

# Volunteering at NRCHL

## Volunteers Recognition Event

NRCHL held its formal Volunteers Recognition Event on 16 June at *Kanzaman Lebanese Restaurant* in Richmond. Twenty two volunteers and nine staff who work with volunteers attended the event. Demos Krouskos, CEO and Vice Chair, Paul Tat Hian Tchia, from our Board of Directors presented Volunteers with Certificates of Appreciation.

The Event began with special acknowledgement of our long-term volunteers Cuu Laa (Water Aerobic/Gym Exercise Group) and Joan Cudd (Social Connectedness Through English Conversation Group), followed by door prizes that were generously donated from local businesses. The feedback I've had from those who attended was

that people really enjoyed themselves and the good food!

I would like to take this opportunity to once again say a big thank you to **all** our volunteers for their tireless work with the community and for making a real difference in the lives of others. Thank you to staff that support volunteers in their programs.

Another Volunteers Recognition Event was held by the City of Yarra, where the Mayor Cr. Amanda Stone presented volunteers with certificates, which 10 NRCHL volunteers were are part of.

Thank you to *All Nations Hotel, Buntings, Koko Black, Pearl Restaurant & Café and Richmond Café &*

*Larder* for their generous donations to our Volunteers Recognition Event and to *Kanzaman Lebanese Restaurant* for their support.

I hope you enjoy this issue of the Newsletter. Read about our Walking Group, run by our fantastic volunteers Marisa and Megan and the benefits of walking for your health. While we're on the subject of health, there are some great tips for good spinal health. There is also our staff profile on Ajak Mabia, Community Liaison Worker for African Communities and well as our upcoming events. Enjoy!

*Selma Sali*

*Volunteer Program Coordinator*

## Volunteer profile - Walking Group

Marisa and I lead the walking group that meets every Thursday at 9.30am. Marisa has been leading the group for six years and I joined her one year ago. We really enjoy the experience and getting out each week although we both prefer not to drive the smelly old bus. After some negotiations about our destination and who will drive and buckling everyone in we set off.

The women that attend the group are from varied backgrounds; although most are from East Timor, Vietnam and China. We have several regulars who are in their eighties and others who attend just when they can. We travel far and wide and some of our favourite destinations include the Botanic Gar-

dens, Collingwood Children's Farm, St Kilda beach, Studley Park, Albert Park Lake and anywhere along the Yarra. The women in particular get excited about any vegetable gardens we come across and toilet blocks are always a welcome sight on our expeditions.


There are times that we regret being unable to communicate better with our walking companions. We would love to learn more about their backgrounds and personal histories as well as to be able to share experiences as they happen along the walk. However gestures and body language usually get us through.

*Megan Bassler*  
NRCHL Walking  
Group Leader



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**NRCHL Facts**

- 35% of our volunteers are under 25 years old
- 35% of our volunteers are over 50 years old
- Oldest Volunteer – 84 years old
- Youngest Volunteer -16 years old

## NRCHL Services and Programs

We will feature a description of one of our programs or services each issue of this Newsletter. **Let us know what areas you are interested in reading about.**

- African Community Liaison
- Arts and Culture
- Centre for Culture Ethnicity and Health
- Counselling Casework
- Alcohol and Drug Counselling

- Health Promotion
- Language Services
- Medical Services
- Needle Syringe Program
- Oral Health Program
- Speech Pathology
- Youth Services

## Free training opportunities

### Training for Tutor working with young refugees and migrants

Learning beyond the bell tutor training for volunteer tutors focuses on understanding the refugee experience and how it affects learning as well as developing skills in literacy and homework support. *Workshops held June-August.*

**How to handle difficult behaviour**—Monash Volunteer Resource Centre. *Wednesday 26 August*

*To register , contact Selma on 9420 1326.*

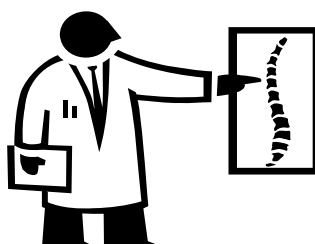


## 5 tips for maintaining good posture /spinal health

Try these simple, yet effective tips that may prevent/reduce the effects of neck pain, lower back pain, headaches and migraines.

1. Try to sleep on your side or back, not on your stomach.
2. Choose a pillow size/density that will support your neck both when lying on your back and your side.

3. Choose a bed that doesn't sag when you lay in it. The bed should keep your spine in a horizontal position.



4. Don't live a sedentary lifestyle, keep active.

5. Lift with your legs, don't bend and twist your spine no matter how heavy/light the load is.

*Thank you to Dr. Jeff Vecranges, Chiropractor, for these helpful tips.*

## Staff Profile—Ajak Mabia Community Liaison Worker - African Communities

### Could you please tell me a bit about your role?

I provide support to people from African backgrounds predominantly living in Richmond, and sometimes Fitzroy and Collingwood Housing Estates. The aim of the role is to help people get access to services. I also assist with community projects such as the Sudanese Cultural Day.

