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Chief Minister of the Northern Territory

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Volunteering SA&NT acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional custodians of the lands on which our organisation is located and where we conduct our business. We pay our respects to ancestors and Elders, past and present. Volunteering SA&NT is committed to honouring Australian Aboriginal and Torres Strait Islander peoples’ unique cultural and spiritual relationships to the land, waters and seas and their rich contribution to society.

FLIP to SA page 1
CEO’s Message
EVELYN O’LOUGHLIN
CHIEF EXECUTIVE OFFICER

I hope you are enjoying the emerging themes throughout each edition of Vitality. In this issue we are looking at the health and wellbeing benefits of volunteering.
From our cities and towns to our most remote communities, I meet volunteers providing the grunt and heavy lifting that helps make the Northern Territory one of the world’s most vibrant multicultural societies.

Our almost 70,000 volunteers are vital to our unique way of life. Giving millions of hours of your time each year is more than a good deed. It is at the core of our community spirit, connecting people from all walks-of-life and diverse backgrounds, and forging life friendships.

It is fitting the topic of this issue of Vitality magazine is health and wellbeing because volunteering lifts people’s confidence and self-esteem, pushing us towards a healthier society.

For many of you, volunteering is who you are … your life, your passion and your pride.

The economic benefits volunteers bring to the Territory’s 550-not-for-profit organisations, 450 charities and 1,596 registered organisations are incalculable. I’ve seen one estimate it could be as high as $3 billion a year.

The reality is that Governments could never deliver the services that are provided by our volunteers in local sporting, church, ethnic, environmental, emergency services and school organisations. You are at the frontline of our health and welfare services.

One example is our volunteer foster and kinship carers – extraordinary people who take in vulnerable kids. Another is BushfiresNT which engages more than 1,000 volunteers to respond to bushfire emergencies.

Your Territory Labor Government is proud to support many voluntary organisations.

In November, Volunteering NT will announce winners of the Northern Territory Volunteer of the Year Awards, including the Chief Minister’s Volunteer of the Year Award, which recognise and publicly acknowledge the outstanding contribution of NT volunteers and volunteer organisations.

The winners will just be a representative of a few of the volunteers who everyday are doing the yards in our communities to help others. That’s almost one in every three Territorian!

On behalf of all Territorians I salute you all.
Each year in May, thousands of events are held across Australia to say thank you to the 6 million Australian’s who volunteer their time to various sectors. The week long celebrations, from 20-26 May 2019 recognised the important contribution that volunteers make.

This year marked 30 years of National Volunteer Week (NVW) which was first initiated by Volunteering Australia to promote volunteering on a national scale. With its initial focus on recruitment, today it publicly recognises and celebrates the skills, passion, time and commitment of volunteers with recruitment being the end product.

Volunteering helps build stronger and more cohesive communities and through promotions like National Volunteer Week, all Australians are encouraged to get active and involved in their community.

**Alice Springs**

The Honourable Dale Wakefield hosted a National Volunteer Week event on Wednesday 22 May at the Star of Alice to celebrate the ongoing contributions from Central Australian volunteers. Emceeing the event was Hannah Maljcov, Volunteering NT Regional Co-ordinator who took the opportunity to thank all the volunteers for their role in regenerating and looking after the West MacDonald Ranges after the severe bushfires during summer.
Making a World of Difference

There are around 300 NTES volunteers in the Northern Territory, operating from around 30 regional units. The northern region manages 20 of those units and 214 volunteers, while the southern region maintain 11 units, with 91 volunteers,” said Nicholas.

Darwin
Around 250 people attended a special thank you event, hosted by Chief Minister, Michael Gunner MLA, at Parliament House on 23 May 2019.

The Chief Minister addressed the guests on the importance of volunteering in the community and how vital volunteers are to the Northern Territorian way of life.

“It is what true community spirit is all about. It connects people from all walks of life, helps keep communities sustainable and safe and can lead to employment or a different career path.

“Volunteering forges friendships, increasing confidence and self-esteem,” said Mr Gunner.

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“Volunteering forges friendships, increasing confidence and self-esteem,” said Mr Gunner.

NTES Regional Manager, Nicholas Cowham spoke on the importance of having volunteers involved with NTES and its vital role in the Northern Territory and Australia.

Special guests were joined by Mirimba Kovner, Australian Red Cross Youth Programs Volunteer Engagement Officer and a self-labelled volunteer junkie, who spoke of the efforts of Red Cross volunteers. Mirimba spoke about what the Red Cross volunteers do locally and what that looks like in the bigger picture.

“We support seven local families to overcome the barriers that keep their children from being involved in sport.

“Volunteers drive the bus which does a return trip so that the children can get to their games.

“We also assist with the necessary footwear and registrations and it’s great that during this time, that their care givers can have some respite,” said Mirimba.

