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.

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For years research has continued to show that volunteers are healthier and happier. And in fact, if I can go back to a study done over 20 years ago, volunteering was the second greatest source of joy. Dancing was first - I have to wonder if dancing still tops the list!

Research on the health and wellbeing benefits of volunteering has been conducted by many eminent academics world-wide, including Professor Dr Stephen G Post from Stony Brook University, USA and Professor Dr Phil So Young Park from the University of Lübeck, Germany. Locally, the work of Associate Professor Dr Thomas Nielsen from University of Canberra in this field is well recognised (flip to NT page 6 for more information).

Volunteering helps counteract the effects of stress, anger and anxiety. Helping and working with others can have a profound effect on psychological wellbeing and meaningful connections with others help to relieve stress.

Eleven years ago, the findings of another study indicated that volunteers are likely to be happy no matter what their socioeconomic status. It showed that by meeting new people and reaffirming established social contacts, that volunteers gained a sense of belonging and felt connected to society. This in turn is seen to combat depression associated with loneliness. Volunteers are also more likely to socialise more than non-volunteers.

In 2013 another study found that 76% of people who volunteered said that volunteering made them feel healthier, lessening the symptoms of chronic pain, reducing the risk of heart disease and lowering blood pressure. Further studies identified a 22% reduction in early mortality among volunteers compared to non-volunteers - and that’s got to make you happy!

Volunteering is usually thought of in terms of the benefits to the community, but there are many benefits to the individual as well. By measuring hormones and brain activity, researchers have discovered that by helping others we are rewarded with immense pleasure. We are hard-wired to give to others and the more we give, the happier we feel.

Volunteering increases self-confidence by providing a sense of accomplishment and when you feel good about yourself, you are able to channel those feelings into everyday life and towards future goals.

People who volunteer later in life find that volunteering gives them a sense of fulfilment which subsequently increases their self-esteem and self-efficacy. For retirees or those who have lost a partner, volunteering can give new meaning and direction in their lives.

To wrap all that up, as well as being good for your health and wellbeing, volunteering is also meaningful and enjoyable. It provides the opportunity to feel part of a community, to share skills and learn new ones.

Volunteering is a great way to meet new people and build healthy relationships.

On a personal level, volunteering has allowed me to make a positive difference for others and to be connected to my community, even around full-time work commitments.

I’d also like to highlight that two of the best examples of volunteers lie in the founding members of Volunteering SA&NT. Joy Noble and Mavis Reynolds, now both in their mid-90s are still leading active lives and giving back to the community. They are the living embodiment of the benefits of volunteering.

If you’re reading this and don’t already volunteer or if you do and are looking for new and exciting volunteering positions that suit you, then please visit our website or call us to find out more about volunteering.

I hope you enjoy this Spring edition of Vitality.
Volunteering plays an essential part in the lives of all South Australians. It connects people, creates sustainable communities and evokes a sense of community pride and belonging. South Australians have a long history of volunteering – from helping out a neighbour to lending a hand at a local sporting club. South Australians collectively volunteer around 1.7 million hours of their time every week. We can proudly say we have one of the most dedicated volunteering communities in the country, boasting some of the highest volunteering rates in Australia, with almost one million volunteers giving their time. Volunteering can increase self-confidence, develop new work skills and open up new opportunities. Many volunteers report that volunteering gives them a great sense of satisfaction and improves their self-esteem and overall wellbeing.

The South Australian Government has a long history of supporting volunteering in South Australia. To this end, the State Government has committed to working with sector partners to develop a Volunteering Strategy for South Australia until 2027 building on the successes of the 2014-20 Strategy. The Volunteering Strategy is a unique initiative developed in collaboration with Business SA, the Local Government Association of South Australia and Volunteering SA&NT. From this partnership, a number of important outcomes have been achieved, including two ‘Curriculum of Giving – Student Volunteering’ workshops that were held in partnership with the Department of Human Services, the Department for Education and Volunteering SA&NT. These workshops provide practical strategies to encourage student learning and improve wellbeing through volunteering. Resources have also been developed to support the application of student volunteering programs in schools.

I’m pleased that the State Government, through Volunteering SA&NT, continues to support the WeDo App which connects volunteers to organisations, using technology to facilitate participation. The app is free and easy to use. Users simply create a personal profile, receive notifications when suitable volunteering positions are advertised and then apply directly to the organisation. The app records volunteering hours and allows volunteers to redeem rewards against the number of hours they have contributed.