### What are some of the projects you're currently working on?

We are currently working with the New Hope Foundation to run Health Promotion sessions. There was a Family Camp recently and we are running unstructured music sessions, playing instruments, singing and song writing.

### What changes would you like to see in the Community?

I would like to see the community focus on their health and gaining employment skills. I would also like to see parents playing a more active role in their kids education

and health.

### What do you enjoy doing in your own time?

I love music! (Ajak is a professional singer) I aim to inspire others to express themselves through art and follow their own path. I have stepped outside my own culture, which is a rare thing to do as a woman in the Sudanese Culture.

Interviewer : Selma Sali

## Walking for Health

[www.goforyourlife.vic.gov.au](http://www.goforyourlife.vic.gov.au)

Walking is a suitable physical activity for most people. Around 75 mins per week can improve fitness levels significantly.

### Benefits:

- Increased heart and lung fitness
- Reduced risk of heart disease and stroke
- Improved management of conditions such as high blood pressure, high cholesterol, joint and

muscular pain or stiffness, and diabetes

- Stronger bones and improved balance
- Increased muscle strength and endurance
- Reduced body fat

### Make walking a pleasure:

- Walk with a friend and combine physical activity with socialising.
- Join a local walking club.
- Vary your walking routes so you can enjoy the change

in scenery.

### Things to remember:

- Aim to walk for 30 minutes a day or more on most days of the week.
- If you can't manage 30 minutes a day, remember even a little is good, but more is better'.
- Warm up and cool down
- Drink plenty of fluids before and after your walk.

*Get your doctors ok before undertaking any physical activity.*

## Lentil dhal recipe

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

### Ingredients:

1 cup red lentils  
2 cups water  
1 teaspoon curry paste  
1 packet vegetable based soup mix, (reduced salt)  
2 tablespoons chopped parsley  
2 tablespoons wholemeal plain flour  
1 tablespoon canola oil

### Method:

1. Wash lentil in strainer and

Bring to boil and simmer 15 minutes or until all the water is absorbed.

2. Add curry paste, soup mix and parsley to lentils.
3. Refrigerate for at least 30 minutes, overnight if possible.
4. Shape into 8 patties and roll in flour.
5. Heat oil in non-stick frypan and fry 4 to 5 minutes on each side until golden brown.

place in saucepan with water.



## NEWSLETTER

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"[I am a co-creator], an active agent in this universe who makes things happen. If I want the world to change, I have to change it."  
- Danah Zohar

## Current volunteering vacancies

Are you interested in expanding your experience or know someone who may be interested in volunteering in these exciting positions? Training and support are provided.

- Community Café Volunteer

**Contact Selma on 9420 1326 for more information.**

## Upcoming Events

### MOON LANTERN FESTIVAL

**When:**

Saturday 3 October 2009

**Where:**

106 – 108 Elizabeth Street,  
Richmond

*Festival and Stage program*  
3.00pm-6.30pm

*Lantern Parade, Finale and*  
*Fireworks 6.30 – 8:00pm*

On the evening of the giant full moon at harvest time, Moon Lantern Festivals are celebrated across the Asian world. It is a time for people to get together, feast and tell stories. This beautiful celebration brings young and old together on the Richmond housing estate and includes the wonderful Moon Lantern Parade, lantern making workshops, contemporary and traditional music and dance, food and a firework finale. There are plenty of opportunities to be involved in the festival through lantern making, holding a stall, performing opportunities or volunteering.

### FREE WORLD

**When:**

Federation Square,  
Corner Swanston & Flinders St,  
Melbourne

**Where:**

Fri 9th – Mon 19th Oct  
7pm – 12midnight

**No Cost**

Free World is a contemporary art installation that explores the rap poetry of six young people from Liberia, Sudan and Tanzania. Presented as a large scale, outdoor work, Free World illuminates Federation Square with the experience of resettlement, raw personal histories and the desire for change. Free World brings the words, images and music of emerging artists from pan-African backgrounds to centre stage or more information visit [www.melbournefestival.com.au](http://www.melbournefestival.com.au) or contact North Richmond Community Health Limited Arts and Culture Program on 9425 9329. To enquire about volunteering opportunities contact the Volunteer Coordinator on 9420 1326.

## Get Involved!

If you would like to contribute something to the newsletter, please contact Selma. It may not be possible to include all contributions due to space constraints.  
Phone: 9429 1326 or email [selmas@nrch.com.au](mailto:selmas@nrch.com.au)