Joining forces with Volunteering NT, representatives from the Northern Territory Emergency Services (NTES) also attended the event in a double celebration of their Wear Orange Wednesday (WOW) Day.

WOW Day provides the opportunity to show support for volunteers working in the emergency services sector by wearing the colour orange.

NTES Regional Manager, Nicholas Cowham spoke on the importance of having volunteers involved with NTES and its vital role in the Northern Territory and Australia.

Making a World of Difference

Each year, around 70,000 Northern Territorians volunteer, which is almost one in three, which adds up to 3.8 million volunteer hours; estimated to be worth more than $3 billion every year.

Volunteers work with hundreds of different not for profit organisations – for well-known organisations like Anglicare, Carers NT, Foodbank and Girl Guides and for local sporting, church and school groups. There are volunteers in emergency services; recreation and sport and the environment.

In 2020 National Volunteer Week will be held from 18-24 May.

Volunteering NT would like to thank the Northern Territory Government for their ongoing and generous support of these annual events and for everyone that attended or held thank you events of their own.

For more information
W volunteeringaustralia.org
search National Volunteer Week
Delivering advanced trauma care to rural communities

As part of CareFlight’s mission to be an integrated aeromedical service, its purpose lies beyond rapid rescue and saving lives from helicopters; there is also a commitment to providing members of society with the necessary, life-saving skills as first responders. Programs like CareFlight’s MediSim trauma care workshop aim to take vital advanced trauma training to communities that need it. MediSim bolsters resilience in local communities by empowering first responders with the essential skills and knowledge in an emergency. This in turn boosts community confidence as locals are reassured that their safety, health and wellbeing will be properly taken care of in an emergency.

A one-of-a-kind program, MediSim pushes participants to the limits by recreating high-pressure accident scenes that use life-like mannequins and a car crash rescue simulator. This ensures that training is realistic and valid.

In rural and remote regions around Australia and particularly the Northern Territory, there can be delays in emergency services responding to a scene of an accident. Often, the first person on the scene is the local teacher, farmer or office worker who is part of the community’s emergency response team. It is these ‘first responders’ who need to administer skills beyond basic first aid to prolong life. First responders are individuals in the community who are responsible for immediately going to the scene of an accident or emergency to provide medical care. They are often volunteers from ranger groups, rural fire and emergency services, as well as police and paramedics.

Thanks to previous opportunities to facilitate this training over the past six years, many first responders are already in a better position to respond quickly and effectively to an emergency medical situation. The first few minutes after a trauma can mean the difference between life and death for patients, so MediSim ensures that first responders are better equipped to care for seriously injured people, and possibly save lives.

“Thanks to previous opportunities to facilitate this training over the past six years, many first responders are already in a better position to respond quickly and effectively to an emergency medical situation in their local community,” said Eliza Charlett, CareFlight MediSim Manager.

The evidence-based trauma training is delivered by CareFlight’s team of highly experienced professional emergency specialists, including doctors, nurses and critical care paramedics. The educators teach and demonstrate vital training skills to help locals and first responders save lives and improve health outcomes.
They cover skills like triage in mass casualty situations, crash injuries, burns management, airway management procedures and much more.

Mick Willis, Executive Director at Northern Territory Police, said, “We know from feedback that our officers get a lot from this training. CareFlight uses high quality and experienced educators that have been through the situations they teach. A big benefit of the program is that it’s mobile and able to go out to our officers in remote and regional areas, reducing time off requirements.”

The MediSim trauma care workshops are delivered nationally with courses delivered in local communities. The program has built a network of people across the country who are trained in advanced trauma care. To date, MediSim has held more than 350 workshops Australia-wide, empowering more than 5,500 volunteers with life-saving skills.

CareFlight regularly partners with emergency services, community and volunteer groups in various states, including St John Ambulance Australia, State Emergency Services, Parks and Wildlife, Coast Guard, Surf Life Saving, local Aboriginal corporations, fire brigades and police to upskill their crews. Businesses also engage with MediSim to sponsor workshops for local communities, as well as train their teams in trauma care.

While the MediSim program is provided at no cost to participants, it is funded by generous contributions from the community and corporate supporters. The donations not only go into providing advanced trauma care training, but also into supporting CareFlight’s medical emergency helicopters and the charity’s mission to save lives.

“This was by far the best training course that I have attended and so relevant to what we do as front-line police members. On behalf of the team here, we’d like to thank CareFlight MediSim for delivering such a relevant and easy to understand package,” said Matthew Marshall, Acting Senior Sergeant at the Yulara Police Station.

Feedback from participants has been overwhelming positive with many volunteers leaving with the advanced skills to save lives.

“The best endorsement of the MediSim program is when those who attend tell us about the times they have used the skills we have taught them and the lives they have saved in the field. Further to this, is the word of mouth and encouragement former participants give to others in their region who have not previously undertaken the workshop to ensure they attend to grow in knowledge, skills and confidence,” said Eliza.

