

B.S.L. NOTES

For the Friends of the Brotherhood of S. Laurence

*The Brotherhood helps all in need and endeavours
to arouse thought and action on social questions.*

FITZROY

OCTOBER, 1956

No. 126.



RESIDENTS' COMMITTEE AT CARRUM DOWNS

Over the years at Carrum Downs, the Brotherhood has encouraged the residents to make a contribution to the welfare of the Settlement.

Activities which have been carried out include the growing and selling of plants, jumble sales, sale of milk bottle tops and waste, a shop to supply the needs of residents, a Village Fair organised by residents themselves, an Entertainments Committee, and a Joinery Shop.

To encourage the residents to take even a more active interest in their own village, a B.S.L. Settlement Residents' Committee has now been elected. This Committee will co-ordinate all activities to do with residents through a Social Committee whose job will be to organise all entertainments coming from outside or inside the Settlement; a Fair Committee to organise the annual Fair; an Industries Committee to handle all sales of any kind as a result of the industry of residents; a Community Help Committee responsible for finding residents willing to make a work contribution to the running of the Settlement as a community.

The Brotherhood feels this is an important move forward in giving residents a responsibility for their own welfare.

The Superior writes on . . .

THE NEW POLICY FOR THE AGED — "POTTERING" — B.S.L. CHANGES

Dear B.S.L. Friends,

Soon after coming to Melbourne to become Director of Mental Hygiene, Dr Cunningham Dax told a gathering, at which I was present, that the aim of the Community should be not so much to build bigger and better hospitals, but to do all that is possible to keep people out of hospital. Such, with marked success, is Dr. Dax's policy in his own particular sphere. I believe that the same policy should be adopted in regard to the care of the aged.

For too long we have allowed too many old people to drift into benevolent homes and other such institutions without any real effort being made to enable them to remain active and independent, and so obviate the necessity of them entering such places. With the advent of new drugs and other scientific discoveries people are living for ten or fifteen years longer than was the case a few years ago. It is estimated that over 20,000 people over the age of 65 are added to the population each year.

As matters are at present this means ever increasing waiting lists of those seeking admission to institutions caring for infirm old people. Unless something is done to stem the tide of worn out old people waiting for beds in which to end their days, the capacity of institutions for this purpose will have to be doubled every ten years. This is indeed a frightening thought, especially for the young and middle aged who will have to carry the crippling burden involved.

OUR EXPERIENCE.

After 10 years' experience of providing for the needs of the aged, I am convinced that much can be done to prevent old people from becoming burdensome. There must be radical changes, however, in our thinking on the matter and provision in the form of housing and security, and activities must be provided for people before they become really old. The longer old people

have an incentive to keep going, the longer they will keep going. To a very large extent it is insecurity, inactivity and no incentive to keep going that fill institutions for the aged infirm. We have proved that, speaking generally, if aged people are given these essentials they will carry on happily and usefully to the end. The provisions I refer to, however, must be available while people are still mentally alert and in reasonable physical condition.

WORTHWHILE ACTIVITIES.

In regard to activities for the aged, they must be of a really worthwhile nature. It is tragic the way in which so many business and professional men go rapidly down hill on retirement. I believe that such is often the case because they allowed themselves to drift into what I call "pottering old age"—just pottering round the garden, doing the wife's shopping, making toys for the grandchildren. All good, no doubt, but something far more is needed for the average retired person if adequate provision is to be made for a happy and useful old age. They must engage in some really worthwhile activity, an activity that enables them to know that they are still of value. The feeling (conscious or unconscious) that one is amongst the "has beens" is fatal. I attribute the success of our work at Carrum Downs to the fact that the majority of those there are engaged in activities which are of value to the community as a whole.

ADVICE TO GROUPS.

To an ever increasing extent I am being called upon to advise groups of people in various parts of the State and beyond who are anxious to establish settlements such as ours. My advice is always the same. It is to have an overall plan but to start on a small scale, for those responsible have to learn as they go. I advise too that only mentally alert people and those reasonably active should be taken, for it is impossible to do the best for those who are active and those who are infirm in the same settlement or village. It will be asked "but what is to happen to those who become infirm after becoming members of the settlement?" To this my answer is that if the settlement is run on the right lines and if careful selection is made of those who would join in the scheme, only a few will become infirm, and those few for not very long before the end. Such at any rate has been our experience, and such is the finding of those who have studied the subject of how to live to a happy and useful old age.

But what about the ever growing number of infirm? For these I fear "bigger and better" institutions will have to be built. If, however, people such as ourselves continue to work

along the lines I have indicated "bigger and better" hospitals for the aged will become increasingly less necessary. I believe that it is the will of Almighty God that people should be happy and useful to the end. We must do our part to bring this about in this respect. Doctors are doing their part, but speaking generally those whose duty it is to educate the ageing and to care for those who are old are carrying on with methods of a by-gone age. I believe that the problem of the aged is one of the major problems of our time and for the sake, not only for those who are old, but also for the nation as a whole, it must be tackled in a realistic manner and in the light of knowledge gained of recent years.

