

Volunteering at NRCHL

Volunteers Recognition Event

This newsletter comes from our very new building— as most of you would have had a tour by now and seen what a contrast it is from our previous one.

It has been another busy year with NRCH holding it's bi-yearly Volunteer Recognition Event earlier this year at *All Nations Hotel*, as part of National Volunteer week 2011. We also had a dinner at *Ost Bar & Diner* for the Homework Support Group tutors. This year as well as celebrating volunteers who hit the 5 year mark – Keith, Colin and Jack (*all tutors at the Social Connectedness Through English Conversation Group*), we also celebrated 10 years of volunteer service for Loraine (*Water Exercise Group*),

Anh (*Vietnamese/ Chinese Women's Group*) and Mr. Tang (*Tai Chi Group Facilitator*). On behalf of NRCH, a big sincere thank you to *all* volunteer staff for their hard work and ongoing commitment. I would also like to take this opportunity to thank Demos Krouskos (CEO) who attended the event to join in on the celebration and to do presentations. A big thank you also to Group coordinators who work with volunteers and provide support on a day-to day basis.

We were again fortunate enough to have business supporting our event by donating gifts.

I would like to thank Bunnings, 3 Bags Full, Circus Oz, Grand Hotel, Mt View Hotel, Museum Victoria and New York Tomato.

A special mention also goes to *ExxonMobil* for their generous donation through their Volunteer Involvement Program.

I hope you enjoy this edition of the Newsletter and enjoy the rest of 2011.

Wishing you good health and happiness.

Selma Salí

**Volunteer Program
Coordinator**



Volunteer Profile - Companion Animal Program Volunteer

Hi NRCH volunteers!


Previously, we had worked as volunteer dog attendants at the SPCA (the RSPCA equivalent in New Zealand). We missed giving back to the community so we started searching for suitable volunteer roles at the beginning of the year. We were hoping to work with animals again, but we were also interested in working with older people or people living with a disability. We made enquiries about the Companion Animal programme at NRCH and were surprised to hear what the role entailed – it was as if we had written the role for ourselves! Being a Companion Animal volunteer meant that we would be assisting an older person or a person living with a disability with caring for their ani-

mals. We would be working only 10 minutes from home and there would be flexibility in the working arrangements between us and the pet owner (with NRCH approval).

We were matched with an older lady who has two extremely cute and boisterous Maltese X dogs. The owner had been finding it difficult to find the time to exercise her dogs regularly whilst caring full-time for her elderly mother. The dogs were also challenging to walk at the same time and due to their excitable ways, had caused the owner to fall on a couple of occasions. It was for these reasons that she contacted the NRCH for assistance- and that's where we come in. On Saturday and Sunday mornings we walk the dogs for approximately an hour. When we are out exercising the dogs, the owner has

time to attend to chores without distraction. We return the dogs to their owner in a happy and relaxed state and she is able to continue her chores relatively uninterrupted for the rest of the morning. It also gives us the opportunity to bathe, groom and trim the dogs' nails without too much protest.

It might sound like hard work – but it isn't! Each weekend day starts on a high note. We have fun, and we are showered with affection by the dogs, their owner and her family. We are spoilt by the owner with cups of coffee, delicious treats and inspiring conversations. It is a very humbling and rewarding experience, and we feel very fortunate to take part in the Companion Animal programme. **Clinton & Marissa Russell**



NRCHL Volunteer Numbers Per Group

- Homework Support—17
- English Conversation—11
- Tai Chi—1
- Vietnamese/Chinese Women's Group - 2
- Walking Group—2
- Water Moves—2
- Companion Animal—8
- Basketball—2
- Living Longer Living Stronger—1

NRCHL 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
- Counselling Casework
- Alcohol and Drug Counselling
- Health Promotion
- Language Services
- Medical Services
- Needle Syringe Program
- Oral Health Program
- Speech Pathology
- Youth Services

NRCH Building Construction— Stage 2

It's been 2.5 months since Stage 1 was completed and construction of stage 2 is already underway!!!

The in-ground services have been completed; the ground floor slab has been poured, and the concrete panels are now being installed. Over the course of the next few weeks stage 2 will really start to take shape...by Christmas the structure will be completed!!

