

# volunteers grapevine

April 2011

## Your Invitation

Please join us for lunch  
to celebrate  
**National Volunteer Week**  
**Wednesday 11 May**  
**12pm -1.30pm**  
**Jubilee Hall**  
**180 Jubilee Tce Bardon**  
**RSVP by Friday 6 May**  
**Paula 3510 2700**  
or [admin@community.org.au](mailto:admin@community.org.au)

**National Volunteer Week®**  
9-15 May 2011





## Hello...

Volunteers are involved in almost every facet of the work that Community does in our community. We have volunteers who drive people to appointments and social activities; volunteers who shop for people who can't manage their own shopping; volunteers who help people with learning English; volunteers who help with our administration; people who run groups; collect bread for our Pantry; are on our Management Committee as well as people who provide us with pro-bono professional services. Without volunteers we just couldn't do all that we do!

We're here to support you. You can contact your Community Service Coordinator if you would like to talk to someone about the work that you are doing or to debrief. You can also contact me, Mish, your Volunteer Coordinator about how you are travelling in your volunteering journey and to chat about other volunteering opportunities that you might like to take up with us.

If you are interested in finding out more about volunteering in Brisbane, have a look at the website [www.volunteeringqueensland.org.au](http://www.volunteeringqueensland.org.au)

There you'll find lots of information

about volunteering and positions vacant such as the one I saw this week for volunteer guides on the Endeavour when it comes to town.

One of our wonderful volunteers in our English conversation program originally came to Australia with her husband from Iran. They travelled here as skilled migrants with the plan to settle and find work as engineers. After joining our English conversation classes at the Exchange, they were matched and introduced to a couple from Brisbane who helped them with practicing their English in a social setting. This couple are both enjoying their lives here and their new work as engineers and are now participating as volunteers themselves in the English language program called "Let's Get Kelvin Grove Talking".

We hope you will take the time to sit down with a cuppa and enjoy this latest edition of The Volunteers Grapevine.

*Cheers!*

*Mish*





## **National Volunteer Week inspiring the volunteer in you**

This year National Volunteer Week will be held from 9th to 15th May. During this week all of Australia will be called upon to recognise volunteers and to thank them for the work they do.

National Volunteer Week is the largest celebration of volunteers and volunteerism in Australia, and provides an opportunity to highlight the role of volunteers in our communities and to say thank you to the more than 5 million Australians who volunteer.

Australian volunteers provide essential support to our society, and many charities would struggle to survive without the support of their volunteers. Australian volunteers contribute more than 700 million hours of community service to so many areas of society, including community health care, heritage and arts, environment conservation, emergency services, education, social justice and sports. National Volunteer Week provides a platform to pay tribute to these volunteers who donate their time and energy to help others.

At Communify we're inviting all our volunteers to join us for lunch on Wednesday 11 May. We hope to see you there!

Further details on National Volunteer Week, including interesting volunteering facts and figures, can be found on the NVW website at [www.nationalvolunteerweek.com.au](http://www.nationalvolunteerweek.com.au)

## **volunteers support our Welfare Services team**

Volunteers help across programs within the Welfare Service in a variety of ways:

Staff the pantry, assisting people experiencing financial hardship by providing food assistance and support.

Pick up bread and fruit and vegetables from various locations for the pantry.

Enter data in to our database

Conduct NILS interviews and assist with paperwork.

What a team!

## **volunteer position vacant**

### **Lawn Bowls Team Support**

The position involves:

Collecting fruit in the morning and preparing a fruit platter.

Preparing tea and coffee for morning tea.

Assisting bowlers to pour tea and coffee

Cleaning up afterwards.

Between 10-15 people attend bowls which is held at the Ithaca Bowls Club from 10am-12pm on Tuesdays.

For more information please contact

Vanessa on 3510 2700





## a volunteering story

By Andree Phillips

After being directly affected by the Category Two cyclone that hit The Gap in Nov 2009, I have firsthand experience of the invaluable support Red Cross provides to people during a crisis. I have also come to know some Red Cross staff personally through my role as venue coordinator at Community.

