number] % of the residue of my estate)

*to South Port Day Links (ABN 82 957 361 749) for the use and purposes of the said organisation. The official receipt of the organisation shall be a full and sufficient discharge of my bequest.*

### Types of bequests

Your solicitor or trustee company will advise you about the different types of bequests and which may suit you best.

Some of the types you may consider are:

- A specific dollar amount
- Residue - Whole, which means that after your allocated bequests have been distributed, the residue will be left to South Port Day Links.
- Residue - Percentage, which means the same as residue - whole, except you wish to bequeath a percentage of the remaining estate.

Specific item - If you wish to leave a specific item instead, for example, property or shares.