



Volunteering at NRCHC

Thanking you!

Welcome to the second issue of the Volunteer Newsletter!

We're halfway through the year and things have certainly picked up pace.

I've been at NRCHC since March and have enjoyed meeting and working with you all. Thank you to everyone—you have all made me feel so welcome! I have worked (paid and voluntary) in the community sector for the last 10 years, in various fields and settings and have always been passionate about volunteering and the difference it can make for all involved. Volunteering is so vital to the community. We hope that you will share your experiences of volunteering with others. This issue, Margaret (Social Connectedness Through English Conversation) and Lin (Health Promotion) share theirs.

Also in this issue, we have updates from the previous newsletter about the new NRCHC building and in-house volunteering. There are also current volunteer vacancies that you or someone may be interested in.

We are keen to have your input into the newsletter, let us know what you would you like to see!

I look forward to the rest of the year working alongside you in our diverse and vibrant community and would like to thank Fay Edebohls—for all your wonderful work during your time coordinating the volunteer Program.

Selma Sali, Volunteer Coordinator

Social Connectedness Through English Conversation

When I returned to Melbourne with my family in 2002, I found myself living in Richmond.

As a child, I grew up in Swan Street, Richmond, so I have always had a real connection with the area. I had been wanting to get involved with something in the community, so when I saw an ad

in the local paper asking for volunteers to teach English at NRCHC, I jumped at the opportunity.

I have been involved ever since.

I help out in the Tuesday afternoon English conversation group. It is rewarding for me to be part

of this enthusiastic group of people, which includes the participants, the volunteer tutors and the NRCHC team. It is a very enjoyable program, and we all have fun together.

Margaret Clarke

Social Connectedness Through English Language Tutor

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Volunteering is good for your health!

Community participation is very strongly linked with well-being. Volunteers stand out from other workers in having the highest levels of wellbeing.



Training Opportunities

There are lots of free training and workshops you can participate in. Check out some below:

Want to find out more about Cultural Diversity?

Centre for Culture and Ethnicity Health are running *An Introduction to Cultural Diversity* on Wednesday 15 August 9.15am to 1.30pm.

Using Everyday Resources for Teaching English

Do you need some fresh ideas when communicating with community members or students who may have limited English? AMES is running a course that will give you lots of everyday resources to use.

Cross Cultural Communication

A workshop to develop your skills when working with the community. Includes working with the interpreters.

Computer Courses

Perhaps you'd like to learn how to use Excel, PowerPoint, Internet or email?

To find out more, contact Selma on 9420 1326.



Banana Cake

This simple & healthy cake was given by a Naturopath to my friend, who passed it on to me!

INGREDIENTS

- 1 1/2 cups flour
- 1/2 cup bran (oat or barley)
- 1 teaspoon bi-carb soda
- 1/2 cup warm water
- 1/2 cup washed currants
- 2 eggs
- 4 mashed ripe bananas
- 4 tablespoons Nuttlex margarine (or cold pressed oil)



METHOD

Mix 1 teaspoon bi-carb in 1/2 cup warm water. Add beaten eggs, margarine (or oil), then add dry ingredients—flour, bran, currants. Mix in mashed bananas.

Cook at 180C for 45 minutes.

Lin Li

- Volunteer Profile—

I have conducted volunteering (as a health promotion and Sexually Transmitted Infections/Human Immunodeficiency Virus resource person) at Multicultural Health & Support Service (MHSS) here in (Barry St site) Carlton since Feb 2007 and I am enjoying it. MHSS is a very good project and the manager (Naomi) and staff there are very supportive and open. I have learned a lot from them, and I am also proud that I can contribute in my capacity.

Updates:

NRCHC Re-development

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

The City of Yarra and Department of Human Services have confirmed that the new Centre can be re-built on its current site at 23 Lennox Street. This is great news for clients and the community.

The planning phase of the project that began in June 2006 is now complete and we moved into the design phase in June 2007. The design phase of the project will be completed by the end of

August and soon after that we will have final versions of our plans to share with our clients, the community and all our partners.

The project is still on schedule. Construction work is due to start in March 2008 and the new building will be complete and operational by December 2009.

Sally Bramwell

Project Officer

NRCHC

Re-Development



In-house volunteering

NRCHC are keen to get paid staff involved in this developing Program. Currently there are some guidelines being drafted for in-house volunteering at NRCHC between the Lennox St and Barry St sites. Staff can participate for a maximum of 4 hours per month for a full time worker and pro rata for part time workers.

We are hoping that interesting volunteer opportunities are identified for staff, where everyone can learn and exchange skills.

Vacancies

Are you interested in expanding your experience or know someone who may be interested in volunteering in these exciting positions? Training is provided.

Private Tutoring

There are a few vacancies for one-on-one tutoring, with adults or high school students to assist with English.

Reception

Do you like assisting people face to face? Can you speak a second language (preferably Vietnamese, Turkish, or African languages)? This is a busy and challenging role which requires good communication skills and an ability to remain calm under pressure.

Language Services Program Admin Assistant.

This Program supports and assists CALD communities with their language needs to access culturally appropriate health care. The position involves providing support to the Program Coordinator. If you are you proficient with Excel and enjoy general administrative duties, then this could suit you.

Walking Group Leader

Why not keep fit while leading a gentle walking group? Bring along your walking shoes and enthusiasm!

Arts & Culture Program

Interested in working in a creative way with the community? Project work opportunities are available.

Client Support (Numeracy Skills)

Assist client to learn numeracy skills. Previous experience in working with people who have an intellectual and psychiatric disability is essential.

Client Support

There have been a number of requests for Client Support volunteers to work with clients one-on-one. Criteria is currently being developed to give priority to clients that fall within the HACC criteria. Please register your interest.

Benefits of volunteering—*too many to mention here!*

- ◆ Meeting new people and making friends
- ◆ Learning new skills
- ◆ Staying active and involved in the community
- ◆ Learning about other cultures
- ◆ Understanding our community
- ◆ Enhances health and well-being
- ◆ Making a difference in the lives of others
- ◆ Building a stronger community



How does volunteering benefit you and your community?

NEWSLETTER

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Your input into the NRCHC Volunteer Newsletter is appreciated

We are looking to develop this newsletter further with your input. We would like to include articles written by volunteers about their volunteer experience here at NRCHC and at other organisations or any other relevant topics—suggestions very welcome. We would also like to feature a volunteer each newsletter so get your stories ready!

Snippets

Volunteers Birthdays.....

A very happy birthday to Volunteers who celebrate their birthdays between June to August:



Anh, Neri, Joan, Jack.

Reimbursement cap

There will be a \$15 reimbursement cap for travel per attendance. This cap excludes travel to training. Cheques will be sent by Jeewan, the finance Officer to the address you have provided on your reimbursement sheet.

Solid Ground End of term Party

Solid Ground Drop-In Activity Program had an end of term party for kids who attend the Program. There was fun had by all— including a dance competition with very talented participants and badge making which was a big hit! A great DVD made by kids living on the Estate about life on the Estate called *Lost and Found* was also viewed.

NEXT ISSUE:

Will be out at the end of September 2007, please email your submissions to selmas@nrchc.com.au by September 7.