

# Volunteering at NRCHC

## Thank you!

I would like take this opportunity to say a big thank you to all our wonderful volunteers who continued their commitment to volunteering and those who joined us in 2008.

You all work tirelessly and make such an important contribution to the community. Each and every one of you has a been so important to NRCHC. Our volunteers in 2008 were:

Alexandra, Angela, Anh, Anne, Beck, Belinda, Beth, Bimla, Bindu, Boa, Brad, Caitlin, Carolyn, Chuo Lin, Clay, Colin, Coo, Daniel H., Daniel M., Delysia, Dolly, Eli, Emel, Gabriela, Geoff, Hakan, Hannah, Harleen, Hatice, Helen, Hsin – Ho, Jack, Jane,

Jenny, Jesika, Joan, Jong, Jono, Josh, Keith, Kishan, Lauren, Libby, Lindy, Lisha, Liu, Loraine, Lucy, Mandy, Margaret C., Margaret F., Marisa, Megan, Michael, Michelle, Nanu, Nick, Pam, Julie, Quyen, Rachel, Rajesh, Ro, Ryn, Sam, Shane, Siobhan, Stephanie, Sue, Thuy, Tong, Tran, Wayne, Yan.

Your assistance is invaluable and your commitment greatly appreciated.

I would like to say a special thank you to Jono Lee who has been volunteering for 5 years in the Homework Group. Jono has completed his studies and will be moving interstate to work as a Chemical Engineer. A big thank you and Congratulations Jono!

to Caitlin who volunteered in the Volunteer/Health Promotion Programs. Caitlin has secured employment as a Research Assistant in Child and Youth Health Promotion for Deakin University. Thank you Caitlin.

May you have a relaxing, joyous and safe break and I look forward to continuing to work with you in 2008.



*Selma Salí*

*Volunteer Program Coordinator*

## Volunteer profile – Jesika

**How long have you been volunteering for?**

I have been volunteering for 2 years.

**What volunteering do you do?**

I volunteer for the community lunch on Fridays and at High Five Community Café.

**How did you get started volunteering?**

I went to the community lunch and Lyn Dixon (Richmond Estate Action Group) asked me to be a volunteer.

**What do you like about volunteering?**

You get to meet together with other people, people are happy and talking, and the volunteers are multicultural.

**What would you say to people who are thinking about doing some volunteer work?**

Welcome! It's a good thing to do, and the staff are very friendly.

*Interview: Caitlin McMahon*

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## North Richmond Facts

Most common client community languages at North Richmond Community Health Centre are:

1. Chinese
2. Vietnamese
3. Turkish
4. Arabic
5. Sudanese Arabic/Dinka

## 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
- Alcohol and Drug 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

## Free training opportunities in 2009

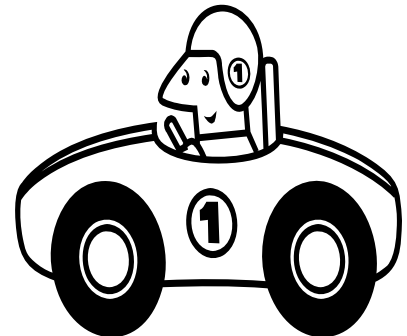
### Safe Driving Course

Focuses on driving and driver OHS Issues. Tuesday, 24 February 9.00am — 4.30pm in Coburg North.

Course Provider: Link Community Transport.

### Keeping Communication Professional

Assists participants to learn ways to communicate to reduce stress and keep the situation positive and professional. Tuesday, 10 March 9.30am — 4.30pm in Broadmeadows.



*To register, contact Selma on 9420 1326.*

## Tribute to Helen Beveridge

It was with much sadness that we received the news of Helen Beveridge's passing. Helen was a Volunteer Tutor in the *Social Connectedness Through English Conversation Group*. Helen was semi-retired still working as a General Practitioner and enjoyed participating in the weekly



Group. Helen was passionate about the English Language and Learning and brought in exercise books and world maps for her students. Helen will be missed.

Our thoughts are with Helen's family.

## Volunteer Profile — *Stephanie Davy*

As a University student I understand how much more meaningful learning can become if someone will take the time to help you. I have found volunteer tutoring at NRCHC such an enriching experience. Being able to help and encourage others with their studies is very rewarding.

***Stephanie attended the Training for Homework***

***Support Tutors in October. This is what she had to say:***

I really enjoyed it. There were about ten people who were volunteers with various homework programs run all round Melbourne, they were a very nice group of people. It was a really worthwhile Program to be involved in, particularly as we were given opportunities to do some practical exercises and

role-plays to demonstrate different tutoring styles. We were also given a very comprehensive handbook with lots of info that will be a valuable resource to refer to in the future! Thanks so much for getting me involved with this.

***Stephanie is a one-on-one Homework Tutor.***

## Dates for 2009

### ***Tet Festival***

The *Tet* Festival has been set for **Saturday, 7 February**. It will be an afternoon of cultural celebration with food, film, community performances and table tennis. To be held at 106 Building on the Richmond Estate.



### ***Community Café***

The Five High Community Café will close on Friday 19 December 2008 and re-open on **27 January 2009**. Become a 'Friend of the Café' in 2009 - registrations in March 2009 Newsletter.

## Lean Steak Sandwich *Serves 4 people*

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

### **Ingredients:**

- \* Canola oil cooking spray.
- \* 2 turkish rolls, halved lengthways.
- \* 4 x 150g lean beef steaks.
- \* 2 tsp barbecue seasoning.
- \* 80g mixed salad leaves.
- \* 2 medium tomatoes, sliced.
- \* 4 slices light cheddar cheese.
- \* Tomato sauce, to serve.

### **Method:**

Heat a pan over medium-high heat. Spray cut sides of bread with oil. Cook bread for 2 to 3 minutes each side or until golden. Place bread on a plate. Cover to keep warm.

Place 1 steak between 2 sheets baking paper. Using a meat mallet, pound until 5mm thick. Transfer to a plate. Repeat with remaining steaks. Sprinkle steaks with seasoning and pepper. Heat pan over high heat. Cook steaks for 1 to 2 minutes each

side for medium or until cooked to your liking.

Cut rolls in half crossways. Top roll bases with salad leaves, tomato, cheese, steak, and sauce. Sandwich with roll tops.



## NEWSLETTER

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You must be the  
change you want to  
see in the world.

*Mahatma Gandhi*

## 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
- Client Support Volunteer

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

## Yarra Volunteer Coordinator Support Network Invitation

Yarra Volunteer Support Program would like your input!

A meeting to be held on January 16, 2009 from 10am to 1pm at North Yarra Community Health, 365 Hoddle Street, Collingwood.

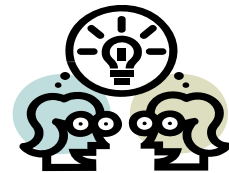
The aim of this session is to form a network of organisations who work with volunteers to:

- ✦ Clarify training needs for volunteers and supervisors.
- ✦ Help with updating coordinators on ever

changing volunteer issues.

- ✦ Exchanging ideas.
- ✦ Provide mutual support.
- ✦ Skill exchange.
- ✦ Activity sharing.

Morning tea and Lunch are catered for. Interpreters are provided upon request.



*If you are interested in attending, please contact Selma on 9420 1326.*

## Volunteers Recognition

In the first half of 2009, NRCHC will hold a volunteers recognition event to formally recognise volunteers to thank you for your contribution for your commitment and hard work. We plan to present volunteer awards for things such as outstanding contribution and people's choice.

**More information will be given closer to the date. I look forward to seeing you all there!**

## 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@nrchc.com.au



*home and community care*

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