

Volunteers Newsletter



"Weaving a stronger social fabric"

CEO Update

Our sector has seen dramatic changes in the last 12 months. We have seen the decommissioning and recommissioning of service systems including drug and alcohol, financial counselling and mental health services. We have also seen significant budget cuts imposed by the Abbott Government in oral health, childcare and aged care, all of which have impacted on our service. However, through the hard work and commitment of our volunteers, staff and management, our organisation has continued to grow and remains in a strong financial position.

Last year also saw a continuing trend of amalgamations of community health services; however, Sunbury Community Health is determined to remain independent and community controlled for the benefit of Sunbury and the surrounding community.

The year ahead offers more change, challenges and opportunities. We have a new Victorian government that has announced the world's first Royal Commission into family violence.

In a further expansion of our services, our Family Day Care program is growing with

more than 10 educators and 50 families now using the service across Craigieburn. This growth is further evidence that our Sunbury and Macedon Ranges Family Day Care program has a fantastic reputation and is well supported by our great team of staff.

I welcome your feedback at any time about anything that has an impact on our community so please keep in contact.

My New Team

As from 1 December **Building Healthy Communities** Team members are now all co-located, which is great for us as team, however can be disruptive to have too many visitors dropping in. I love catching up with all volunteers, please ring me on 9744 9556 and arrange for an appointment. This will ensure you and I can meet and discuss issues as they arise.

My work days have changed slightly. As from 2 January this year, I will be working Tuesdays and Fridays.

National Volunteer Week

National Volunteer Week – Celebration Day Friday 15 May 2015.

Sunbury Community Health and Sunbury Lions Community Aged Care Staff, extend an invitation to all volunteers to attend our annual Celebration Day Lunch at 12:00pm to



3.00pm on Friday 15 May 2015 at the Station Family Bistro.

Invitation and RSVP Slip attached.

Important Centre Dates

Sunbury Community Health will be closed for the Easter public holidays on Friday 3 April and Monday 6 April.

Upcoming Events in Sunbury and surrounding area

Sunbury Pink Ladies

Is a support group for local women who have been affected by Breast Cancer at 7pm on first Tuesday of the Month at Sunbury Community Health. Call Andrea on 0408 808 248 or Email: casey_crew@bigpond.com

Good Friday

3 April Royal Children's Hospital Appeal, Melbourne Exhibition Centre

Training schedule Januray — June 2015

Unfortunately we have not as yet received the latest HACC Training Schedule to offer volunteers continual HACC training.

Wicking Veggie Garden Beds



As you walk in to the front of the Macedon St building, you will notice two new small wicking veggie garden beds. Both were built

as part of Kevin Barffe's 'Grow and Eat Macedon St' initiative.

Because these look fantastic and were easy to build (AND we had

fun!), Kevin is planning to build a few more outside the Medical Centre along Macedon St.

The medicinal gardens located on the island strip out the front are also coming along nicely...signs will be placed in these gardens soon!

PLEASE NOTE:

A gentle reminder of the importance of signing the registers at Reception/ Men's Shed and Hostel on arriving and leaving .

Your attendance data contributes to the annual report.

FREE Tai Chi on the Village Green!!!

First session commenced in March with 60 participates which is fantastic!!!

Other two 20 min sessions are planned on Wednesdays at 12:30pm and again at 1pm (weather permitting).

It is open to all and we invite as many community members as possible to come and give it a go. Children also welcome.

No excuses, you will not get hot and sweaty - recommend flat com-



fortable shoes (No high heels!!)

Other than that, come along and join in the fun!! (No experience necessary)

Please feel free to contact Physiotherapist

Rebecca Cathie:

9744 9522 if you require any further info.

See you there.

Vacancy

Expression of Interest (EOI) is sought from current SCH volunteers for the following areas:

Companion Walkers

Are you interested in accompanying a client on a regular walk at least weekly either from their own home or designated meeting place? The walks will be at a pace and duration suitable for the client.

Clients are referred into the program and screened by a Health professional. They may lack confidence or motivation to walk on their own and are unable to access our regular walking groups.

Driving Services and Bus Driver for Programs

Driving and accompanying Clients to Medical Appointments to City based Hospitals

and Medical Centres, metropolitan areas within Melbourne and regional areas within Macedon Ranges.

Recent changes have provided an opportunity for volunteers to assist with driving buses for specific programs.

Sunbury Community Health provides vehicles. Medical Report is required.

Health Information (HI)

Support requested for several roles within the HI unit.

Display role which is currently fortnightly Tuesdays.

General HI role is on weekly Friday mornings.

Assistance required for Fish Tank maintenance and possibly Axolotls "Game Keeper" prefer

assistance with some experience as this is a long term support role.

Paeds:

Families attending our Pediatric Speech Pathology Service Information Sessions, held each fortnight, will receive an Information Pack to take home. We are hoping to have a volunteer to assemble the Information Packs. The packs contain information related to children, families and local services. This is a new initiative for the Pediatric Team at Sunbury Community Health and our expectation is that families will have up to date and relevant information about programs and services relevant to them.

If you are interested in any of the above please complete the EOI Slip and return to Fi Corboy as soon as possible.

EOI @ SCH				
(to be returned to Volunteer Coordinator @ SCH)				
First Name	Surname	Phone No:	Area (s) (listed above)	
Activity		Preferred Day	Morning	Afternoon
Companion Walkers				
Driving Services – Medical Appointment				
Driving for Programs – Bus				
Health Information				
Paeds				

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

It takes
a village
to belong
and grow



Passionately
engaged
with our
community
and each
other



We do
the right
thing
not just
the easy
thing



We make
things
happen
we get
things
done



SUNBURY PINK LADIES



Sunbury Pink Ladies is a support group for local women who have been affected by breast cancer.

- Family members and friends of affected women are also welcome to attend meetings.
- Everything discussed in our meetings is confidential.
- Women at all stages of their breast cancer journey are welcome to attend.
- Free tea and coffee

2nd Tuesday of the month at 7pm

Lotherington Room, Sunbury Community Health, Macedon Street, Sunbury
<https://www.facebook.com/groups/353801034792203/>
 For more information, please call Andrea on 0408 808 248
 Or email casey_crew@bigpond.com



28 Macedon Street
 Sunbury Vic 3429
 Phone: 9744 4455
 Fax: 9744 6777
 Web:: sunburychc.org.au

Sunbury Community Health Orientation Program

Sunbury Community Health Orientation Program commenced in Term 1. Since the pilot in Dec 10 volunteers have participated in this daylong event. The next due is Monday 11 May 10am to 4pm. This day is a great way to learn more about SCH and meet other staff and volunteers. A lunch is provided, as well as a tour of our local community. If you are interested, please complete the EOI slip below and return to me by Friday 1 May.

EOI @ SCH			
(to be returned to Volunteer Coordinator @ SCHC)			
First Name	Surname	Phone No:	Area (s) (listed above)
			Orientation Program 11 May 2015

Change of details

It is important to stay in touch, if any of your details changed in 2014 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 @ SCH	
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:	