Stage 2 is scheduled for completion in June 2012. The countdown has begun.



In 9 short months all NRCH programs will be located at 23 Lennox St,

The City of Yarra Maternal and Child Health Team will be on board and our activity spaces will be ready for use. It's a very exciting time for NRCH!

*Sally Bramwell,
Operations Manager*

Passing of Chou Lin Tang

Our sincere sympathies go out to the family of Mr. Chuo Lin Tang who passed away in June this year. Mr Tang had been a long term volunteer with NRCH (10+ years) and had lead the



Tai Chi Group for 11 years and had also served on the Board of Management. Mr Tang was 85 years old.

Staff Profile—Denis Stafford

Position: Purchasing Officer

Could you please tell me a bit about your role?

I am Purchasing officer. I order general items that are used at NRCH, ie stationery, bin liners, cleaning products for Paulo, Languages for doctors, dental (including Fitzroy), counsellors etc. Maintain costs. Quotes for equipment where requested.

What do you enjoy most about your role?

Provide service to all employees of NRCH and liaising with external service providers.

How long have you worked at NRCH? Where did you work previously?

1 year and a bit. Previous – Employment Focus. I work currently 1 day a week ARAFEMI (care for

the Carers). I also do accounts works as require at some other companies

What do you enjoy doing in your own time?

Cooking, computer, small gardening.

Companion Animal Support Program for Older People -Pilot Program -

The Companion Animal Support Program for Older People is a pilot project in partnership with the City of Yarra and North Richmond Community Health Ltd. Expressions of interest are sought from potential volunteers to provide assistance to City of Yarra residents aged over 55 years or have a disability, to care for their pets.



We are currently looking for volunteer animal lovers to assist pet owners to care for their animal with things such as assisting the pet with grooming, feeding and walking of a pet. If you know anyone that may

be interested, please pass on my contact details to them 9418 9893 or

selmas@nrch.com.au

If you know anyone who may require assistance with taking care of their pet, please refer them to Gaylene Ford, Project Officer on 9418 9890 or gaylenef@nrch.com.au

Fish cakes recipe

www.betterhealth.vic.gov.au

Ingredients:

300 g boneless white fish fillets,
1 tablespoon olive oil
1 egg, beaten
1/2 cup self-raising flour
1 small cucumber, finely chopped
1/2 red capsicum, chopped
3 spring onions, finely chopped



Method:

1. Process fish in food processor or chop finely.
2. Combine with the remaining ingredients.
3. Heat oil in non-stick frypan and cook spoonfuls of mixture until golden brown on both sides.

Makes 12

NEWSLETTER

North Richmond
Community Health
Limited
23 Lennox St
Richmond, 3121

Selma's direct line:

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Reception: 9418 9800

Fax: 9428 2269

selmas@nrch.com.au

www.nrch.com.au

Please note change of phone numbers

“The best things in
life aren't things” –

Art Buchwald and John Ruskin

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.

- **Companion Animal Support Volunteer.**

**Contact Selma on 9418 9893
for more information.**

Benefits of Fruits & Vegetables— according to their colour!



Red Fruits and Vegetables

Eg. cherries, tomatoes, Watermelon

These nutrients reduce the risk of prostate cancer, lower blood pressure, reduce tumour growth and Cholesterol levels scavenge harmful free-radicals, and support joint tissue in arthritic cases.



Orange and Yellow fruits and vegetables

Eg. Apricot, oranges, sweet potatoes

Reduce age-related macula degeneration and the risk of prostate cancer, lowers cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals.



Green vegetables and Fruit

Eg. Spinach, apples, cucumber

Reduce cancer risks, lower blood pressure and cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity.



Blue and purple fruits and vegetables

Eg. Blueberries, eggplant, prunes

Support retinal health, lower cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, reduce tumor growth, and limit the activity of cancer cells.



White fruits and vegetables

Eg. Garlic, mushrooms, Potatoes

Provide powerful immune boosting activity. Reduce the risk of colon, breast, and prostate cancers and balance hormone levels, reducing the risk of hormone-related cancers.

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: 9418 9893 or email selmas@nrch.com.au



home and community care

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