



# Volunteering at NRCHC

## Food, Festivals and Fun!

There have been some exciting things taking place since the last newsletter and some great events coming up.

*The Five High Community Café* is now officially open, offering delicious and affordable food, the *Moonlantern* festival was held again in September, with a great turn out to see vibrant performances by

the Community and fun activities for all ages.

Just around the corner we have *Walktober*, *International Volunteers Day* and the *Victorian Seniors Festival*. Ahh...with sunny days and warm weather, there is really no excuse to enjoy all that's on offer!

*Selma Salí*

*Volunteer Program Coordinator*



## Volunteer profile—Caitlin McMahon

I started volunteering at North Richmond Community Health Centre about 2 months ago. I work on the Volunteer Coordination Program helping Selma, and also do some Health Promotion work with Penny and Renee.

I am a Health Promotion student studying at Deakin Uni. I finish my degree this year and wanted to volunteer to get some work experience and help out the community.

I have worked on the Volunteer newsletter, updated resources, compiled an English

Learning workbook, wrote a report on how to make the Volunteer Program more culturally diverse and much more!

I really enjoy volunteering at NRCHC. I have learnt a lot about the community and working in Health Promotion and the staff are welcoming and friendly.

*Caitlin McMahon*

*Project Officer,*

*Volunteer Coordination/Health Promotion Program*

### INSIDE THIS ISSUE:

Volunteer Profile	1
North Richmond Facts	2
NRCHC Services and Programs	2
Training Opportunities	2
National Conference	2
Worker Profile	3
Upcoming events	3
Recipe	3
Community Cafe	4
Volunteering Vacancies	4
Moonlantern Festival	4





- North Richmond was first developed in 1839.
- The first high-rise public housing project was built in the 1960s.

## NRCHC 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.**

- Arts and Culture
- Centre for Culture Ethnicity and Health
- Drug and Alcohol counselling
- 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 one of our Drug and Alcohol Assessor/ Counsellor (page 3).*

## Free Training opportunities

**Training for Homework Support Tutors**—for volunteer tutors working with primary or secondary school students from a refugee or CALD background. Saturday the 11th and 18th of October Melbourne CBD. Lunch provided. *Contact Selma to register.*

### Certificate III in Information Technology (accredited)

For more information about the *Cert. III in IT* and other available Certificates, contact *The Malka Group\** on 9890 3350 or email [info@themalkagroup.com](mailto:info@themalkagroup.com). More information can be found at [www.themalkagroup.com/education.htm](http://www.themalkagroup.com/education.htm)

*\* Our Community Café Volunteers training Provider*



## National Conference on Volunteering

The *12<sup>th</sup> National Conference on Volunteering* was held from 3-5 September at the Gold Coast. I attended with much interest, keen to hear, reflect and be inspired. There was a variety of themes presented: the way people are volunteering, the change in demographics of volunteering and volunteer management. Some key points were:

- ✦ The concept of *Volunteerism* does not exist in all cultures.
- ✦ The shift in the way peo-

ple are volunteering has changed e.g. more virtual volunteering via 'connectivity technology'.

- ✦ An increase in corporate volunteering and episodic volunteering.
- ✦ An amazing 5.4 million people participate in volunteering in Australia, with the majority of volunteers being aged between 20 – 30 years old and 40-50 years old.
- ✦ The need to enhance Volunteer Programs to be

more inclusive of a diverse range of volunteers.

- ✦ Volunteering needs to be fun!

To sum up, a great quote from the conference which was made in reference to volunteers:

*"People can be divided into three groups: Those who make things happen, those who watch things happen, and those who wonder what happened."*

*Gaelic Proverb (Author unknown).*

*Selma*

## Worker profile— Thuy Bui - Drug and Alcohol Assessor/ Counsellor

### When did you come to NRCHC?

I started working with NRCHC in 2004, having previously worked at South East Alcohol and Drug Services for four years. Some of my earlier work was with the United Nations for unaccompanied minors and children.

### What is your role at NRCHC?

My first role was as Alcohol and other Drugs Outreach and Case Worker with Cambodian, Laotian and Vietnamese communities. I am also an Alcohol and other Drugs assessor and counsellor

for COATS.

