



Volunteering at NRCHC

Celebrating your contribution

Wow, what a busy few months its been! September had lots of celebrations, including the Moon Lantern Festival, where people had the opportunity to volunteer, while being part of a fantastic event. Festivals and Events are a great way for people to participate in the community, even if they aren't able to volunteer at other times.

Speaking of events, there will be a few exciting things happening in the next few months as the weather gets warmer. The NRCHC Annual General Meeting is coming up very soon, where, our volunteers of 5 years or more will be acknowledged. It will be a fun day with activities, food and a raffle—bring along your family and friends.

This issue, find out the many health benefits of volunteering—you will be

surprised! Read about Daniel's (Volunteer Tutor) experience about combining university studies and volunteering. Kathy Luckacs, Community Health Nurse, thanks our dedicated volunteers, Loraine, Marisa and Johini for their commitment in assisting the running of the Water Exercise Group.

Also, International Volunteers Day is coming up in December—details on a *Thank you to our Volunteers* Afternoon Tea will be distributed shortly.

Hope you are enjoying the year.

Selma Sali

Volunteer Coordinator

Homework Support Group *Volunteer Profile*

Coming from a privileged background, I have always wanted to be able to give something back to the community, but not exactly sure how to go about it. After finding out that one of my friends does volunteer work at the NRCHC, I jumped at the opportunity to join in and help out.

Being a university student and having no real experi-

ence teaching before, it was hard to know what to expect when joining the Thursday night homework group as a volunteer tutor. What I have discovered over the past 6 months is that although trying to teach difficult concepts to students can be frustrating at times, observing the student finally understanding is a very rewarding experience.

I would highly recommend volunteering to all people like me (university students in particular) who want to make a positive contribution to society.

Daniel Monteiro

Volunteer Tutor,

Homework Support Group

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A civilisation flourishes when people plant trees under which they will never sit.

Greek Proverb

Training Opportunities

Check out some **free**, yes, **free** training and workshops you can participate in:

Smorgasboard of ideas for lower level learners

Learn strategies and practical ideas to assist you in teaching English to others. Held in Collingwood on Wed 31 October (TBC) 1.00pm—3.00pm.

Working with Survivors of Torture and Trauma

This practical course guides tutors on how they can work with people to assist them to overcome barriers and address their learning needs. Run at Foundation House on Wed 17 October from 6.00pm—8.30pm.

Know what to do in an emergency!

First Aid is always useful in any setting. *First Aid Level 2* will run Tuesday 13th & 20th November 9.00am—4.30pm (Kew). **First Aid Updates** are run on Thursday, 18th & 25th Oct and 1st November, 6.00pm—10.15pm (Coburg North).

Introduction to Powerpoint

Jazz up your presentations— very useful & practical workshops— Thursday 11 & 18th October 9.30am— 12.30pm in Coburg.



Interested in any of the above?

Contact Selma on 9420 1326.

Volunteering is good for your health!

*A number of studies have shown that Volunteers have:**

- ☺ A lower mortality rate
- ☺ Reduced anxiety and depression
- ☺ A more optimistic outlook
- ☺ More ease in relaxing and sleeping
- ☺ A healthier cardiovascular system
- ☺ A larger circle of friends
- ☺ A perception that their lives are more productive
- ☺ Have improved personal self regard & increased mental functioning
- ☺ Have an increased sense of well-being and decrease in insomnia
- ☺ Stronger immune systems
- ☺ A speedier recovery from surgery



Than those who don't volunteer!

How does volunteering impact your physical, mental, emotional and spiritual well-being? We'd love to hear your stories!

*Department of Volunteer Services, *Focusing on the health benefits of volunteering*, USA, 2006

Update: In-House Volunteering Pilot Program

For NRCHC Employee Volunteers

The Pilot Program has finally been launched with a call for Positions within the NRCHC to be advertised for Employee Volunteers to be a part of during their work time. Employee Volunteering is a growing trend both in the Community & Private sectors. This is a great opportunity for Workers to be involved in Volunteering and benefits all involved—the Worker, the Community and NRCHC. We will revisit the Pilot Program next year to find out its progress. Stay tuned!

Update: NRCHC Re-development

Since the last news letter NRCHC has continued to make good progress on the new Centre. The past few months have been very exciting and there is a lot of good news that we are happy to be able to share with you.

The design phase of the project will be completed by the end of September and we will be holding community information evening soon after that to share the final plans with our clients, the community and our partners. Further information about this event will be made available nearer the time.

Although work on the plans is still taking place, we would like to take this opportunity to tell you about the fantastic new facilities and services that will be provided in the new NRCHC. Set out

below is a brief list of some of the exciting changes that you will see: -

An increase in medical facilities.

