



VOLUNTEERS NEWSLETTER TERM 4 – 2013



“I see Tinsel, everywhere”

Hi everyone,

I hope this Newsletter finds you all well.

The Sunbury Community Health Centre has been a hive of activity in Term 3.

Thank you to everyone who attended the August Volunteer and Community Forum, as part of our ongoing Strategic Planning for 2014 and beyond.

For nearly 40 years the Sunbury Community Health Centre has been fortunate to experience a constant stream of volunteerism from members of Sunbury and surrounding community.

Within the Agency; volunteerism has taken on two distinct important focuses:

- **Client Focus:** To provide volunteer support in the delivery of quality programs to the clients and community of Sunbury.
- **Volunteer Focus:** To provide social connectedness and promote the health and wellbeing of our volunteers.

Currently there are over 33 varied roles within 7 Service Units where volunteers assist. Roles vary from assisting with children, young adults with disabilities, and Men's Shed participants, providing health information, drivers, Walking Group Leaders or as trained Hydrotherapy Instructors, through to assisting with aged care clients including since 2011 the Sunbury Lions Community Aged Care facility.

The changing face of volunteerism, over the past 5-10 years, has seen the emergence of Baby Boomers bringing with them their highly developed skills as well as younger volunteers looking at developing new skills within the Allied Health environment.

Thank you also to all who completed and returned the Volunteer Additional Roles Schedule and Activities List (VARSA&AL) sent out last Term. The information provided has encouraged some discussion between me and your Program Coordinators; clearly identifying where there is an abundance of volunteer support and highlighted where there are short falls. If you have yet to complete and return your Schedule and Activities List, you may do so now and if you did not receive a copy or have misplaced it, please contact me either via phone 9744 9556 or email fic@sunburychc.org.au and I can arrange a copy for you.

Situation Vacant within the Agency Are you interested in helping in other Programs within the Agency? Helpers are urgently needed for the following areas:

- Residential Unit Support
- Falls and Balance Exercise
- Massage (Beauty Therapy)
- Poetry and/or Reading to residents
- Life Book (Scrapbooking)

If you are interested in assisting please complete the Expression of Interest Slip below and return to me as soon as possible.

Assisting @ Hostel (to be returned to Volunteer Coordinator @ SCHC)			
First Name	Surname	Phone No:	Area (s) (listed above)

Note: All applicants will be interviewed by Program Coordinators prior to commencement.

Change of Details: It is important to stay in touch, if any of your details changed in 2013 ie: new phone number, home address, email address etc. please advise using the form below. Thank you.

Change of Details Form to be returned to Volunteer Coordinator @ SCHC	
Personal Details	Please insert NEW details only.
First Name:	
Surname:	
Address: Home/Postal	
Home Phone:	Mobile:
Email Address:	
Availability: Please circle	Monday am/pm/Tuesday am/pm/Wednesday am/pm/Thursday am/pm/Friday am/pm
Alter information regarding Program:	

Important Centre Dates

Melbourne Cup –Sunbury Community Health Centre will be closed on Monday 5 and Tuesday 6 November.

Christmas Break – Up dates:

So far I only have the Break-up date for Post Natal. Have you been advised by your Program Coordinator of your Program Christmas Break-Up date yet?

Area	Program	Date/Time	Location
Adult Disability & Carers	PAG, Woodwork Group & New Horizon	TBA	
Counselling Services	Post Natal Depression	12.30pm Wed 19 Dec	Lotherington Rooms
Clinical Services	Physio Department, Men’s Shed,	TBA	
Client & Corporate Services	Volunteer Drivers		
Paeds	SEIP		
Hostel	Hostel	TBA	

Opportunity to register for an eHealth record

On Monday 11 November 2013 between 10:30am and 1:00pm Sunbury Community Health Centre is providing an opportunity for individuals to register for an eHealth record.

What is an eHealth Record?

An eHealth record is a personally controlled secure online summary of your health information. You control what goes into it, and who is allowed to access it. Your eHealth record allows you and your doctor, hospital and other healthcare provider to view and share your health information to provide you with the best possible care.

If you would like to take advantage of this opportunity, Jenny Donaldson from the Macedon Ranges and North Western Melbourne Medicare Local will be available during this time to help individuals register. It only takes approximately five minutes and all you will need to bring is your Medicare Card and Drivers Licence or Pension Card. No appointments are necessary and there is no cost involved.

What's coming up in Sunbury and surrounding area:



- Pink Ribbon Month keep an eye out for “Girl’s Night In” events
- November is “Mo-vement” No Shave month
- Sunbury Macedon Ranges Special School (SMRSS) Market from 5.00pm on Friday 8 November
- Sunbury Neighbourhood House Annual General Meeting on Wednesday 13 November
- St Andrews Uniting Church – Car Boot from 8.00am on Saturday 16 November

- White Ribbon Day – “Say No” to violence against women Wednesday 27 November



Gail Conlon from Interchange North West is looking for volunteers to give a helping hand at a Gift Christmas Wrapping Station at Westfield Shopping Centre from 7 December until 24 December 2013.

Volunteers are needed for the gift station, for a few hours on the following dates:

- Saturday 7 Dec from 10:30am – 5.00pm
- Sunday 8 – Wednesday 11 Dec from 10:30am – 3:30pm
- Thursday 12 – Friday 13 Dec from 10.30am – 6:30pm
- Saturday 14 Dec from 10:30am – 3:30pm
- Sunday 15 Dec from 11:00am – 3:00pm
- Monday 16 – Tuesday 17 Dec from 10:30am – 5:30pm
- Wednesday 18 Dec from 10:30am – 5:30pm
- Thursday 19 – Friday 20 Dec from 10:30am – 7:30pm
- Saturday 21 – Sunday 22 Dec from 10:30am – 4:30pm
- Monday 23 Dec from 10:30am – 7:30pm
- Tuesday 24 Dec from 10:30am – 4:30pm

Money raised at this site will be used to fund a camp in January for children on the Interchange program. To volunteer please give Robyn a call on 9350 4600 or email on robyno@mchs.org.au

I look forward to catching up with you before we break for Christmas, however if not I hope you all have a safe and lovely festive time together with loved ones.



As always I look forward to catching up with you soon...kind regards,

Fi Corboy
Volunteer Coordinator
Human Resources
fic@sunburychc.org.au