



Volunteering at NRCHC

End of Year Celebrations

Christmas is here once again and a time to celebrate all of the wonderful volunteers that have offered their time, skills and sense of humor throughout the year.

At NRCHC we currently have twenty five active volunteers who's dedication has given many people from the Richmond high-rise estate and beyond a host of rich experiences in the various groups and festivals conducted at the NRCHC. This number can swell to over one hundred when special events are held such as the Moon Lantern Festival.

Our volunteers are a diverse group of people

who's age ranges from early twenties to seventy and beyond. The diversity found within this special group of people adds to the fabric of NRCHC.

The volunteers hail from many different life experiences and cultures such as teachers, students, mothers, fathers, engineers and members of the community itself.

Currently we have many celebrations planned for the end of the year to thank our volunteers and to let them know how valued their work is at NRCHC.

Ah, it's a hard job but somebody has to do it and I would like to take the time to personally thank all of the volun-

teers that I have worked with in the short time that I have been in this position. This group of people inspire me with their open hearts and willingness to perform their task to such a high level of excellence.

I wish all of you a very Happy Christmas and a New Year filled with good health and happiness.

Fay Edebohls
Volunteer Coordinator

In House Volunteering

Late 2006 has seen an exciting new in-house volunteering program starting to take shape. Staff from Barry St Carlton which houses our State Wide Services due to lack of space at North Richmond will be taking part in this new program.

Staff have been offered time from their normal duties to volunteer in the different groups and services that use volunteers at NRCHC.

This program has many benefits to staff such as; diversity from their normal duties, socialization with the staff from the

Richmond campus, contact with service users, developing new skills to mention a few.

We hope that staff will be eager to experience the richness of volunteering. Perhaps our established volunteers will mentor these newbies.

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Special points of interest:

- ◆ *Success in life has nothing to do with what you gain in life or accomplish for yourself. It is what you do for others.*
- ◆ *Danny Thomas a volunteer from Illinois. (15 November 2004)*

Vacancies in the Volunteer Program for 2007

A number of volunteering opportunities have become available in the volunteer program for 2007;

The Water Exercise Group is looking for a new leader that will be required to attend one session per week. We will pay for training with the Arthritis Foundation. We also require the Volunteer to attend Level 2 First Aid training arranged by the volunteer program.



Would you like to have some fun? Why not sign up for a new group.

The Homework Support Group is seeking a person who is experienced in solving mathematical problems for High School students. This group is held on a Thursday night 6pm-8pm.

The English Conversation Group is also looking for some English Tutors to help out this large dynamic group. The group is held every Tuesday afternoon from 1.30pm to 3pm. No experience is necessary

as new volunteers are given training through AMES as well as in-house training.

If you find that you have some extra time on your hands in 2007 and if any of these positions sound interesting please give me a call. I would love to discuss them further with you.

Training Schedule 2007

I have now received the HACC training schedule for the first half of 2007.

If you need to up-date your First Aid level 2 qualification the first training will be held on Wednesday the 21st & 28th of February.

A workshop on Professional Boundary Setting may be useful for tutors who work one on one with clients. This workshop will be held on Wednesday 21st February,

A New Years resolution is something that goes in one year and out the other
-Author unknown

9.30-12.30 at Northcote.

Some volunteers who have not yet conquered the internet may want to think about the workshop on

The Internet and Email. This course goes over two days and participants learn about email, internet, the web in a hands on workshop and will learn time saving features.

There are many more trainings and these will be circulated in the new year.

Update on the NRCHC Building Project

In 2006 NRCHC received funding for a new centre. We are still waiting for confirmation on the site before the next stage of planning can go ahead.

Council are currently looking at making a decision on the site either this month or early in 2007.

Hopefully by the next newsletter we will be able to give you more information on the project's progress.

gress.

Our intention is to keep volunteers fully informed on each step of the project as this is exciting times for the NRCHC and we would like the volunteers to be a part of it.

The Volunteer Program Loses Three Long Term Volunteers

This year we have suffered a great loss with two of our very long term volunteers sadly retiring.

Beverly Santospirito who started teaching English Classes for people who have some English twelve years ago has left to teach newly arrived women from the Horn of Africa in Dandenong. Beverly was a very committed teacher who developed great relationships with her students.

I would like to thank Beverly for her wonderful contribution to volunteering and wish her all the best with her new project.

The good news is that Elizabeth Callinan has joined our team and is the new teacher for the Monday morning English group. Elizabeth brings with her a new approach and energy that is now being enjoyed by this group.

Thank you Elizabeth and I hope that your experience will be rich and rewarding.

The Gentle Exercise Group that was run on Friday afternoon has now been closed. The two volunteers who ran this group have sadly retired.

Andrea Lindenmayer a retired

physiotherapist was the leader of this group for many years. Since retiring Andrea's life has become so busy that it was time to prioritize. With traveling, grandchildren and her many other interests Andrea leaves us. Thank you Andrea you will be sadly missed.

Mercy Shihan an overseas student and Andrea's sidekick has now gone back to Taiwan. Thank you for all of your help in setting up and cleaning up. Nothing was too much for Mercy.

Quality Improvement

NRCHC has a commitment to and an ongoing program for Quality Improvement across the centre. The Volunteer Program has been in the process of Program Development over the last year and will continue in 2007. Requirements for funding and risk assessment has seen changes in administration and reporting requirements to our funders in 2006.

All Volunteers would have experienced some administrative

changes around enrollment and information requirements. Gathering this information can be challenging when dealing with a culturally and linguistically diverse community. However, all of these changes have been necessary for planning and funding purposes and we thank you for your patience and help with implementing these new systems.

We are constantly looking to improve the service both for service

users and volunteers. If you have any suggestions please let us know.

Christmas Plum Pudding

I would like to share with you my Mother's famous Christmas Plum-Pudding.

150g Butter
120g plain flour
120g bread crumbs (soft)
240g raisins
120g sultanas

120g currants
120g mixed peel
60g almonds
60 dates
60g cherries
120g brown sugar
3 eggs
Quarter pint of milk
3 tlb sherry or orange



You'll just love this pudding! Give it a try

juice
Pinch of salt
1/2 teaspoon mixed spice
1/2 teaspoon nutmeg

NEWSLETTER

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Future directions of the Volunteering at NRCHC

Newsletter

Currently we are looking to develop this newsletter further in 2007. We would like to include articles written by volunteers about their volunteer experience here at NRCHC and at other organizations or any other relevant topics. We would also like to feature a volunteer each newsletter so get your stories ready!

Christmas Pudding continued

METHOD

1. Chop almonds
2. Wash the sugar from the cherries
3. Chop peel and dates
4. Sift flour with salt and spices
5. Rub in butter and add the bread-crumbs then sugar, fruit and nuts.
6. Beat the eggs and mix with milk and brandy.
7. Add to dry ingredients mix well and leave to stand for 1/2 hour before placing in prepared basin.
8. Place greaseproof over mixture and foil over top of bowl. Secure the foil with string to ensure no water gets through in the cooking process.
9. Place the pudding in boiling water half way up the bowl and boil for four hours. Checking the water level constantly to ensure that the water does not dry out.
10. When cooked remove the covers and



Keep safe when you celebrate this holiday season

cool a little before covering the pudding with new covers. Place the pudding into the fridge or airy cupboard.

TIPS

- Use bread that is two to three days old to make the breadcrumbs.
- Pudding can be stored for up to three months
- Reheat the pudding for one or two hours on the day
- Allow pudding to cool a little then remove the covers