

VOLUNTEERS NEWSLETTER

TERM 1 – 2014



*“Have you heard about
Clean up Australia Day?”*

Hi everyone,

I hope this Newsletter finds you all safe and well.

If anyone has yet to receive their Lions Christmas cake/pudding please let me know.. Last year the Health Information volunteers decided to contribute money to charity in lieu of exchanging a Kris Kringle. Funds for Oxfam raised enough to buy 1 Goat, 2 Pigs, some seeds and some guitar lessons for kids through the Oxfam Program. Keep an eye out for the gift cards when they arrive as they will be hang in the foyer area. Well done to all!!

We certainly have had an eventful start to 2014 with the extreme hot weather. Thankfully there have not been any losses of life as we all feel for neighbours, friends and family members who have been touched by the fires near and far. Our heartfelt thanks to all our wonderful hard working CFA volunteers. If you wish to show your appreciation you may wish to tie a Red Balloon to your letterbox on National Red Balloon Day – Friday 28 February.



Congratulations to our local **Australia Day Award Winners - Community Event of the Year** - Sunbury Community Street Life

The Sunbury Community Street Life event was held on 24 November 2013, and involved traders in O’Shannassy Street and surrounds. On the day, the street was closed to traffic and opened up for the community to shop locally and support local traders.

The event also created the opportunity for local residents to support a local charity – CareWorks Sunranges Inc., Sunbury – and enjoy the community spirit of Sunbury.

Further to the organisational reviews commenced in 2013, The Planned Activity Group (PAG) program and respite services have been formally consolidated and aligned. Both programs aim to provide fun, valuable and rewarding activity based programs for care recipients while providing planned respite for informal carers. Both service streams aim to incorporate Active Service Model principles. Consolidation into one area aims to ensure greater consistency, improved planning and coordination of these services. This has meant some staffing and volunteer changes and re-shuffling. Staff and volunteers affected have been consulted with.

Smoke Free Environment

As discussed last year Sunbury Community Health Centre (Macedon Street site) grounds are now smoke free.



For those volunteers who currently smoke and would like help to quit smoking please speak with your Program Coordinator. Alternatively for help to quit you can call QUIT on 13 78 48.

Vulnerable Persons Register

As part of the preparation for the coming Bushfire Season, the Department of Human Services has requested that SCHC (and all funded agencies) have the responsibility to identify clients who fit the criteria of Vulnerable Persons. This is part of the DHS Vulnerable Persons in Emergency policy, an initiative of the 2009 Victorian Bushfires Royal Commission.

The purpose of the Vulnerable Persons Policy and Register, is to improve the safety of vulnerable people in emergencies through emergency planning & developing lists of vulnerable people who may need consideration in an emergency

Definition of Vulnerable Person: When identifying people who meet the definition of a vulnerable person for the purposes of the Policy, the following factors and indicators may be considered:

FRAIL, AND/OR PHYSICALLY OR COGNITIVELY IMPAIRED

- level of frailty or physical impairment that would likely reduce their capacity to act during an emergency
- likely to require increased time and/or assistance to respond in an emergency
- inability to make an independent decision due to cognitive or other impairment.

UNABLE TO COMPREHEND WARNINGS AND DIRECTIONS AND/OR RESPOND IN AN EMERGENCY SITUATION

- inability to make an independent decision due to cognitive or other impairment
- unable to understand or respond to emergency warnings or directions – such as speech/hearing impediment and poor use and/or understanding of English
- does not drive or have access to a vehicle.

In addition to meeting the above criteria, please consider the following factors or indicators

Does the vulnerable person:

- Live alone or with someone with similar or greater degree of vulnerability
- Have no family, friend, and carer of next of kin or social/community networks in the local area able to assist
- Have no near neighbours or no connection with neighbours or the local community

To discuss the Vulnerable Person Register further please contact our Complex Client Support Worker – Maria on Extn 9517.

New Vehicles

In December 2013 the changeover of Centre vehicles occurred.

The needs of the various program areas have been taken into consideration when the selection of the vehicles was made and as such two different makes of cars have been purchased, Volkswagen and Toyota. It is important for volunteer drivers to be aware of the type of fuel to be used in each of the cars as the new Petrol Cards will only be accepted at Shell Service Stations when the correct fuel type is used. Listed below are the vehicle make and various fuel types to be used:

- Toyota Corolla – Unleaded Petrol 91
- Toyota Camry – Unleaded Petrol 91
- VW Wagon – Unleaded Petrol 98
- VW Tiguan – Unleaded Petrol 98
- VW Caddy Van – Diesel

The petrol cards attached to the cars will have the fuel type to be used listed on the back of the holder and the type of fuel will also be listed on the inside of each of the petrol caps.

It is also important to note that if the incorrect fuel type is used in the VW's the warranty of the cars will be forfeited, so it is asked that all volunteer drivers are respectful of this when filling up the cars.