For more information
E medisim@careflight.org.au
Giving: A key to solving our problems

In advocating for a ‘Curriculum of Giving’, Dr Thomas Nielsen’s research shows that giving and service to others increase wellbeing and resilience in students - something much needed in a western world with high youth depression and suicide rates.

Below is an extract from a speech given by Associate Professor Dr Thomas Nielsen, University of Canberra at the National Volunteer Week Forum (2016) at the Parliament of New South Wales.

Giving - and by extension, volunteering - may be a key to solving some of the challenges that face the world today.

A claim such as this, may sound far-fetched, especially given the enormity of some of the challenges, such as high depression and suicide rates, climate change and financial instability. But if we stop for a moment to consider the idea that giving might be a key solution - we realise the promise it holds. We also realise that it is a promise supported by evidence-based research.

We now have consistent data from several fields, such as positive psychology, health, and medical research showing that sustainable wellbeing outcomes come from not having more money or by being a consumer, but from having meaningful happiness in our lives. Pleasurable happiness - the happiness we get from having our senses stimulated - is a wonderful dimension in our lives, but it is meaning that gives us the deepest levels of happiness.

People who score high on primarily pleasurable happiness have happiness that goes up and down constantly. A bit like eating a piece of chocolate cake, as soon as it is gone, we need another to feel the same hit of sugar.

However on the other hand, people who score high on meaningful happiness, have more stable and deeper levels of happiness which doesn’t disappear as easily. It remains steady even if we are not constantly engaged in the activity that promoted it to begin with. People with high levels of meaningful happiness also recuperate quicker from trauma and adversity. In a word, meaningful happiness is synonymous with being resilient—something needed in a complex world.

But let us go a little deeper: what exactly is meaningful happiness? It turns out that while what is meaningful to one person can vary a lot to another, there is one shared denominator for what people across cultures and religions report as giving them meaning in their lives: it is that of being something for others. Giving, Volunteering, When we give of ourselves to others, we experience an array of health producing hormones, increasing our resistance to disease and adversity. Indeed, giving is one of the strongest predictors of increasing our health and happiness.

Research also shows that generous and altruistic behaviour makes you want to be more generous and altruistic. As such, giving and health and happiness together create a positive, reinforcing loop – the more you give, the healthier you become, the healthier you become, the more you want to give, and so forth. Giving is a true community builder in that sense.

What would happen if we truly embraced this knowledge in our human endeavours, individually, nationally, and globally? What would happen if we made it as important to let our children give to others from when they were very young, as it is to teach them the times tables? Teenagers, when asked if they want to give, often say no. But perhaps that is because many of our teenagers have not had enough changes to give to others to begin with. Sixty years ago, many children had to give to others out of necessity. Today, many children do not have to be anything for anyone – unless we understand the importance of being something for each other, and consequently include such an understanding in our curriculum, our parenting, and more generally, our societal practices.

Volunteering, as a very practical way of giving and living the meaningful life, is therefore, an important part in solving the pressing challenges of today.

For more information
W thomaswnielsen.net
Agricultural shows hold a special meaning for many Australian communities. With Tasmania putting on the very first show in 1822, these wonderful community events, like Freds Pass Rural Show held in Coolalinga, 30 kilometres from Darwin.

These shows bring people from all areas and walks of life together in celebration of everything rural.

This year marked 40 years for Freds Pass Rural Show, one of the Top Ends most loved events. Over two days there was feasting, frivolity and fanfare in recognition of their Ruby Anniversary. There were the popular equestrian events, livestock judging, horticulture, market garden, cookery, art and craft competition and the animal nursery, as well as crowd favourites, the fireworks, music and wood chopping.

Over the 40 years, there have been countless volunteers, all helping shape the event into what it is today. There are so many great areas for volunteers to work in including administration support, hall, livestock, equestrian, grounds, roustabout and in the Paddock to Plate marquee.

Each year, trophies are awarded at the Opening Ceremony, including the Ruth Neuendorf Memorial Trophy recognising an outstanding contribution to the Freds Pass Rural Show by a volunteer.

This year, show volunteer and deserving recipient, Chris Nathanael joins previous recipients Tony Arrowsmith and Iris McGregor in taking out the trophy. Chris has been a judge in the garden section for many years, and has contributed to the Paddock to Plate event since its inception in 2015.

Presenting Chris with the trophy was Christine Simpson, Litchfield Councillor and Karen Relph, Show Chairperson. The Show Committee would like to thank Chris and all volunteers for going above and beyond with their support.

The 2020 Freds Pass Rural Show will be held on 16 & 17 May. New volunteers are welcome!

For more information fredspassruralshow.com.au
Shining a spotlight on science and sustainability

SUE ROGERS COMMUNICATIONS MANAGER, VOLUNTEERING SA&NT

Gardening Australia (ABC) and Logie award winner, Costa Georgiadis was a welcome and vibrant addition to the line-up of speakers at Central Australia’s Science and Sustainability Festival.

