

VOLUNTEER NETWORK

NEWSLETTER

JULY 2008

Mavis Booth, Ambassador

Woodstock Community Centre

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Volunteer Network - volunteer nominated as an ambassador for the awards

Event volunteer and member of the Sydney Olympic Volunteer alumnae

Mavis Booth began volunteering in 1981, working on reception at the Woodstock Community Centre run by Burwood Council, and continues to volunteer there today.

Mavis has volunteered in two Olympic Games: the "best ever" Sydney 2000 Olympic Games and in Athens in 2004. In the spirit of the Olympics and to recognise 2008 being an Olympic year with the Beijing Olympic Games set to begin on 8 August 2008, The Centre for Volunteering thought it fitting to chose an Olympic volunteer as one of its Ambassadors. In addition to her Olympic

volunteering, Mavis currently holds a key role in organising events for Sydney Olympic volunteers.

Mavis' other volunteering include being one of the pioneer groups of volunteers who drove VIPs around Sydney and volunteering as part of the Olympic bid in early 1990s and working as an event volunteer for the Breast Cancer Institute, the Heart Foundation, Diabetes NSW and many other charities.

Nomination forms can be downloaded from

http://www.volunteering.com.au/nsw_volunteer_awards/Nominate/nominate.asp



Also inside

- News & Events
- Volunteer Vacancies
- Workshop Calendar



Inner West Training Network
Accessible Affordable Appropriate Appealing

The Inner West Training Network was formed in late 2007 to help provide a link to a wide range of community based education.

The program was started by Volunteer Network and was funded through a Burwood RSL CDSE grant.

Today the project is supported by an advisory committee drawn from the community which consists of two

volunteers and representatives from Volunteer Network, STARS, Inner West Neighbour Aid, Centre of Volunteer Management, Inner Western Circle, Inner West Skills Centre and the Exodus Foundation.

The centre piece of this project is the Inner West Training Network website which has been developed as a tool to promote training in the Inner West and give the community easy access.

Groups or individuals are invited to sign up to the network as members and receive regular email updates. Membership will also give you access to uploading your training information to the site.

Check out the site

www.iwtn.org.au



National Volunteer Week sees the start of a new Awards years

National Volunteer Week will see the launch of the **2008 NSW Volunteer of the Year Award**. The Award celebrates the 1.6 million people who contribute to the NSW community by giving up their spare time to help others.

Launched last year by The Centre for Volunteering, the **NSW Volunteer of the Year Award** is open to anyone who volunteers three hours a week or more to any NSW community based not-for-profit organisation.

This means the Award could be won by any one of a third of the NSW population who spend time helping others in activities as varied as:

- ◆ sports coaching at schools or clubs in any code or discipline
- ◆ emergency work with SES, Surf lifesaving or the Rural Fire Brigade
- ◆ social and community-based activities, such as hospital visiting or assistance to stressed people or the homeless; or
- ◆ fundraising or assisting in the administration of any branch or any organisation – such as helping in fundraising shops or staffing secretarial and switchboard services.

"The opportunities for volunteers are endless," says Lynne Dalton, CEO, The Centre for Volunteering. "I am constantly amazed at the creative and selfless ways that volunteers put themselves out to aid others."

The 2007 NSW Volunteer of the Year is Mary Mamour, of Blacktown, who has spent her efforts helping young African migrants, many of whom arrived from refugee camps in Sudan, settle into the Australian lifestyle. "...

The situation only becomes worse when problems happen between them (African migrants) and the authority

They need people who can help them communicate and overcome the cultural difference. It's a pleasure for me to be able to play that role." Mary says, after winning the Award.

2007 NSW Senior Volunteer of the Year, Laurie Smith, of Port Macquarie, has worked with Aunties and Uncles for more than 12 years mentoring disadvantaged children with the help of his wife. 2007 NSW Youth Volunteer of the Year and 2007 NSW Corporate Volunteer of the Year, Amanda Grant, of Cronulla, captured the hearts and minds of the "Tradies" by instigating and founding the Tradies Community Service Volunteer Program at the Sutherland District Trade Union Club.

The **2008 NSW Volunteer of the Year Award** will be launched at Government House on Monday, 12 May 2008 by NSW Minister for Volunteering and Patron of the Awards, Linda Burney. Ian Kiernan, Chairman of Clean Up Australia, will be MC of the event.

[Nominations can be submitted online or by mail](#) and close Tuesday, 30 September 2008.