When the Brisbane floods enveloped our city and the Red Cross began calling for volunteers, I didn't hesitate to step forward. Like many Community staff, I registered my name and attended the one hour "crash" training course. A day or two later I got a call to help out at the RNA showgrounds evacuation centre and then I worked the following two weekends at the Indooroopilly recovery centre.

Meanwhile, staff who I knew at Red Cross asked if I could look after their venue for them as many were deployed to country locations to help flood affected communities. As we know, Cyclone Yasi then hit just as people were getting back on their feet in Brisbane. Some Red Cross staff had not had a chance to return to Brisbane from their country deployment before being sent to Far North Queensland to help others in need. I put my hand up to go to Tully too, keen to do whatever I could to help out.

Within 24 hours I was called and told to pack one small bag and a sleeping bag as we'd be sleeping on the floor. I gathered with a group of volunteers on the Friday after the cyclone hit and we

were flown to Cairns immediately. Once arriving in Tully the next morning, we were briefed by the Operations Manager, assigned groups and given specific geographic areas to investigate. I was in an outreach team of four, sent to the Mission beach area which is normally a lovely location to visit. The Fire and Rescue Services erected a "tent city" to house all emergency personnel and we all lived, bathed and ate together along with the army in the local Tully showgrounds. Meals were supplied by the Salvation Army (for the first two days it was sausages on bread).

We trawled the streets, going house by house in pairs, door knocking to ensure occupants were safe, if they had enough water and if there were any urgent medical or specific needs. We worked closely with the SES and the Army, walking the streets of Mission Beach in gumboots for 8 hours each day. While it was exhausting and unbelievably hot (particularly in the protective clothing), being part of the humanitarian effort was immensely personally fulfilling.

I would recommend it anyone to do it and will certainly be offering again if the need ever arises.



That's Andree, 4th from the left.

Red Cross are currently recruiting and training volunteers to be ready for future emergencies.





## are you connected?

We're building our email address book. To add your email address to our Volunteers Group please email [info@communify.org.au](mailto:info@communify.org.au) with your name and the areas that you volunteer in. Like this.

'Hi Mish, I'm Jane Smith— English Conversation volunteer'

We can reduce our postage and printing costs by sending you information by email instead of snail mail.

If you'd like some help with using a computer you might like to think about joining our computer class at the Exchange on Thursday mornings. There you'll get support from our friendly tutor, Bronwyn. She can help you get started if you are an absolute beginner or show you some tips and tricks if you are already on-line.



## fruit and vegie co-op

Some of our team members and clients visit the Brisbane Markets every fortnight to buy fruit and vegetables in bulk to distribute to members of our Fruit and Vege Co-op. Each week the boxes vary in content but will always have basic seasonal produce that is fresh and great value for money.

We'll even deliver to your door!

Each box cost \$10.

Would you like to join our Co-op?

Contact Vanessa on 3510 2735

## home help tip

from **Jan McIntyre**

Rubber gloves are excellent non-slip

grips for opening stubborn bottles and jars. What a great idea!





## taking care.....

### understanding depression

Taking care of our mental well-being is as important as taking care of our physical health.

Depression is more than just a low mood – it's a serious and common illness which affects around one million Australian adults per year. On average, one in five females and one in eight males will experience depression in their lifetime.

People with depression find it hard to function every day. Depression has serious effects on physical and mental health.

#### How do you know if a person is depressed and not just sad?

A person may be depressed, if for more than two weeks they have:

felt sad, down or miserable most of the time

OR lost interest or pleasure in most of their usual activities.

AND experienced a number of symptoms resulting in changes to their behaviour, thoughts, feelings and physical being.

If you suspect someone may be struggling with depression it is important that you support them to get help. People with depression often find it difficult to take the first step in seeking help. Encourage them to talk to their GP or ring Community and speak to someone about how they are feeling. Common behaviour associated with depression includes:

moodiness that is out of character  
increased irritability and frustration  
finding it hard to take minor personal criticisms

spending less time with friends and family

loss of interest in food, sex, exercise or other pleasurable activities

being awake throughout the night

increased alcohol and drug use

staying home from work or school

increased physical health complaints like fatigue or pain

being reckless or taking unnecessary risks (e.g. driving fast or dangerously)

slowing down of thoughts and actions.