As part of National Science Week, the desertSMART EcoFair has been shining the spotlight on science and sustainability for 11 years.

Organised by the Arid Lands Environment Centre, the festival aims to educate, inspire and activate the community about science and sustainability. This years’ event (8-11 August), featured high profile speakers, presentations, workshops and a sustainable living market, as well as a live outside broadcast from ABC Alice Springs.

Barb Molanus, Chair, Arid Lands Environment Centre said that this years’ event has been awesome.

“It has been so well attended with every single event booked out.

“Over two days we had 900 children from all around Central Australia, participate in the science learning stations.

“We saw massive engagement with some great educational conversations,” said Barb.

EcoFair Ambassador, Costa presented a jam packed workshop on the holistic approach to gardening the soil, and the soul and opened The Alice Springs Community Garden’s new kitchen and entrance.

Another full house was the presentation by special guest speaker Craig Reucassel (War on Waste). Craig’s comedic take on the current sustainability issues Australia is facing was fast paced, witty and intellectual. The Northern Territory Minister for Territory Families, Hon Dale Wakefield MLA joined industry experts to discuss the challenges of a bright solar future.

Other activities held at various venues across Alice Springs included student workshops, how to grow healthy gardens and a panel on the role of technology on Indigenous languages. Live musical performances added to the festivities.

Volunteers played a big part in the success of the event

with four volunteers supporting 900 children in their science workshops; with a further 20 volunteers supporting the six events which made up the desertSMART EcoFair.

EcoFair Co-ordinator, Jasmine Story said that without the support of these volunteers, the EcoFair just wouldn’t be the same.

“Everyone was so lovely and really wanted to help.

“They weren’t afraid of getting their hands dirty and happily chipped in to help out wherever it was needed,” said Jasmine.

For more information
W alec.org.au/desertsmart_ecofair
The second Northern Territory Not-For-Profit Forum was held in April with organisers pleased with an increase in attendance. Themed Sustainability, Resilience & Leadership, the program was designed to equip Northern Territory’s not-for-profit leaders with the tools and knowledge needed effectively run an efficient and successful not-for-profit organisation.

Speakers included Abby Clemence, Director, Infinity Sponsorship, who presented on Corporate Partnerships. She shared her knowledge of unlocking the secrets of great partnerships to create meaningful and sustainable impact.

Dion Devow, 2018 ACT Australian of the Year, was recognised for the work behind his successful clothing label and business Darkies Design and for championing Aboriginal and Torres Strait Islander people to achieve their business dreams. Dion’s motivational presentation included his personal story from starting out in Darwin to Indigenous Entrepreneur and ACT Australian of the Year in 2018.

The session on sector collaboration featured Hon Peter Chandler, General Manager, Operations – Foodbank NT, Tony Burns CEO, Helping People Achieve and Katrina Fong Lim, General Manager, Variety NT.

“The NT Not-For-Profit Forum was informative and a great way to keep up to date with industry trends.

“it had a good mix of local and interstate content and was well worth the time to focus on the issues and it was great to network with others in the industry," said Katrina.

Other topics from local and interstate speakers included the community benefit fund, developing sustainable fundraising programs and volunteer strategy.

The next NT Not-for-Profit Leadership Forum, presented by Volunteering NT and the Fundraising Institute of Australia will be held over 2 days from 7-8 April 2020 in Darwin.

For more information
Facebook.com/volunteeringnt
W volunteeringsa-nt.org.au search events
Paul Henness has been trying to volunteer with Purple House every Wednesday since the start of the year but has found the notion of volunteering impossible. That impossibility is because volunteering is about putting in a ‘fair days’ work for no pay’; however at Purple House, their mantra is ‘a fair days work for a bucket load of pay’ and they aren’t referring to cash. The reward for volunteers is the endless inspiration and priceless moments that all come tax-free!

Purple House is an innovative Indigenous-owned and run health service in Alice Springs which provides dialysis in the most remote parts of Australia. Operating 16 remote clinics and a mobile dialysis unit called the Purple Truck, Purple House is all about getting patients back home so that families and culture can remain strong.

Paul says that everyone brings their own unique life experiences to new roles and volunteers come from diverse backgrounds, and varying values and beliefs.

Growing up in a housing commission house on the outskirts of south western Sydney, Paul remembers “Gough and Margaret Whitlam were Gods and Bob Hawke the Messiah”.

“For me, somewhere in the heady mix of Labor party politics, Trade Union ideology and a lack of money, my values and beliefs evolved. "Lower working class mantra’s were drummed into me from a very early age, and the one that remains most prominent in my mind, is ‘a fair days pay for a fair days work’, said Paul.

Paul’s experience ‘trying to volunteer’ at Purple House has been wonderful, rewarding, and satisfying.

“I’ve unexpectedly found myself inspired both spiritually and philosophically, which has filtered through, and improved, all aspects of my life,” said Paul.