More Information

Kristin Romanis
 Communications Manager,
 The Centre for Volunteering
 T: 8267 6309 or 0412 313 359
 E: kromanis@volunteering.com.au

"SOCK-IT-TO-SUICIDE"

During the Third Week of October Yearly

We are looking for people to assist us with organising and securing interested parties eg schools, workplaces etc for this event.

Holding the event involves workplaces, schools, social clubs, senior citizen clubs etc to wear (self supplied) coloured socks or stockings during one day of the week, and making a donation of a gold coin for the privilege. Alternatively you may purchase a Sock It to Suicide Pin @ \$3.00 each

If the purchase is 20 or more pins they come in a brightly well presented box of 20.

These two links will bring you to the "Flyer" and a picture of the "Sock It To Suicide Pin" with information <http://whitewreath.com/id124.htm> ; <http://whitewreath.com/id124b.htm>



Contact Head Office For Details
 Ph No: 1300 766 177
 (Cost of a local call)
 Mobile No: 0410 526 562
white.wreath@bigpond.com
www.whitewreath.com

TELECROSS - Volunteers



What is Telecross?

Telecross is a service that provides the elderly and housebound with a reassuring daily phone call to ensure that they are safe and well.

If this call goes unanswered an agreed emergency procedure will be activated and help arranged if necessary.

Telecross calls are made by trained volunteers daily at an agreed time that suits the recipient of the call.

People wishing to become Telecross volunteers will be asked

to attend an information session and Telecross training.

Interested and want to attend an information session. Contact Julie Stralow at Volunteer Network on 9911 9855 (Inner West Residents only)

People living outside of the Inner West should contact Red Cross directly on Telephone: 02 9229 4111 or click on the following link

<http://www.redcross.org.au>

"A phone call each day to check they are ok."

Personal Alarm Systems

Personal Alarm Systems which give 24 hour, 7 days personal emergency support can now be accessed through Inner West Neighbour Aid at a reduced cost thanks to our new agreement with Vital Call and Care Call. The personal alarm system allows people to continue living at home independently with the security that help can be summoned at the press of a button.

VITAL CALL

Establishment Fee: It would normally be \$279.00 incl. GST, it is now **FREE for eligible clients**

Quarterly Monitoring Fee: it would normally be \$114.35 incl. GST, it's now **\$82.50 ONLY**

CARE CALL

Establishment Fee: It would normally be \$220.00 incl. GST, it is now **FREE for eligible clients**

Quarterly Monitoring Fee: it would normally be \$109.40 incl. GST, it's now **\$77.00 ONLY**



If you want to enquire about a free demonstration at your place, please call Claire at 9799 5099.

Inner West Neighbour Aid

Inner West Neighbour Aid Inc.
(I.W.N.A.)

IWNA aims to give social support to individuals, who are socially isolated due to age or disability, living with HIV/AIDS or their caring role, wishing to remain in their own homes. The program Co-ordinator recruits, trains and manages volunteers for each service. All volunteers undergo a police check and two reference checks and they are monitored throughout their time with IWNA.



Mini Outing

Small group outings run for 3-4 hours where a paid staff member provides transport and supervision to a local cafe, place of interest or matinée show. Bookings are essential as places are very limited No personal care is provided. Volunteers and Carers are welcome to assist with transport or just join in the fun. The mini outing is a free service, however everyone pays for their own refreshments.

Please contact Inner West Neighbour Aid on: 9799 5099



CRISIS CARE COMMITMENT

Emergency Services - Personal Support

In brief, Red Cross emergency services volunteers are primarily engaged in disaster response and offer personal support to people affected by an emergency or disaster. Volunteers receive training so that they are aware of the context of operating in an emergency and how to effectively assist affected people. Personal Support volunteers work in evacuation centres and also conduct outreach in affected communities to ensure that people are aware of all the services that are available to them and to identify any people that are in need of assistance. Personal Support volunteers offer a listening ear and practical support in what is, to most people, a very unfamiliar circumstance.



Volunteers in the Sydney area were activated in December last year to conduct outreach in the Blacktown area following severe hailstorms. Volunteers visited over 2500 homes, checking on residents and providing information on sources of financial and practical assistance. When necessary, volunteers also travel inter-state and this year volunteers have travelled to Emerald and Mackay in Queensland in response to severe flooding.