You can also visit

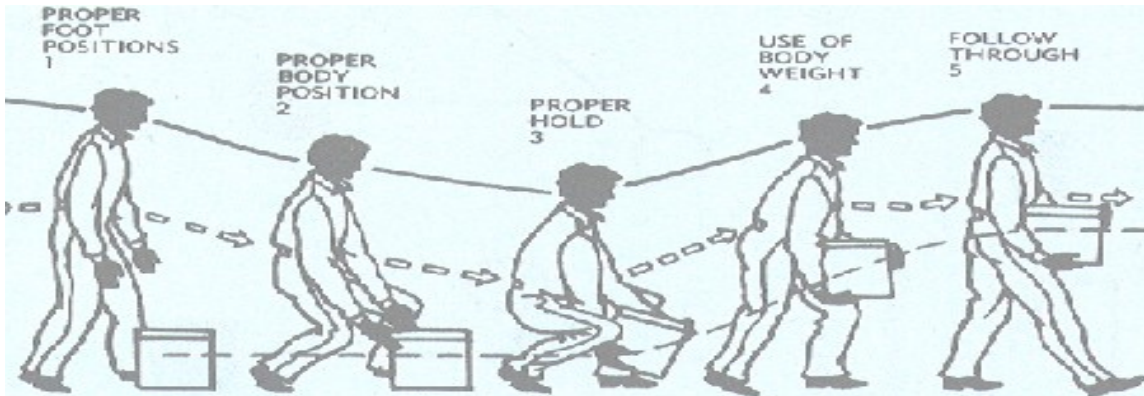
[www.beyondblue.org.au](http://www.beyondblue.org.au) and click on 'Get Help' for more information.

With the right treatment, most people will recover from depression.





## understanding lifting



- Plan your lift – make sure the path is clear and the load is not too heavy.
- Stagger your stance.
- Bend at the knees when picking up the load.
- Maintain the natural curve of the spine; don't bend your back to pick up the load.
- Keep a firm grip on the load
- Lower the load using your body weight by putting the weight on your legs and bending your knees.

## incident reporting

What if something happens while you're volunteering? It could be an accident, an incident or just something unusual that we should keep a record of. If something happens while you are volunteering that you think we might need to know about please talk to your Community staff contact who will help you to fill in an Incident Report Form.

## do you drive a Community car?

Even small bumps need to be reported. Mysterious scrapes and dents have appeared on Community cars. To get them fixed we need to let our insurer know how they got there! Please let us know if a bump or bruise appears on the car.





## Aged and Disability Service

An ADS volunteer provides social support to frail aged and people with disabilities, in the community. Tasks will vary according to client needs. Our volunteers do all sorts of things including friendly social visits in clients homes, regular telephone contact or assistance with shopping. Our volunteers need to have a genuine empathy and understanding of older people and people with disabilities, and exceptional communication skills. Volunteering with Aged and Disability clients can be very rewarding as relationships are forged and generally our clients and volunteers are matched for long periods of time.



Sandra volunteering at Coffee and Chat

## Domestic and Transport Service

Community's volunteer drivers assist many people living in our local community complete everyday tasks that those of us who have our own car or who catch public transport, take for granted. Our volunteers have allowed Community's Transport Service to double in size in the last six months. We are now providing transport to over 200 people in the Inner-Northern suburbs of Brisbane every month.

Our volunteer drivers take clients on shopping trips, exercise and social activities. We are currently looking for volunteers that have their own car and who are willing to transport clients to and from medical appointments. If you are in a position to offer transport assistance in your vehicle any time during the week, then please get in touch with Michelle Burkett. PS - please don't let the cost of fuel put you off! We do have a fuel-reimbursement program that is available to you!



## date claimer - October 11 2011

We will be inviting all Community volunteers to join us for training that will involve the whole Community Volunteer team. Please put this date in your calendar for now. We'll send you more information closer to the date.

Community Qld.

180 Jubilee Tce Bardon 4065

Tel: 3510 2700

ABN 65 114 782 948

