

**Our Mission is to provide the South West community with excellence in respite and end-of-life care within a home-like environment; embracing respect and compassion for all people.**

## Regular Events

- Parkinson's Support Group - 3<sup>rd</sup> Friday of each month
- Memory Lane Dementia Support Group & Colac Carers Group - 3<sup>rd</sup> Wednesday of each month at Legacy House, 45 Gellibrand Street, Colac
- Special Event for Carers Week - high tea at Lake View Cafe Colac - RSVP required.

**Please call Naomi or Karen on 52338203, if you would like to be added to the mailing list to receive invitations for these groups.**

**We acknowledge the valuable contribution to Anam Cara Colac, of the following businesses, individuals, organisations and community groups:**

- Charles Stewart Real Estate
- Matt Cirillo
- H & L Hecht Trust
- Australian Communities Foundation - The Gahan Duff Fund
- Reality Kitchens - Adam Gaylard
- Lavanet

**QIC Accredited Organisation  
Member - Palliative Care  
Victoria Inc (PCV)  
Member - International  
Association for Hospice and  
Palliative Care (IAHPC)**

*Anam Cara Colac acknowledges Aboriginal and Torres Strait Islander Peoples as the First Australians and especially the Gulidjan (also known as the Kolakngat) people who occupied the Lake Colac region of Victoria.*

## Contact Us

50 Forans Road, Barongarook West, 3249  
PO Box 508, Colac 3250  
p. (03) 5233 8203  
e. [manager@anamcarahousecolac.org.au](mailto:manager@anamcarahousecolac.org.au)  
w. [www.anamcarahousecolac.org.au](http://www.anamcarahousecolac.org.au)

## A word from ... Maryjane Crabtree, President

As Naomi notes in her section of this newsletter, we have been busy hosting a number of lovely events with community. I enjoyed meeting quite a few of you at the Community Cuppa and Dying to Know Day.

I also loved meeting two impressive young entrepreneurs, Isabella and Matilda Mason, proprietors of the Double Shot Café in Colac (a clever name that references the fact that they are twins!) The twins' grandparents were generous donors and supporters back in the early days of Anam Cara Colac. The family tradition of generosity was honoured by the twins who ran a special "Anam Cara Day" at their café, donating the proceeds of their sales of coffee and special cupcakes, to our Annual Community Appeal. They raised \$3640 which was matched by our seed donor. Their efforts helped us to raise a record \$260,000 this year, such a magnificent show of support from our community!

We had been worried that this year we might struggle to get close to previous totals. The long dry and the rising cost of living have hit the South West very hard and we dared not count on people finding a way to help us when things are so tough at home. However, we were incredibly fortunate when a long-term supporter offered to match all donations up to a maximum of \$100,000. Matched funding is a very successful way of boosting fundraising, as it means that people know that their donation,



however small, will have double impact. We also received another sizeable donation from a long-term supporter. Large gifts are great of course, and much valued, but the many small gifts add up and make a real difference too, especially when they are matched.

We know that contributing to our Annual Appeal connects our community to us and it means a lot to our staff and volunteers to know that our service is valued. This year's record result gave us all a huge boost, thank you so very much!

I also want to acknowledge the support that we get from many businesses in our region, who help us with discounted or free goods and services. We have loved our new driveway this winter, installed by R Slater & Sons. They also worked with Mick Nocera to remove some old and dangerous trees. Calco Timbers helped there too, transporting the excavator used on that job. Adam Gaylard installed some very good cabinetry in our much-needed new treatment room and Bob Newton pressure washed the outside of the House, giving us a very noticeable spruce-up! Thanks also for the maintenance on equipment by Paul Davis (generator) and Geoff Vagg

# Soul Friend

(washing machines and dryer). Roly Skinner continues to do huge volunteer hours on the mower. Mark Rosevear is always popping in to do some urgent job or another. Thanks so much to all of you. You help us to keep functioning efficiently while keeping our costs down, we could not manage without you!

While I am thinking of those whose help we constantly rely on, I recognise with gratitude all our volunteers, and the community support groups like Rotary Club of Colac

West, Colac Mens Shed, Meriba Services Club and The Lions Club of Colac. Without their dedication of time and effort we could not function.

It is quite humbling to think how much we ask our community to do for and with us, thank you from all of us at Anam Cara!

Maryjane Crabtree  
President

## From our Executive Manager

In the last few months we have had a lovely time connecting to the community and people we serve through some information sessions and events.

In July we hosted a Community Cuppa with the local residents of Everett Cres, Barongarook West and the surrounding region. With around 15 neighbours in attendance, we were joined by the local Barongarook Fire Captain Steve Brookes who talked to us about fire safety and being prepared for the upcoming fire season. We had a great morning tea and enjoyed connecting with our neighbours and updating them about Anam Cara Colac.

In August we hosted two significant events. Dying to Know Day was held on the 18<sup>th</sup> of August. We had a terrific session. Supported by the Western Victorian Primary Health Network, the session had 35 people in attendance. Important information was shared about Advance Care Planning by Anam Cara Colac staff, financial preparation for those living with a chronic life-limiting illness and for after death, legal matters and considerations for medical treatment decision makings, financial power of attorney, wills and probate, and funerals and planning for a funeral. Our sincere thanks to Adrian Trinchera, Senior Advisor, Wealth Management from Findex, Meagan Compton, Owner and Lawyer, Sewells Lawyers, Felicity Andersen, Hall Funerals and Andrew Mallett, Quinn Funerals for presenting to the group and sharing your expert knowledge. The feedback has been wonderful from this event, with some members

of the public asking for us to repeat it next year.