If you are interested in learning more about volunteering with Red Cross Emergency Services you can visit our website

**http://www.redcross.org.au/nsw/emergency_services_personal_support.htm ,
email nswemergency@redcross.org.au or call 02 9229 4280.**

Our training is free and our next course for new volunteers will be held on Saturday July 12th. One course will be held in Liverpool and another in Wentworth Falls. If you would like more information, or to book a place on these courses please contact Angela Yong on 02 9229 4280 or nswemergency@redcross.org.au.

The Smith Family

Home Tutor Scheme



everyone's family

The Smith Family Home Tutor Scheme is currently recruiting volunteers to teach newly arrived migrants and refugees English on a one-to-one basis for 1-2 hours per week. No prior teaching experience is necessary as VETAB accredited training is provided.

Applications are being taken for August training.
Contact details are:
Phone: 9744 3188
Email: hts@thesmithfamily.com.au



The Volunteer Bus Drivers Program

A partnership between Inner West Community Transport & Volunteer Network & Greater Inner West Community Transport

The Volunteer Bus Drivers program has been developed to provide HACC funded and HACC like organizations with access to fully trained volunteer bus drivers.

The aims of the program are:

- ◆ To recruit and train volunteer drivers who will become part of a bus drivers pool who would be made available to community groups through a booking system.
- ◆ To ensure that a pool of fully trained volunteer bus drivers is made available for HACC funded and HACC like groups within the Greater Inner West.
- ◆ To enhance transport options for organizations working with frail aged people and people with a disability.
- ◆ To provide this service free of charge to eligible organizations.



What do I have to do to access the Volunteer Bus Drivers Program?

- ◆ You will need to be a HACC funded or HACC like organization providing a service for people with a disability, frail aged people and their carers within the Greater Inner West.
- ◆ You will need to register your service with the Volunteer Bus Drivers program.
- ◆ You will need to have insurance that provides appropriate cover for volunteer bus drivers.
- ◆ You will need to cover any out of pocket expenses incurred by the Volunteer Driver.

“Would you like to find out more about the Volunteer Drivers program?”

Contact:

Volunteer Network
Phone: (02) 9911 9855
Fax: (02) 9747 5057

Email:
michael.collisson@burwood.nsw.gov.au



Compeer “What a difference a friend makes.”

Compeer is an award winning volunteer program that helps break down the stigma associated with mental illness, through friendship and social support. Compeer Sydney is a Special Work of the St Vincent de Paul Society in NSW.

Mental illness is often misunderstood in our community and people with mental health problems can find themselves trapped in a downward spiral of loneliness and despair, facing rejection when they are at their most vulnerable.

The Compeer model is based on the simple premise that “**What a difference a friend makes.**” One steady, reliable and caring companion can make all the difference, bringing joy and hope into a person’s life that may be empty of both.

Compeer provides free training and ongoing support. Friendly and caring men and women aged 18-80 years are warmly invited to contact **Neralie Clark on (02) 9568 0294.**

Our next training course will be held on Saturdays 16th and 23rd August.



CRISIS CARE COMMITMENT

Community Visitors Scheme

The Community Visitors Scheme provides residents of aged care homes a volunteer visitor. Residents in these facilities can experience loneliness, social isolation and limited or no contact with family, friends or the general community. A regular visitor offers many benefits for the residents and improves their quality of life and they feel valued and cared for.

They experience increased self-esteem and decreased feelings of loneliness, boredom and depression.

Volunteers visit in their local area and are matched, where possible, with a resident according to shared interests, common

background and potential compatibility. Volunteers visit regularly (at least once a fortnight for one hour) on a one-to-one basis, providing conversation, companionship and friendship. Volunteers receive training prior to visiting.

Volunteers are required in the following areas: Lewisham, Ashfield, Haberfield, Drummoyne, Annandale, Arncliffe, Heathcote and West Ryde.

For more information contact Lorraine Tamer on 9229 4122 or Email: ltamer@redcross.org.au or Bisma Loan on 9229 4256 or email: bloan@redcross.org.au



Hands On

Hands On is a service provided for long-term patients in hospitals, aged care facilities, mental health units and day respite centres. Through hand massage and manicures, as well as the provision of companionship and emotional support, the Hands On program aims to provide relief from the potentially debilitating effects of being in a clinical environment. Hands On improves the quality of life, self-confidence and well-being of patients and, indirectly, the volunteers who deliver the service, through the opportunity to share the power of personal touch with another.