### What projects are you currently involved in?

I conduct a range of programs at Fulham, Barwon, Loddon, and Tarrengower Women's Prison. In addition I conduct several support programs for families of clients. These include:

- Support programs for Vietnamese clients' families
- Tet & Moon Festival for Vietnamese prisoners
- Australian/Vietnamese cross cultural programs for young Vietnamese prison-

ers and their parents to bridge generational gaps.

Recently, I was involved in a Health Promotion Project: *Together We Are Strong*, targeted Vietnamese drug user at risk of Hepatitis C.

### What is the most challenging part of the job?

The most challenging part of my job is to carry out these roles effectively and combine them with being a single mother with two dependant children.

**For more information about this service visit**

## Upcoming Events

**International Volunteer Day** is on Friday 5 December. Stay tuned for more details on how we will celebrate!

**Walktober** runs for the entire month of October.

On **October 15** NRCHC will be participating with a range of walks starting from the front of NRCHC.

1 hour walk starts at 8.30am  
45 min. walk starts at 8.45am

30 minute walk starts at 9am

Join us afterwards for a healthy morning tea at 9.30am freshly prepared by the Volunteers at the Five High Café!

For the many walks during Walktober and other upcoming in the City of Yarra go to [www.yarracity.vic.gov.au](http://www.yarracity.vic.gov.au)

### **Victorian Seniors Festival**—

October 5-12. Over 1000 events across Melbourne. Call 9205 5555 for events information in Yarra.



## RECIPE—One and a Half Cake

*This recipe is from Roger Lindenmayer, Diabetes Nurse Educator.*

Roger recommends this cake is a healthier choice for people with diabetes than most other cakes because it is low in fat content, and probably moderate in Glycaemic Index (GI) which means it is not digested rapidly.

Low and moderate GI foods may reduce hunger and help maintain an appropriate bodyweight. It's also quick

and easy to make, and tastes good! You can try variations with wholemeal flour, or adding stewed fruit or prunes. If you have diabetes remember that if you eat a lot it may still put your blood glucose up very high.

### Ingredients

- 1½ cups dried mixed fruit
- 1½ cups apple juice OR pineapple juice OR black coffee (or a mix of these)
- 1½ cups Self-Raising Flour

### Method:

1. Soak fruit in juice/coffee overnight.
2. Combine flour with fruit and juice/coffee.
3. Place in greased and floured cake tin.
4. Bake at 180-190°C for 50-60 minutes or until no longer moist in the middle.

*Take care to avoid burning on top—you may need to cover with foil.*

**Enjoy in moderation!**

## NEWSLETTER

North Richmond  
Community Health  
Centre  
23 Lennox St  
Richmond 3121

**Phone:** 9429 1326

**Fax:** 9428 2269

selmas@nrchc.com.au

www.nrchc.com.au

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.

- Mother Teresa

## 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
- Water Exercise Leader
- Client Support Volunteer
- Community Café

## North Richmond Community Café

The **Five High Community Café** which is based on the North Richmond Housing Estate is **NOW OPEN!** Located at 106 Elizabeth St, Richmond. It is **open Monday to Thursday, 10am-4pm.**

Come down for a free trade coffee, cake and many yummy things. **Prices range from \$2-\$4.**

### What's on Offer?

- ☉ Breakfast, Soup, Pastries, Salads, Sandwiches, Sweets.
- ☉ **Daily Specials**—refer to the specials board or ask the Manager.
- ☉ Hot and cold drinks

The Café is also offering **FREE training to Housing Estate Residents** (mainly Richmond residents). Training includes Responsible Service of Alcohol, Kitchen Operations, Coffee Making, Asian Cooking and Computer Training.

If you would like to register for training, or to learn more about the café contact the Café Manager, Nora Hassan Simkin 9425 9308 or the Malka Group, Love Handa 9890 3350.

Come along and support this local initiative.

**All welcome!**

## Moon Lantern Festival 2008

This year's Festival was a great success. Liss Gabb, Artistic Coordinator, Arts and Culture Program thanked all the Moon Lantern Festival staffers, contractors, artists and volunteers.

*"I would like to extend my heartfelt thanks to everyone involved. It was a truly amazing team effort and it is my privilege to work with such dedicated, energised and very resilient people. I am quite sure every member of the team understands the value of this challenging annual exercise that provides a platform for the incredible talents and rich traditions of this unique community. Thank you all so much".*

### 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.



*home and community care*

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