Paul says that if you are contemplating volunteering with Purple House be warned, it is an illusion - a mirage in the Western Desert that can never be reached.

“You will think you are volunteering your time and efforts to help the patients and their families, but the reality is that they will be volunteering their time and efforts to help you, Paul said.

For the volunteers at Purple House, a typical day can include making cuppas, frying dozens of eggs and toasting loaves of bread, cleaning the barbeque, washing dishes, painting fences and chatting with a whole bunch of amazing people.

In return, volunteers receive knowledge and wisdom gathered over 100,000 years, enriching cross-cultural exchanges, fascinating stories, lots of laughs and lifelong friendships. Without doing an extra minute of overtime you get bonus lessons in dignity, humility, and courage - all gift wrapped in a delicious sense of humour.

“There are too many big, flashy words to describe my journey at Purple House, so I won’t just pick one.

“Instead, all I can say is that Wednesday’s, the day I ‘try to volunteer’ - are always my favourite day of the week, said Paul.

For more information W purplehouse.org.au

SUE ROGERS
COMMUNICATIONS MANAGER, VOLUNTEERING SA&NT

ORIGINAL ARTICLE WRITTEN BY PAUL HENNES, PURPLE HOUSE VOLUNTEER; PUBLISHED IN PURPLE HOUSE VOLUNTEER NEWSLETTER ISSUE #1 WINTER 2019
YARA PALYA TUTA
The wonderful and openhearted people that volunteer at the Sing Australia Darwin weekly meeting, invite and welcome all ages to come along to share their voices and to join in the fun. For two hours every Thursday, anyone who wants to join in, no matter what age or ability, can come along to Essington School, Rapid Creek from 7-9 pm to enjoy all the benefits of singing in a choir.

Ruth Garden, a volunteer for six years says she got involved seven years ago when she was travelling with her 90 year old mum. After meeting her cousin in a rural town of Victoria, who was part of a group, she learned that groups were based all over the country.

“It inspired me to join the one in Darwin.

“I love every minute of it - from our weekly catch ups to performing at various events and locations around Darwin.

“Louie, one of the men involved, comes along each week, as he simply said it makes him feel good,” said Ruth.

The repertoire of songs are wide and include various styles. There are no auditions held and no previous singing or choir experience is needed. Just join in with the happy and friendly group and sing in a relaxed and fun atmosphere.

Song tunes are belted out on the piano by the talented Floey; songs like ‘Sweet Caroline’ and ‘On the Road Again’, mean that it doesn’t take long to get into the swing of things.

Singing has huge benefits – it connects people in a positive way.

Research and other anecdotal evidence states that singing makes you happy – it releases endorphins, the feel-good chemical in the brain; and the deep breathing, which is needed to sing, draws more oxygen into the blood which increases circulation and helps to reduce stress.

“Singing often suffers from the perception that it is just for older people and perhaps mainly for women.

“However singing is for everyone – and if you have always wanted to sing, then just come along with the voice you have.

“All voices are welcome,” Ruth said.

For more information
E singausdarwin@gmail.com
At the heart of our service is ensuring we meet the evolving and unique needs of young people and those who support them. To achieve this, we place young people at the centre of everything we do and they play an active role in designing, developing and evaluating our programs.

The Youth Reference Group (YRG) is a key component of the headspace Alice Springs service and are present in every centre around the country, in conjunction with headspace National objectives. Members are young people, aged between 12 and 25, who are passionate about making a difference in the lives of other young people; most have experienced their own struggles but overcome them to become advocates of youth mental health.

The YRG assists our service by providing input into the governance of our service, engaging in community awareness (by raising awareness about youth mental illness and other current issues affecting young people) and orientating decisions that can assist young clients and youth in the community. Overall, they contribute to the planning and delivery of the headspace Alice Springs service for the positive impact on future generations.

Making things happen or even just making your voice stand out in a crowd can be a challenge for young people, especially when it comes to mental health subjects.

Young people are our future, so it just makes sense that they are the forefront of our youth health service, headspace Alice Springs.

Evidences tells us that more than 75 per cent of mental health issues develop before a person turns 25 and yet, many traditional services aren’t equipped to address the unique barriers that young people face to accessing mental health support. headspace began in 2006 to address this critical gap, by providing tailored and holistic mental health support to young people aged between 12-25. With a focus on early intervention, we work with young people to provide support at a crucial time in their lives — to help get them back on track and strengthen their ability to manage their mental health in the future.

At the heart of our service is ensuring we meet the evolving and unique needs of young people and those who support them. To achieve this, we place young people at the centre of everything we do and they play an active role in designing, developing and evaluating our programs.

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headspace Alice Springs is operated by Central Australian Aboriginal Congress (Congress) a local Aboriginal community controlled health service that has been embedded in the local community for 45 years.