We also coordinated an event to raise awareness of the Colac and District Parkinson's Support Group. Held at COPACC, the extremely knowledgeable guest speaker Victor McConvey OAM RN MACN, Parkinson's Clinical Nurse Consultant - Director of Health Services for Fight Parkinsons, joined a group of 15 interested community members, living with Parkinson's or caring for someone with Parkinsons. Following this we collaborated with Colac Area Health to complete an education session for Health Professionals with regards Parkinson's Disease. We had a great turn out to this event with around 25 clinical staff in attendance. We were delighted with the outcome and it was great that we were able to collaborate with other services in the region to improve the understanding of the care requirements for people living with Parkinson's Disease, a neurological illness which is growing at around 4% each year in Australia with projections indicating that the number of people living with this condition could double by 2050.

Naomi Lettieri  
Executive Manager



Lions Club of Colac members with Naomi Lettieri

## Find Us

Visit the Website - to find everything you need to know about Anam Cara Colac  
[www.anamcarahousecolac.org.au](http://www.anamcarahousecolac.org.au)

On Facebook - "Like" us on Facebook to keep up with the happenings at the hospice.

Donate - Donations can be made by mail, phone, in person or via our website or Facebook page.

All donations over \$2 are tax deductible. Contact us today to make your donation.

a  
place  
like  
home

## A New Treatment Room

Our care team are delighted with their new treatment room cupboard and bench space. Built by Adam Gaylard and his team at Reality Kitchens and coordinated by our very own wonderful long term volunteer, Mark Rosevear, the new cupboard has given us so much more storage space and a wonderful quiet space for preparation of vital medications for people towards the end-of-life. Many thanks to Reality Kitchens and Mark Rosevear.



The upgraded treatment room

## Upcoming Events

### Mental Health Month - October 2025

Let's Talk Walk the Walk Festival  
4 October 2025 at Colac Showgrounds.

### World Hospice and Palliative Care Day

11 October 2025

### Carers Week Event

13 October 2025, 11am – 2pm – lunch & entertainment  
by the students of Trinity College Colac

### Annual General Meeting

11 November 2025 - 5pm at Anam Cara Colac,  
50 Forans Road, Barongarook West

## Welcome to New Staff & Volunteers

- Holly Jamieson EEN
- Bernadette Walters EEN
- Angela Moore PCA

### Volunteers:

- Sue Rock - Admin
- Tammy Coysh - Admin/Guest Care
- David Hocking - Gardening/Maintenance
- Siobhan Benson - Guest Care
- Margaret Southern - Social Support

## Donation Boxes - Every \$ Counts

We have a new donation box you may see around town at various businesses. Our team of volunteers and staff have been busy revamping our donation boxes. These are located at a number of businesses around town including:

- Allen Family Chiropractic
- Garden of Eden
- Coffee @ Pelican Point
- Murnanes Country Fresh Meats
- Buchanan Family Chiropractic
- Double Shot Café
- Colac West LPO
- Bendigo Bank
- Prosper Podiatry
- Shalimar Nursery
- MG Trading

Thanks so much to these businesses for hosting a donation box. If you are or know of a business that may be interested to host a donation box for us please get in contact. Money raised through the donation boxes is so meaningful to us and the guests in our care. Donations go a long way, from quality initiatives like craft activities, equipment and materials.



Tess from Murnanes Country Fresh Meats with the new Donation Box

## Anam Cara Colac - 15 Years

Next year is Anam Cara Colac's 15<sup>th</sup> year. Thousands of families have contributed to this vital work through their financial support or by volunteering.

- Have you contributed to this legacy?
- Have you benefited from this legacy?

Why not email [admin@anamcarahousecolac.org.au](mailto:admin@anamcarahousecolac.org.au) and tell us your story!

We would love to hear how you have been part of the legacy of Anam Cara Colac over these last 15 years.

## Helen Kennedy in India

Registered Nurse Helen Kennedy has taken leave to travel to India for a few months, where she regularly spends time assisting with community projects. Below is a little snippet of her activities and the challenges faced.

"I've been busy busy. I think of you all often, however to find a moment to 'put pen to paper' is a real challenge. I have been involved in numerous community projects and events as well as day to day life which can present all sorts of situations unique to Indian life!!

I've been in the Punjab for a few days but heading back up the mountains to home today. It's the monsoon so there has been a lot of landslides and flash floods.....it could be a long, slow trip on some precarious roads. I've been driving this trip, lots of practice backing up to find a spot to pass on single lane roads!!

I have been involved in our free children's community library and also a schools recycling project, Ecoconnect, that has been created by us and other like-minded local people to try and educate the kids about waste and the environment. We organised a large rally, 750 kids marched on World Environment Day, they loved it! Pollution and waste management is a big problem here."



## Birthday Celebrations

We have recently celebrated some milestone birthdays for staff and volunteers.

Congratulations to Kate Harris and Toni Cuthbertson for their 70<sup>th</sup> birthdays and to Lyn Armistead for her 80<sup>th</sup> birthday.

A milestone birthday too, for Nigel as he turned 3 - which is 21 in human years!

