

## HOLIDAYS AT MORNINGTON

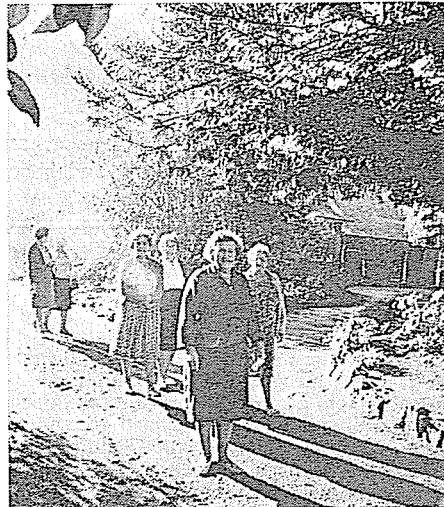
It has been a constantly changing scene at 'Morven', the Brotherhood's holiday home in Tanti Avenue, Mornington, for the Hostess, Miss Alma Smith.

The last group of children had no sooner gone at the end of January than a group of 20 patients from Sunbury Mental Hospital moved in. This is the second year that the Brotherhood has been able to assist the Mental Hygiene Department in this way and the scheme has proved an unqualified success.

In all, 60 patients from Sunbury had a holiday at 'Morven' in February. They camped in the grounds in youth centre tents and before the last group left they dismantled the tents and carefully stacked them away in readiness for the first youth camp next Summer. A group of patients also returned to put a new roof on the boat shed and others will be visiting Carrum Downs later in the year to help in grounds maintenance and other jobs.

After the Sunbury holiday makers left the first group of pensioners arrived for a 10-day holiday. Apart from breaks during the school holidays, when 'Morven' is available for families from the Social Service Bureau, and another break of a week at the end of May for a student welfare seminar, 'Morven' will be used exclusively for pensioner's holidays for the rest of the year.

The holidays are for pensioners who would not otherwise be able to afford one and for many it is their first holiday in years.



Holiday-makers stroll in the grounds.

Doctors, clergy and other organisations refer pensioners in need of a holiday to the Brotherhood and every effort is made to ensure that they enjoy their stay.

Voluntary drivers transport them to and from Morven and local residents arrange outings and drives. 'Morven' is only a few minutes' walk from the beach and the boat shed is a favourite place for afternoon tea on a fine day.

## Brotherhood Profiles: SISTER VERA ROOK

Sister Vera Rook has had an interesting life since she completed her training at St Bartholomew's Hospital, Rochester, England. This has included industrial welfare work, organising the mobile ambulance at Hove during the second world war, acting as welfare officer with the Save The Children Fund at Robinvale in North West Victoria and being washed off the rocks at Whale Beach in New South Wales.

But, the highlight of her career, so far, she said, was the seven years she spent as Matron of St George's, Hurstpier Point, the largest County Council home for the aged in East Sussex. It was while she was working in a private hospital in England that she first became interested in the plight of elderly people. Here she was worried by the lack of understanding by the administration of the need for security which was so necessary to the elderly patients. So she jumped at the chance to help when she was asked to be the first Matron of St George's.

Apart from a two-year break during which she worked her way up to Hayman Island and back, Sister Rook has been Matron at the Carrum Downs settlement for the active elderly almost ever since she came to Australia from England in 1956.

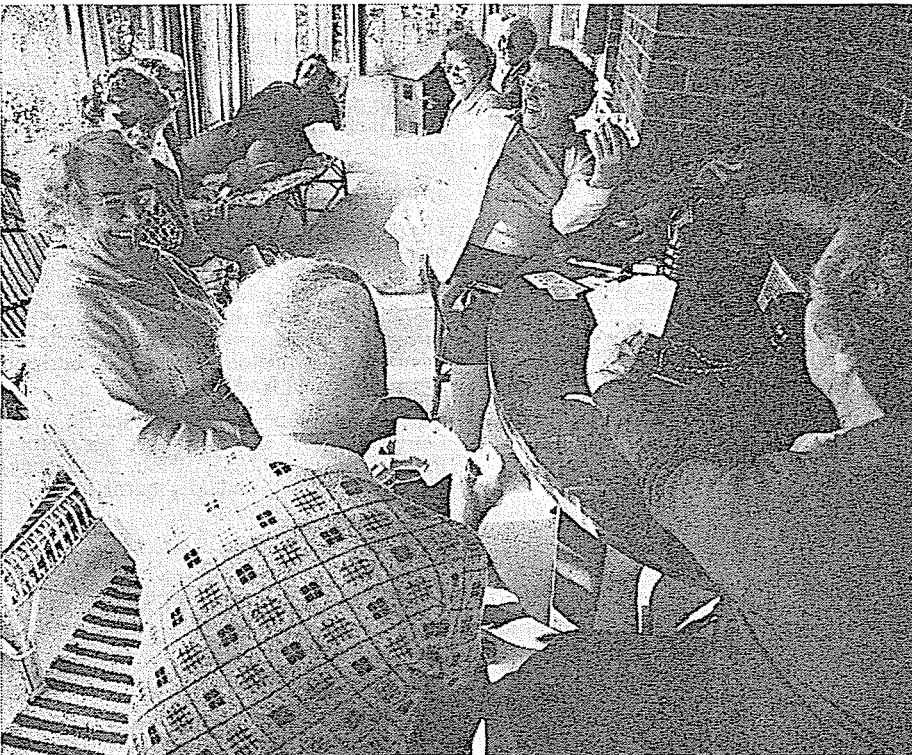
'In the beginning,' she commented, 'I had no paid staff to help me and things were pretty hectic. Residents who were trained sisters helped in a voluntary capacity and we were kept on the run visiting the cottages and Collins Court flats as well as looking after the people who were sick in hospital'.

Now, Sister Rook has a paid part time staff and is able to give more time to the residents generally. She has always felt that activity is the key to a happy old age and it was the residents' involvement in the actual running of the settlement which impressed her most when she first visited Carrum Downs.

Sister Rook feels she is sometimes criticised for being too fastidious. She points out that hospital standards must be high but in the Collins Court flatettes a more homely standard is kept. She cannot speak too highly of her staff and the wonderful co-operation she receives from them.

In her own home at Carrum Downs she has a fascinating collection of stones, fossils and shells which she has collected on her numerous trips about Australia. She is a keen field naturalist and would like to see more Australians interested in the conservation of native flora and fauna. Other interests include photography, marine biology and collecting antique china and silver.

Sister Rook has a daughter who came to Australia with her in 1956, who is now married to an Australian—she has two Australian grandchildren.



The sun lounge is a popular spot on sunny mornings.