Members of the YRG are heavily involved with the local community and played a major role in our community engagement of 2018. Some events we were involved in were Northern Territory Youth Week, World Suicide Prevention Day, Youth Arts and Music Festival, Kids Stress Less in the Park, LGBTQIA+ Rainbow Dust Community Party and R U OKAY? Day.

For more information
Community Engagement Officer
E melanie.gunner@caac.org.au
T 08 8958 4544

COMMUNITY ENGAGEMENT OFFICER, MELANIE GUNNER, AND YRG MEMBER, HANNAH MALJCOV, AT THE LGBTQIA+ RAINBOW DUST PARTY

COMMUNITY ENGAGEMENT OFFICER, MELANIE GUNNER, AND YRG MEMBER, HANNAH MALJCOV, AT THE LGBTQIA+ RAINBOW DUST PARTY
Feeling good and making new friends

SUE ROGERS  COMMUNICATIONS MANAGER, VOLUNTEERING SA&NT

After moving to Australia from the UK two years ago, Linda Roberts decided on volunteering as a way to make new friends.

Linda made the decision to make the big move as she wanted to be with her youngest son and his family, but she didn’t know anyone else, besides family.

Back in February, when Volunteering NT advertised for an administration volunteer to help out in the Darwin office, Linda jumped at the chance and started working one day a week.

Duties included general administration as well as specific work for Volunteering NT’s Emergency Volunteers for Emergency Response (VNT-EVER) program, reception, data entry as well as assisting with expo and event information stalls.

“Everyone I work with are really lovely and very friendly.

“I’ve been grateful to be given so many fantastic opportunities,” said Linda.

Through Volunteering NT, she was able to participate in some informative training through the VNT-EVER program, including mental health, first aid and cultural awareness.

The VNT-EVER initial program, was started for Darwin residents to pre-register to help out community organisations in emergency situations. Those volunteers would already meet the essential criteria required from organisations which lessens the induction time.

Linda also said that she enjoyed the National Volunteer Week celebrations, which in Darwin, was a reception at Parliament House hosted by the Chief Minister, Michael Gunner.

“It was a really nice thank you to everyone for their commitment to volunteering and we all felt very special,” Linda said.

Linda also volunteers for Australian Red Cross at Royal Darwin Hospital where she has the delightful role of taking around the ‘lolly trolley’ on a weekly basis. She also likes to help out at her local op shop sorting donations and earlier this year, Linda did a one off volunteering stint at the Nightcliff Seabreeze Festival.

“Each volunteering role I do is completely different, but the one thing that they all have in common is that they have enabled me to meet some fabulous people and make great friends whilst doing something not only rewarding and worthwhile, but fun and enjoyable too,”

Having gained so much on a personal level, Linda said that she would definitely recommend volunteering to anyone - even if people only have a small amount of time to give – she guarantee’s that you won’t regret it!

For more information
T 08 8963 5624
W volunteeringsa-nt.org.au
In the Northern Territory, there are more than fifty volunteers who each play a vital role in cancer prevention, fundraising, administration and providing information and support for people affected by cancer.

Fifteen years ago, volunteering provided a pathway back into full-time employment for Hugh Roberts.

In his mid-fifties, Hugh found himself unemployed and finding it difficult to get a job. He had no formal qualifications but volunteered to teach English to migrants which opened up a whole new career as a Vocational Education trainer/teacher.

Since retiring last year, Hugh has been volunteering as a Transport to Treatment driver with the Cancer Council NT.

"Volunteering is a way to offer support for the community and it feels great to be making a difference.

"My volunteering experience has demonstrated that the more I give of myself, the more get back," said Hugh.

Approximately 134,174 new cases of cancer will be diagnosed in Australia this year, set to rise to 150,000 by 2020. Cancer Council NT provides a wide range of services including support to anyone affected by cancer, research, prevention and advocacy.

As a nationally recognised brand, Cancer Council remains one of the most trusted brands in Australia. Cancer Council NT began in 1979 with offices in Darwin, Katherine and Alice Springs. Eighty three percent of their annual budget comes from events and fundraising campaigns.

Cancer Council NT provides support, prevention, education and advocacy for Northern Territory cancer patients and their families. Much of their work involves nurses providing one on one support and assisting in practical matters such as wig and prosthetic breast/bra fittings, Ostomy services, cancer services counselling, financial assistance and pro bono legal services.

They also have a Transport to Treatment program, which provides much needed transport for patients across Darwin and the rural areas to hospital, the Alan Walker Cancer Centre and other treating facilities.

The support of volunteers is integral to the efforts of Cancer Council NT to reduce the impact of cancer in the community.