BROTHERHOOD CHANGES.

I have to report that some changes have recently taken place in the management of the Brotherhood as a whole. Archdeacon Sambell, under the Board of Directors, of which I am Chairman, is now Director of the Brotherhood, and Mr. Scott Director of Social Services, taking over a certain amount of the work hitherto under the care of Archdeacon Sambell.

I must confess that I am glad to be free from the evergrowing responsibility which has been mine.

I am glad too to be able to spend more time and energy in doing what I can to further the work of those Groups of people to which I have referred as endeavouring to work on our lines for the care of the aged.

It might perhaps be possible for the Brotherhood to establish another settlement, but on the other hand it might be better for us to do all that is possible to assist others who have the same objective as ours. For after all it does not so much matter who does the work as long as the work is done. And of course one organisation cannot hope to do all that should be done. I look forward to the time when throughout Australia there will be settlements or villages where elderly people can live happy and useful lives until such time as their services are no longer needed here on earth.

I hope that all goes well with you and yours,

With our Greetings to you all,

I am,

Yours very sincerely,

G. Kennedy Tucker
Secretary B.S.L.

FAMILY SERVICE PROJECT CONTINUES IN NEW AREA

Although Camp Pell has been finally closed and cleared, the work of the Family Service Project is still continuing with families who have been moved to another section of a housing estate and who are still not acceptable to the Housing Commission as permanent tenants.

Social workers from the Brotherhood and the Red Cross are working with families to assist them with housekeeping, budgeting, child welfare and other problems. Of the 80 families included in the project, 40 have been accepted by the Housing Commission and have moved to their own homes in various Commission Estates.

Work in the new transit area is carried on with the co-operation of the Housing Commission, Red Cross Society, Citizens' Welfare Society and the Mental Hygiene Authority.

A report published for private circulation describing the aims and progress of the Project is available to people who are interested in this work.

"NOW!" REVIEWS THE ROYAL COMMISSION

"NOW!" the Brotherhood's journal on social problems, was described recently in Parliament as "that watchful monthly" publication. The September issue, which is still available, reviews in detail the final report of the Royal Commission on the activities of the Housing Commission. It will be of interest to B.S.L. Friends who have over the years shared the Brotherhood's interest in housing and slum clearance.

Copies of "NOW!" are available from 51 Royal Arcade and annual subscriptions of 6/- may be sent to that office.

We are relying on Friends for the success of the—

ANNUAL MARKET FAIR

The usual wide range of stalls—

- Fancy Goods
- Sweets
- Produce
- White Elephants
- Toys
- Used Clothing
- General
- Cakes

Scots Church Hall, Russell Street

(Just around the corner from Collins Street)

FRIDAY, 9th NOVEMBER

to be opened at 11 a.m. by LADY LINDSAY

Contributions in cash or goods for the Fair will be welcomed at

67 Brunswick Street, Fitzroy, (JA 3335) — The City Shop, 51 Royal Arcade, Central 2721

TIME TO CONSOLIDATE AT CARRUM DOWNS

The opening of the Collins Court extensions in November will mark the completion of the major buildings project at the Carrum Downs Settlement. The settlement will then be able to accommodate 180 residents, 156 of whom are accommodated in self-contained cottages, and there will be provision for 24 infirm residents in Collins Court flatettes.

It is felt that this is the maximum desirable size for a village settlement bearing in mind the need for being able to provide the infirmary and hospital accommodation for residents who, while active and independent now, may require some help and services later on. A further important consideration is the water supply, which is dependent on a bore. Although the supply is adequate at present it is felt that there could be a shortage if additional cottages were continually added.

It will, however, be necessary soon to replace one or two old cottages which were built 20 years ago. Other improvement works which are planned as finance is available are the extension of the sewerage system, road-making and the renovation of some of the older cottages.

SITTING ROOM FOR "TEEN-AGERS" OPENED AT FITZROY YOUTH CENTRE



Senior boys and girls of the Brotherhood's Fitzroy Youth Centre quickly moved into their new sitting room when it was opened by Mr. Pat Loftus, Public Relations Officer of the Victorian Association of Youth Clubs.

The sitting room has been most attractively decorated and furnished, the work being largely carried out by Club leaders and members. Comfortable lounge chairs, a library, facilities for film screenings and a gramophone pick-up are included in the room, which will be reserved for use by older members of the Club.

You are Cordially Invited to the Opening of

"COLLINS COURT" EXTENSIONS

BY

Dr. Howard Rusk, M.D.

on Saturday, 10th November, at 3 p.m.