There will be space for more GPs, as well as a physiotherapist and podiatrist and Maternal and Child Health Services.

An increase in dental facilities.

There will be 7 surgeries, including school dental.

An increase in community facilities.

A large community room, a community group room (for use by smaller community groups) and a community café.

An improvement in outdoor space.

Through landscaping we will be creating a wonderful outdoor area at the front of the new building. It will include trees, and seating and will also be able to be used for outdoor activities such as festivals.

Sally Bramwell,

Project Officer, NRCHC Re-Development



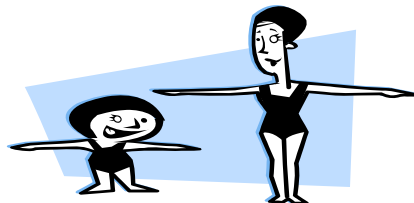
Water Exercise Group

In the capacity of running the long standing Water Exercise Program, aimed at people with chronic health problems, I have had the pleasure of working alongside some wonderful people here at NRCHC. Most notably, would be the volunteers who help hold this group together.

This year, **Johini Lingaratnam** has joined the Group, reliably and joyfully assisting in the water with both our classes. We also have **Marisa Pennuto** who has been with us now 4 years.

Marisa, along with **Loraine Chessells**, also actively assists in the water and has now for some time taken the later parts of the Monday class. Marisa also regularly drives a couple of our participants on Mondays. It's this kind of personal extra assistance

that makes for a more enjoyable and meaningful session for people who have a lot of pain - very valued and



we thank her kindly. I understand Marisa also participates in other activities at the Centre with the Walking Group and Private Tutoring in English language to NRCHC thanks her very much for her contribution.

Then last but not least we have Loraine Chessells - who would also have to be commended for her in-

credible commitment. It was a credit to Loraine that resulted in the Group starting a second session on Mondays. With our backup, both Loraine and Marisa basically run the Monday session. Both have completed aqua training with Arthritis Victoria and First Aid training also. Loraine has been with the Centre as a volunteer for 7 years.

Lorraine takes the main part of the class on Mondays, and, considering she came to the Centre as a participant originally all those years ago is doing amazingly well. I would personally like to commend her for the wonderful assistance she gives me and the participants alike.

Kathy Lukacs, Community Health Nurse/VicFit Aqua Instructor

Your input is important!

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! Get involved!

NEWSLETTER

North Richmond
Community Health Centre
23 Lennox St
Richmond 3121

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



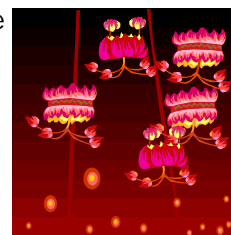
[Moon Lantern Festival](#)

The Moon Lantern Festival was held on Saturday 22 September, it is estimated that 3000 people attended throughout the day. Volunteers assisted to make the day a great success.

Overall there were 27 volunteers, with 10 being Health Centre Staff and their volunteer pool. We needed about 40, but the volunteers were so good, doing a range of tasks from the info tent, to art installations, parade marshalls, lantern making, food cooking - we had all the tasks completed. Other volunteers were from the Neighbourhood Justice Centre, Jesuits Social Services and Friends and family members of initial volunteers for the day. This enhanced it's community feel and friendly atmosphere. We are very thankful and appreciative of all the support and effort they gave to make the festival a great success.

Richard De Kleyn,

Volunteer Coordinator, Moonlantern Festival



[NRCHC Annual General Meeting 2007](#)

[Saturday 27 October , 1.00pm– 4.00pm](#)

[NRCHC Community Room](#)

Special presentation for our Volunteers of

5 years or more.

Will be held here at the Centre. The AGM will be followed by free food and music festival.

Eat yummy food from different cultures, there will be a raffle drawn and kids activities. If you are able to volunteer for 1–2 hours at the AGM contact Rena on 9420 1337 or email renab@nrchc.com.au.

Come join the fun!

NEXT ISSUE OF NEWSLETTER :

Will be out in December 2007, please email your submissions to selmas@nrchc.com.au by 23 November.

Snippets

Volunteers Birthdays.....

A very happy birthday to Volunteers who celebrate their birthdays between September to December:

Berry, Clayton, Dimity, Fum, Geoff, Jenn, Johini, Jin, Jonathan, Josh, Libby, Margaret, Mr Tang, Rachel.



International Volunteers Day

Is on 5 December - a *Thank you to our Volunteers* event will be held close to the date. December 5 was declared as International Volunteer Day (IVD) by the United Nations General Assembly in 1985.

Short term Volunteers needed

To put together a Private English Tutoring Materials Resources Kit—See Selma for more info.