We support thousands of volunteers and volunteer involving organisations to make great volunteering happen

What we do

- Advocacy
- Compliance & Governance
- Consultancy Services
- Events and Networking
- Information & Resources
- National Standards for Volunteer Involvement
- Promotion & Awareness
- Training & Professional Development
- Volunteer Referral & Placement
- Volunteer Vacancy Advertising

We are passionate about celebrating and recognising the incredible work of volunteers

TANYA IZOD CEO
Encouraging, enabling and empowering the elderly

SUE ROGERS COMMUNICATIONS MANAGER, VOLUNTEERING SA&NT

You Are Important Australia (YAIA) started few years ago to encourage, enable and empower Australia’s elderly to remain independent and positive about their ageing.

Founders Sonia and Lyle Mackay had the vision to create a not-for-profit organisation and charity to provide person-centred care using a holistic approach to identify and address specific care needs for optimal health.

YAIA want elderly people to know that they are important with issues such as loneliness, helplessness, boredom, isolation, hygiene, nutrition, dementia, aged care, emotional needs and respite care addressed.

YAIA aims to build a Rural Retirement Aged Care Village, with specialised living quarters, better care and programs providing for the needs of the elderly from rural and regional Greater Darwin. Stimulating sports and other activities will be included, along with health care facilities.

YAIA will provide many opportunities for volunteers who play a vital part in unlocking the door for the elderly living in the Northern Territory and encourage the community to be part of the exciting new venture in aged care.

When working directly with the elderly and assisting, it is very satisfying to know you are playing a part in giving loving and total care.

The elderly have a lot of interesting life experiences we can learn from. Volunteers can also learn more about the elderly to make a difference in their own lives.

YAIA would like to involve the community who have a wide range of skills - such as musicians, artists, families, carers, volunteers, young people, medical professionals and those working in aged care to inspire and appreciate older people and be part of their social activities, assist with various workshops, educational programs and research.

YAIA are looking to start programs for children, people with disabilities, families, volunteers and others to bond with the elderly to give them something back. YAIA establish a model of positive aging and create a space where the elderly can remain active and be contributing members of society.

YAIA have a team of dedicated volunteers that are key personnel and are highly skilled professionals and play an important role in the workforce.

Some of these include registered nurses, experienced aged care manager, business managers, accountant, chaplain, clinical counsellor and website designer.

There are many opportunities for volunteers to assist in positions such as grant writing, graphic design, social media, administration and event management.

In return, volunteers are provided with the opportunity to:

- make connections and build life-long friendships;
- bring hope, strength and joy to the elderly through the power of love and caring;
- aid research for better care and programs, and
- participate in educational programs and activities that enhance staff, family, carers and volunteers.

For more information
W yaia.org.au
Volunteering NT share the experiences of one of their own volunteers who worked on the recent Emergency Volunteers for Emergency Responses (VNT-EVER) program, which aims to bolster the volunteer workforce responding to emergencies throughout the Northern Territory.

Tim Buckley registered with Volunteering NT having previously volunteered with various volunteer involving organisations in the Northern Territory.

What is your volunteer history?
After retiring in 2014 from the Bureau of Meteorology, where I was for 25 years and managing our own farm for 20 years.
In retirement I knew I wanted to keep myself fit, busy and fulfilled. I was also keen to ‘give back’ to society after having a pretty good run in life myself. I was committed to helping those less fortunate.

Presently I am on the VNT-EVER volunteer register. I also volunteer with Care Flight, Deckchair Cinema and STEPS Education and Training, where I help teach English to refugees. Previously I volunteered with the Northern Territory Emergency Services (NTES), Helping People Achieve (HPA) and the 2019 Arafura Games.

What have you enjoyed the most about volunteering?
I enjoy being able to contribute my time and skills in a meaningful way that gives back to the community. It keeps me busy and provides its own rewards by keeping me active and fulfilled.

Why did you apply for the VNT-EVER program?
Volunteering is an important part of my life and I am keen to continue to help in crisis or emergency situations, when and where I can.

How do you think you could help at the time of a disaster or emergency?
Having had a varied life and come through some fairly “sticky” situations, I believe I am a clear and responsible thinker and would respond calmly in most situations. I live in a stable, supportive family environment.

Previous experience has seen me in challenging and varied roles. I ran my own farm enterprise in Ireland for 20 years, briefly flew helicopters commercially and worked in Antarctica at Davis Station where I was the Davis Base Weather Station Manager for the Bureau of Meteorology. Subsequent roles included being part of the station fire team, station education officer, environment officer. I took on field activities at remote locations such as sea ice core sampling and measurements, sea/lake water and bed/sediment sampling.

Working and volunteering under these circumstances meant that one had to be inventive, resilient, level headed, innovative and resourceful.

What are the benefits of the VNT-EVER training?
I recently undertook and completed training in First Aid, Mental First Aid and Cultural Awareness as part of the training. I have increased my own competences in these areas and learnt ways to practically respond to disasters and provide support in emergency circumstances should they arise.

How has volunteering helped your health and wellbeing?
When I retired, I was very conscious of maintaining my health and fitness. I started competing in marathons with my family and to date, have run three marathons – two with both my daughters - The Uluru Outback Marathon (2015) and Athens Marathon (2016) and the North Pole Marathon (2017), with my son, which raised funds for the Fred Hollows Foundation.