COLLINS COURT EXTENSIONS consist of furnished "flatettes" for 14 elderly people who are no longer able to run their own cottages. Main meals will be provided in the new Collins Court Dining room. The Collins Court extensions are designed around a circular courtyard and each flatette has views of the attractive bushland surroundings.

Bus tickets (6/6 return) are available from the City Office, 51 Royal Arcade.

Afternoon tea will be served after the opening.

DR. HOWARD RUSK, M.D., is a distinguished American physician who is visiting Australia as the guest of the Commonwealth Government.

Dr. Rusk's main interest is in rehabilitation, and he is Chairman and Professor of the Department of Physical Medicine and Rehabilitation at the New York University's Bellevue Medical Centre.

Dr. Rusk was largely responsible for the establishment of a geriatric service at the Goldwater Memorial Hospital. He is also a Consultant to the United Nations on rehabilitation of the disabled, and visits various European and Asian countries to advise on rehabilitation programmes.

In addition to his medical responsibilities, Dr. Rusk is an Associate Editor of the "New York Times" and co-author and author of several books and monographs on rehabilitation.

WE WELCOME THESE NEW B.S.L. FRIENDS

- Mr. G. J. Dailey, Canterbury.
- Mrs. Caulfield, Surrey Hills
- Mrs. G. Hale, Malvern.
- Mrs. E. O'Brien, Gardenvale.
- Mr. J. Downing, Footscray.
- Mr. C. W. Fitton, Rosanna.
- Miss D. Quinton, Nth. Balwyn.
- Mrs. J. Sinclair, Hawthorn.
- Miss Hutchinson, Glenhuntly.
- Mrs. D. Grant, Elwood.
- Miss Joy, Melbourne.
- Mrs. H. Reid, Glen Iris.
- Mrs. J. Castieau, Surrey Hills.
- Miss F. Cox, Gapsted.
- Mrs. Fisher, Devon Meadows.
- Mrs. J. Wright, Drouin.

BROTHERHOOD BROADCASTS

Sundays, 3 KZ, at 10 p.m.

Archdeacon Geoffrey Sambell conducts "Postscript," a programme of music, news of the B.S.L. and commentary on current events.

Wednesdays, 3 XY, at
4.30 p.m.

Mrs. Rogers conducts a B.S.L. Friends' Session. This is relayed to 3 UL Warragul on Tuesdays, at 3.45 p.m.

B.S.L. FRIENDS ARE ASKED TO . . .

1. Take a sympathetic interest in B.S.L. activities.
2. Interest their friends in the Brotherhood and to get them to become B.S.L. Friends, and perhaps join a "B.S.L. Group," whose aim is to organise an annual function for B.S.L. Funds.
3. Pay 5/- a year to help defray the expense of printing and posting the "B.S.L. Notes."

Humanly speaking, the success the Brotherhood has had over the years is due to a very large extent to its Friends. As our Friends have grown so has the B.S.L.'s work. The effect of what we do in the future depends on our success or otherwise in gaining new Friends.

CARRUM DOWNS MARKET FAIR

Lady Clunies-Ross will open the Carrum Downs residents' market fair at the Settlement on Saturday, 6th October, at 3 p.m. There will be the usual wide range of stalls stocked entirely by the residents.

GROUP NEWS

Cheltenham/Mentone Group.

This active Group works exclusively for Carrum Downs Settlement, and a large amount of money has been raised on their behalf.

Archdeacon Sambell will address the members of this Group on 16th October. All are looking forward to this meeting.

Sixteen pounds was raised last month from a street stall and on 5th October, there will be another stall at Cheltenham.

All would be welcome at a House Party at the home of Mrs. Alderson, Flinders Street, Mentone. For further particulars please ring the Secretary, Mrs. Geer, at XF 1480.

Congratulations to this Cheltenham/Mentone Group for the hard work that must be put into all their activities.

Hughesdale/Murrumbena Group.

Praise must go to the Hughesdale/Murrumbena Group for the successful luncheon held at the home of one of the members, Mrs. Leaver, on 14th September. The proceeds for this luncheon amounted to £19, which was indeed a very good effort.

It was evident that the Secretary, Mrs. Curtis, and her members work together with goodfellowship and co-operation. This in itself is the basis of a successful Group.

The next meeting will be held on Thursday, 4th October, at the home of the Secretary, Mrs. Curtis, 5 Fellows Street, Hughesdale, at 2 p.m.

DONATION SLIP

THE SUPERIOR,
BROTHERHOOD OF ST. LAURENCE,
51 ROYAL ARCADE,
MELBOURNE, C.1. Central 2721.

Please find my donation for £ : :

NAME

ADDRESS

"Inasmuch as ye have done it unto the least of these my brethren, ye have done it unto me."

W.R.