Volunteers are trained to provide the hand and nail care and are able to volunteer in their local area. Volunteers usually attend the facility once a fortnight for 2 hours.

Volunteers are required in the following areas: Newtown, Haberfield, Concord, Croydon, Glebe, Miranda, Oatley, Sylvania, Taren Point, Ryde, Marsfield, Hunters Hill, Kogarah, Maroubra Junction, Randwick, Roseville, Wahroonga, Chatswood and Turrumurra.

**For more information contact
Seema Verma on 9229 4160 or email sverma@redcross.org.au or
Jacqui Armstrong on 9229 4273 or email jarmstrong@redcross.org.au**



SYDNEY SOUTH WEST
AREA HEALTH SERVICE
NSW HEALTH

TAB (Take-A-Break)

The TAB (Take-A-Break) is the referral and allocation service for frail aged people with or without dementia and their carers living in the Inner West (Ashfield, Burwood, Canada Bay, Strathfield). All centres participating in the TAB provide transport (to and from the centre), activities and lunch.

The TAB was proposed and adopted by the then Central Sydney Area Health Service (CSAHS) in 1998 as a result of concerns regarding access and equity to funded centre-based day care in the Inner West for older people. The major aim of TAB is to improve client and carer access to day care via a centralised intake system which allocates clients to the most appropriate centre, reducing the need for 'shopping around'.

Referrals are made through Central Intake with the SSWAHS Aged Care & Rehabilitation (Northern Cluster) Referral & Information Centre (RIC) service, located at Concord Hospital. Referrals will be accepted from anyone including family as well as GPs, other service providers and clients themselves on the condition that the client or responsible person is aware of the referral and has given consent for the referring agent to make the referral. When allocating to a centre, the TAB Coordinator will take into consideration, specific physical, social and cultural needs. Currently there are vacancies for respite for people with moderate to severe dementia.



Australian Government
Department of Health and Ageing

TO MAKE A REFERRAL PH: 1800 556 533

Woodstock Community Centre

Have a GO Programs

Term 3 July—September, 2008



Day Programs

Fitter & Stronger for Seniors by SHARE (MON)

Would you like to improve your strength, stamina, flexibility and balance?

This program incorporates hand weights, stretches, and aerobic movements and is suitable for both men and women.

Craft Corner - Quilting for Beginners (MON)

This fun class will teach you the techniques and skills to quilting. Extra materials & equipment are required and can be purchased from the tutor.

Strength, Stretch & Relax for Seniors by SHARE (TUES)

A rejuvenating class combining stretch bands and gentle exercises to sooth and relax your mind and body. This class is great if you are a beginner and would like to strengthen your muscles.

Evening Programs

Body Tone (TUES)

If you are looking for a fun way to get fit then this class is for you!

Body Tone is designed to shape and tone your body by doing a variety of exercises.

Latino Dance Workout for Beginners (TUES)

Get fit and dance the Latin way. Give your workout a street Latin flavour as you learn to dance and express yourself through various Latin dance genres.

No partner required!

Knitting for Beginners (TUES)

Have you ever wanted to learn how to knit or maybe improve your knitting techniques?

Come along to this FUN class and learn something new.

Bring your knitting needles and wool and let's get knitting.

To find out about these programs, please contact Burwood Council on 9911-9911



Volunteer Network

Workshop Calendar for 2008

Workshops run by Volunteer Network are free of charge for volunteers, prospective volunteers and coordinators.

All Workshops are run at Woodstock Community Centre, 22 Church Street, Burwood.

Parking is available at the centre and is accessed through the Fitzroy Street entrance. The centre is also within easy walking distance from Burwood railway station and bus stops

The workshops listed below can be delivered in-house free of charge providing you have a minimum of 10 participants and are a not for profit organisation.

Booking is essential – Contact Julie Stralow on 9911 9855 or email julie.stralow@burwood.nsw.gov.au

Workshop	Date	Venue	Time
Disability Awareness	Thursday 17/07/08	Woodstock	10:00 – 12:30
Not Just a Volunteer	Thursday 14/08/08	Woodstock	10 :00– 12:30
Multicultural Awareness	Thursday 18/09/08	Woodstock	10:00 – 12:30
Not Just a Volunteer	Thursday 16/10/08	Woodstock	09:30 – 12:30
Stress Management	Thursday 13/11/08	Woodstock	10:00 – 12:30

Are you interested in doing some TRAINING?

Don't forget to check out the Inner West Training Network website?

www.iwtn.org.au