When driving the new vehicles for the first time could volunteers please take a few minutes to familiarize themselves with the use of the new vehicles. The manuals will be in the glove boxes of each vehicle for reference or alternatively contact the Manager - Client & Corporate Services, Lisa Murray on Extn 9506 to organise an opportunity to familiarise themselves with the new vehicles.

Training Schedule for Jan – Jun 2014

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

In early 2014 SCHC will be introducing an online training system (called Learnconnect) that will give staff and volunteers easy access to important training and development particularly in areas of safety, equal opportunity and privacy. Watch this space for more information and details on the roll out of this training and what opportunities will be available to you.

Website

Thanks to the hard efforts of our Communications Team our new Website will be up and running by the end of February. Please take some time to go on and have a look and tell us what you think.

At present we are offering any prospective volunteers the opportunity to complete an Expression of Interest Form which will then be forwarded on to me, otherwise any future vacancies will continue to be advertised within our Volunteer Newsletter, giving you the opportunity first.

Help clean up Sunbury!

For the past two years, Western Water staff has undertaken a **Business Clean Up Australia Day** activity in Sunbury. This year, **Business Clean Up Australia Day** takes place on **Tuesday 25 February** and Sunbury Community Health Centre is taking part in a joint clean up event with Western Water.

Other employers and community groups in the Sunbury area have also been invited to join us.

We see this as a valuable project to be working on together demonstrating our commitment to the local community, the environment, not to mention encouraging a more active lifestyle.....3 hours of physical activity may compensate for your 30 minutes of physical activity per day for the entire week.

I am encouraging all volunteers to register their participation via their Program Coordinators. If you are only available for perhaps an hour or two during this time please indicate this to your Program Coordinator.

The clean-up will take place in the area along Blind Creek from Elizabeth Drive through the Sunbury Recreation Reserve and on to Rupertswood Mansion (following the alignment of the new walking path). A bus will leave at 9am

from the back of the Sunbury Community Health Centre and take you to the designated areas.

The event takes place between 9am and noon on the day, culminating in a shared BBQ lunch at the Sunbury Recreation Reserve. All participants will be provided with gloves, rubbish bags, disinfectant and access to sharps kits if required. Western Water will be the main coordinators for the event. Clean Up Australia Day – SCHC – Tuesday 25 Feb.

Important Centre Dates

Sunbury Community Health Centre will be closed on the following dates:

Labour Day – **Monday 10 March.**

Good Friday – Friday 18 April and Monday 21 April

ANZAC Day – Friday 25 April.

Vacancy: Expression of Interest (EOI) is sought from current SCHC 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 for Programs**

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

- **VAST**

Admin support is requested in the Client & Corporate Services Unit to relocate some documents.

- **Health Information (HI)**

Support requested for two different roles within HI unit, one role the display role which is currently fortnightly Tuesdays and the general HI role is on weekly Friday mornings.

- **Vacancy for other volunteer roles within our Community:**

- **S.O.L.D.**

is a local Tutoring Program run by parents, for families of children with learning difficulties.

VOLUNTEERS WANTED – URGENT having received funding, for the first topic Maths.

However, if SOLD don't get the number of volunteers needed to run the program (1 per child) they we will have no option but to cancel the program. The successful outcomes of the program are dependent upon the high level of support through the lead tutor and the volunteer/mentor working with each child. Volunteers will be trained by SOLD so that they are prepared for the program. You will need to commit 1-2 hours per week in Sunbury and be available either during the day or after school (4pm to 5pm). This is a great way to help kids who have a learning disability and give back to the community.

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

EOI @ SCHC			
(to be returned to Volunteer Coordinator @ SCHC)			
First Name	Surname	Phone No:	Area (s) (listed above)
Activity	Preferred Day	Morning	Afternoon
Companion Walker			
Driving for Programs			
VAST			
Health Information			
SOLD – Tutoring Program			

Note: All applicants will be interviewed and Orientated 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:	

What's coming up in Sunbury and surrounding area:

- **Craigieburn Community Festival** – Sunday 23 February.
- **Clean Up Australia Day** – Tuesday 25 February – see above for further info.
- **National Red Balloon Day** – Friday 28 February – Appreciation to CFA Volunteers- Tie a Red Balloon onto your Letterbox, fence, business or a red ribbon from your car.
- **International Women's Day Celebration Day** – Twilight Event 5pm - Friday 7 March at Sunbury Community Health Centre,
- **Labour Day** – Public Holiday – Monday 10 March
- **Sunfest** – Saturday 15 & Sunday 16 March
- **Good Friday** Royal Children's Hospital Appeal – Melbourne Exhibition Centre - 18 April

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

Fi Corboy

Volunteer Coordinator

Human Resources

fic@sunburychc.org.au