

MY PLACE

Diana Trimble has been volunteering at Sunbury Community Health Centre since 2001. The Sunbury resident chats with Jessica Micallef about her journey to becoming a volunteer.

What is your connection to Sunbury and Macedon Ranges?

I have been a resident in Sunbury for just over 20 years. Prior to that I was in Woodend and was co-owner and operator of Trentham Bistro.

How did you come to volunteer at Sunbury Community Health?

My sister became unable to care for herself when we were both in our 40s which meant I needed to make adjustments to what I was doing and take charge of her and her care needs. This did not happen overnight. For one year I drew on the expertise of the community health centre to try to manage my sister's declining health long distance. Finally she came to live with me permanently. As the professionals around us worked to restore her wellbeing, we were finally able to attend the community health centre's planned activity group one day a week where my sister benefited enormously as a client and I worked in the group as a volunteer.

What are some of the perks of volunteering at Sunbury Community Health?

The most significant thing about working as a volunteer at the Sunbury Community Health Centre is the opportunity to meet and work with a broad range of people from the community. Friendships are formed and knowledge is increased through learning and attending information sessions. Significantly, there is a role to suit anyone who would like to volunteer.

Are there any challenges that you come across as a volunteer?

Yes, the natural desire to do things for others when there may be more for others to gain by listening and observing, then informing, prompting and supporting so that each person is reaching their best capabilities each day, then being alert to giving a helping hand when needed.

What would people be most surprised to know about you?

I like to write poetry and because I am not a confident cook, if I am doing the cooking, I don't want anyone in the kitchen with me.

Where is your favourite place to eat in Sunbury and/or the Macedon Ranges?

I have broad tastes and interest in food and wine. For casual dining I like the Cellardoor Wine Bar at the Ball Court Hotel, and Moonstar Vietnamese and Chinese restaurant in Sunbury.

If you could change one thing about the area what would it be?

Sunbury has fabulous park areas and extensive walking paths through them. I would like to see more avenues of shade trees, ironbark, silky oak and significant deciduous trees, especially on all entrances to Sunbury, together with wayside rests welcoming people in to the town.



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