As a family we remain conscious of the need for a healthy diet and regular exercise so daily activities include walking the dog on the beach; gym classes, yoga and cycling. The fact that my wife and family also enjoy these activities is an added bonus.

The Volunteering NT VNT-EVER program has concluded, with a register of certified Spontaneous Emergency Volunteers now available for Relyed and Recovery Agencies and Emergency Management Agencies to access through Volunteering NT at the time of an emergency.

The VNT-EVER Program was supported by the NT Disaster Resilience Emergency Volunteer Fund.

For more information
W: volunteeringsa-nt.org.au
HEALTH & WELLBEING

A sustainable community and better world

SUE ROGERS  COMMUNICATIONS MANAGER, VOLUNTEERING SA&NT

The Alice Springs Community Garden (the Garden), a project of the Arid Lands Environment Centre, is located at Frances Smith Memorial Park in Alice Springs. The garden is a thriving hub of activity with community gardening, workshops, events and working bees and is run by a volunteer committee under the auspices of the Arid Lands Environment Centre (ALEC).

In semi-retirement, Bruce started volunteering with the Garden, which has been established for seven years. He felt that he could offer both his time and expertise, after nearly forty years of extensive home gardening experience in Alice Springs. He learnt to manage the challenges to make the best of the local weather conditions and resources.

Through volunteering Bruce enjoys meeting new people and developing friendships whilst spreading and encouraging good will. Through his efforts, he is rewarded by seeing the enjoyment it brings to others.

The Garden contributes to the health and wellbeing of those that volunteer and those that visit through the sharing of ideas and of course, the fresh, organic and healthy garden produce.

“There is such a rich diversity of its members who all foster an interest in gardens and gardening and it is so nice to see younger people getting involved,” said Bruce.

A long term volunteer, Bruce said that he felt valued and warmly appreciated for his leadership and commitment to the Garden, so he has stuck at it.

“I love the beauty, physicality and natural cycles inherent in gardening and there’s always much to share and learn,” Bruce said.

Bruce utilises his knowledge and skills by expanding individual and community opportunities and capacity.

“I like to encourage more organic and sustainable practices, self-reliance and I’m committed to a fairer, sustainable community and a better world,” said Bruce.

Bruce’s parents were both active volunteers and his Dad often said ‘if you aren’t a part of the solution, you are a part of the problem!’ – and from that Bruce has always desired a kind and caring world.

“Volunteering expands my scope for taking action and influencing individual and community attitudes, policies and practices, as well as making a practical difference.

“I believe that my commitment to inclusive and consensus leadership is well suited to building the relationships, shared commitment and sustainable development critical in volunteer involving organisations,” Bruce said.

For more information
E info@alicecommunitygarden.org.au
W alicecommunitygarden.org.au/about
"I love volunteering because it’s an experience that entails learning new skills, meeting people that share the same values and passion, and contributing to meaningful things that can make a difference!"

Volunteer Project Co-ordinator, Karren Lau said that she started her volunteering in Adelaide, with the RSPCA and The Wilderness Society whilst studying fulltime to make sure she was fulfilling parts of her life with hands-on experience.

“I love volunteering because it’s an experience that entails learning new skills, meeting people that share the same values and passion, and contributing to meaningful things that can make a difference,” said Karren.

Two years ago Karren moved to Alice Springs and started her volunteer role with Safe Harbour Alice Springs as Volunteer Project Co-ordinator.

“I began volunteering to not only apply my skills and experience, but to also learn about refugees and asylum seekers’ situations that are currently happening offshore in Australia at Nauru and Manus Island.

“I also want to learn more and raise awareness amongst my peers,” Karren said.

For more information Facebook.com/safeharbouralicesprings/ @safeharbouralicesprings

Safe Harbour is a movement bringing people together - through art - to ask the Australian Government to treat all refugees and people seeking asylum with humanity & compassion.

In June, Safe Harbour Alice Springs presented ‘Share a Meal, Share a Story’ at the Alice Springs Public Library.

Featuring speakers, music, food and art – the event celebrated World Refugee Day with members of the community attending.

One of the stories coming out of the day was from Isaac Moses, now an Alice Springs local. Isaac who migrated from Sudan in 2005 shared his challenging journey and the difficulties he faced when migrating to Australia. He said that the bottom line is that refugees who come into Australia are not here to take away jobs, but are here to be safe.
Volunteers | Volunteer Managers & Co-ordinators | Volunteer Involving Organisations

Sessions include Customer Service, Managing Conflict Resolution, Recruiting Volunteers, Effective Communication, Volunteer Management

Introductory | Intermediate | Advanced
Darwin | Alice Springs | Katherine | Tennant Creek

See website for current training sessions or contact us for customised training
E darwin@volunteeringsa-nt.org.au | T 08 8963 5624