



Volunteering at NRCHC

Your Newsletter

In March there was a Volunteer Newsletter Feedback Surveys circulated to gain a better understanding on what you wanted to see in your newsletter. Thank you to all those who returned the surveys. Your contribution was most helpful. We have endeavored to include your feedback into this Newsletter.

I would like take this opportunity to warmly welcome Caitlin, who is a final year Health Promotion student who is volunteering in the Volunteer/Health Promotion Programs.

Caitlin has done a wonderful job in putting together this Newsletter and is currently working on some exciting projects which you will hear about in the coming months.

Hope you like the new format and enjoy the new sections. Let us know what you think!

Selma Salí

Volunteer Program Coordinator



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Volunteer profile—Liu Tjing Tchia

Liu has been participating in the Line Dancing Group since it began, 3 years ago.

Initially the Group began as a ballroom dancing class, but became a line dancing group, which was more practical to participate in.

There are now two line-dancing groups, due to the popularity and there are currently 80 participants.

A well-known ballroom/line

dancing teacher who speaks Chinese and Vietnamese leads one of the Groups.

Liu was initially approached by Renee Lee, the Health Promotion Officer at NRCHC who asked whether she would be interested in volunteering in the group.

Liu finds the Group rewarding and says that “Everyone is happy when they come to the dancing group”.

Since joining, Liu’s says that her health has improved significantly.

Liu wishes there were more healthy activities for people to join.

Classes are run Thursday morning and Monday afternoons.

For more information, please contact Renee on 9420 1323.

Interview: Caitlin McMahon
Interpreting: Renee Lee



NRCHC Client Facts

Our clients at NRCHC come from diverse communities.

38% were born in Australia

16% were born in East Timor

17% were born in Vietnam

- About half of NRCHC clients are aged 60 years and older.
- There are slightly more female clients (57%) than male clients (43%).

NRCHC Services and programs

As mentioned in the survey feedback, we will feature a description of one of our programs or services each issue. Let us know what areas you are interested in reading about.

- Arts and Culture
- Centre for Culture Ethnicity and Health
- Drug and Alcohol counseling
- Health Promotion

- Medical Services
- Needle Syringe Program
- Oral Health Program
- Speech Pathology
- Timorese Community Support Scheme
- Vietnamese Community Support Scheme
- Volunteer Co-ordination
- Youth Services

This week you can read about what our dietitian does (page 3).

Training opportunities

Tutor training—(VTEP) 6 week accredited course—skills and knowledge to effectively tutor migrants
Daytime/evening 1st August-11th September

First Aid—(HACC) Thursday 11th and 18th September—
9am-4.30pm

Transporting Older People (HACC)
Rights, responsibilities, communicating and understanding- for volunteers who transport older frail clients
Tuesday 2nd December 9am-4.30pm

If you are interested in participating or would like to find out about other training opportunities available, please contact Selma 9420 1326



Volunteers Newsletter Survey Feedback

In April we asked volunteers to fill out a short survey about the Volunteer Newsletter.

We found out that the features readers most enjoyed reading were:

- Training opportunities
- NRCHC updates
- Volunteering facts

Most respondents wanted the newsletter to be 4 pages long and produced quarterly.

We also had some great suggestions for new additions for the newsletter, such as information about different NRCHC programs, health awareness and a calendar of events, which we will try to

include in our future newsletters.

Thank you to everyone who filled out the survey, we appreciate your feedback.

If you have any other suggestions, comments or ideas, feel free to email Selma.

selmas@nrchc.com.au
9420 1326

Worker profile—Sally Roberts: Dietitian

What is your role at NRCHC?

It includes nutritional counselling and support to clients for a broad range of dietary concerns including dietary management of lifestyle diseases, and assisting clients to improve their shopping, budgeting and cooking skills.

My role also includes involvement in health promotion and health education programs.

What projects are you currently involved in?

The Café Meals Committee, the Yarra Healthy Weight Steering Committee and the Breastfeeding Working Group. I have recently commenced a new Program, Eating for Health with the Tai Chi group, aiming to raise awareness of healthy eating in the Timorese and Chinese community.

When did you come to NRCHC?

I started working at NRCHC

in March this year.

What do you think is the best part of your job?

The best part about my job is the variety! I am involved in many different programs and get to meet a wide range of people. It can be pretty rewarding working with such a grateful community.

What is the most challenging part of the job?

The most challenging part about my role is trying to squeeze all this into two days!



UPDATES

Thank you to the volunteers who participated in the *Quality Improvement & Community Services Accreditation (QICSA)* review.

The QICSA review commended NRCHC for:

- the Volunteer Program
- new building planning
- a strong and active working partnership with community.

Areas identified for improvement:

- developing a supervision policy
- reviewing effectiveness of coordinated services
- improving procedures for confirming consumer rights

Lemon Chicken

Serves 4

Preparation time: 15 minutes

Ingredients:

1 clove garlic
1 lemon
2 tablespoons plain flour
500g chicken thigh fillets
3 tablespoons olive oil
1 teaspoon ground ginger
450mL chicken stock
1 teaspoon caster sugar
1 egg yolk
Fresh parsley
Salt and pepper to taste

Method:

1. Peel and chop garlic.
2. Grate rind from lemon and juice.
3. Mix the garlic and lemon rind with flour.
4. Cut the chicken into medium sized pieces and toss in the flour mixture. Set aside for 10 minutes.
5. Heat oil in a large wok. Cook the chicken for 10 minutes or until golden brown.
6. Stir into the pan any re-

maining flour, the stock, ginger and sugar.

7. Bring to the boil until the sauce has thickened and reduced.

8. Blend the egg yolk and lemon juice together and add to the pan.

9. Stir until the sauce thickens.

10. Stir in parsley, salt and pepper to serve.

NEWSLETTER

North Richmond
Community Health
Centre
23 Lennox St
Richmond 3121

Phone: 9429 1326
Fax: 9428 2269
selmas@nrchc.com.au



*You make a living by
what you get, but you
make a life by what
you give.*

-Winston Churchill

Current volunteering vacancies

Are you interested in expanding your experience or know someone who may be interested in volunteering in these exciting positions? Training is provided. Contact Selma for more information.

- Homework tutor
- English conversation tutor
- Graphic design volunteer
- Walking group leader
- Water exercise leader

North Richmond Community Café

The North Richmond Community Café is a North Richmond Community Enterprise Project, planned to open for trading in August 2008. The Café will be located at 106 Elizabeth Street, Richmond.

The North Richmond Community café aims to offer:

- Coffee and Cake during week day mornings 10 -12 am from Monday to Thursdays
- Training and employment pathways.

A community “hub” for residents living and working around the Richmond Housing estate to meet.

A competition was conducted to name the Café. The name will be released shortly! Watch this space.

For further information please contact:

Norah Hassan Simkin, Café Manager, NRCHC
9425 9308 or 0411 355 637

Penny Francis, Health Promotion Manager, NRCHC
9420 1358 or 0409 352 923

Get Involved!

We are looking to develop this newsletter further with your input. How can you do this?

- ★ Write an article about your volunteer experience here at NRCHC and at other organisations.
- ★ Write a regular article for the newsletter.
- ★ Contribute a tried and tested recipe.
- ★ Any other relevant topics—suggestions very welcome!

We would also like to feature a volunteer each newsletter so get your stories ready!



home and community care

THIS VOLUNTEER COORDINATION PROGRAM IS JOINTLY FUNDED BY THE VICTORIAN AND AUSTRALIAN GOVERNMENTS THROUGH THE HACC PROGRAM