The Liberal Government’s election commitment to providing free volunteer screening checks for all South Australians was delivered in November 2018. Free screening means organisations like rowing and surf life-saving clubs, emergency services and charities now have more dollars to spend delivering services to communities right across South Australia, making it easier for people to volunteer – a great result.

I wish to take this opportunity to sincerely thank all the hard-working volunteers across South Australia and all the people working in the sector – your time, dedication and work is invaluable.

I look forward to continuing our partnership with the volunteering sector into the future.
Volunteering—how good is it?

ESME BARRATT  PROJECT OFFICER, COMMUNITY WELLBEING

Volunteering has even been found to result in similar benefits to vigorous exercise or meditation. Called a ‘helpers high’, studies have shown that those who volunteer feel benefits due to the body releasing endorphins during positive social contact with others.

Positive effects are also found for life-satisfaction, self-esteem, self-rated health, and for educational and occupational achievement, functional ability, and mortality. Studies of youth also suggest that volunteering reduces the likelihood of engaging in problem behaviors such as school truancy and drug abuse.

Volunteering is also a great way to increase social connections and make friends and can contribute to career development. Volunteering allows the exploration of new fields, the development of new skills, the accumulation of experience, improvement in communication skills, and increased cultural sensitivity.

Volunteering makes it easier to build a network of contacts or find a job and can help develop leadership skills.

Note: This article was first published on Adelaide Living by the City of Adelaide W living.cityofadelaide.com.au

For more information W cityofadelaide.com.au search: /your-community /community-development /be a volunteer

Thousands of events were held across the country during National Volunteer Week in May to say thank you to the six million Australians who volunteer their time.

The theme ‘Making a world of difference’ rings true as volunteers bring enormous benefit to our community and our beautiful planet, but have you ever thought about the benefits for volunteers?

There is a growing body of evidence that volunteering provides health and wellbeing benefits for the close to one in three Australians who volunteer. For starters, volunteers are physically healthier.

A Carnegie Mellon University study found adults over 50 who volunteered on a regular basis were less likely to develop high blood pressure, a major risk factor for heart attack, stroke, heart failure and metabolic syndrome.

The United Health Care report ‘Doing Good is Good for You’ (2017) found the connection between volunteering and mental health to be just as dramatic. Almost all volunteers noted an improvement in mood (94%), and had more energy to a greater extent than those who had not volunteered in the past year.

Most volunteers report an enriched sense of purpose in life (94%) and having learned valuable things about themselves (88%) from their volunteerism. In fact, volunteers have consistently higher scores (by about 15%) than non-volunteers on nine well-established measures of emotional well-being including personal independence, capacity for rich interpersonal relationships and overall satisfaction with their life.

Dr Stephen Post from Stony Brook University School of Medicine found that in a survey of more than 4,500 Americans, volunteering also had an impact on sleep. The survey results indicated that volunteers have less trouble sleeping, less anxiety, and better friendships and social networks.

In 2011, the American Psychological Association reported that respondents who volunteered were at lower risk for mortality four years later, especially those who volunteered more regularly and frequently. Those who volunteered for ‘other’ oriented reasons had a decreased mortality risk, even in adjusted models.

A City of Adelaide study found adults over 50 who volunteered on a regular basis were less likely to develop high blood pressure, a major risk factor for heart attack, stroke, heart failure and metabolic syndrome.

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For more information W cityofadelaide.com.au search: /your-community /community-development /be a volunteer
National Volunteer Week 2019

Another record number of volunteers paraded through one of the main streets of Adelaide for the annual launch of National Volunteer Week on Monday 20 May 2019.

Held from 20-26 May, National Volunteer Week – ‘Making a World of Difference’ celebrates and acknowledges the generous contribution that volunteers make Australia-wide.

This year marked 30 years since National Volunteer Week was initiated by Volunteering Australia to promote volunteering on a national scale. From 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.

With the help of a range of fantastic supporters and the zealous team from Volunteering SA&NT, the thank you event for volunteers is a must-do on the volunteer calendar, and one that has been proudly going for eight years.

The laughter and stories shared is extraordinary and the colours from their uniforms, flags, banners, mascots and vehicles is quite a sight to see.

The Parade is led off by the SA Police ‘greys’, (SAPOL, Mounted Operations Unit), closely followed by the Band of South Australia Police. Making their way up to Victoria Square, there were a record number of 65 volunteer involving organisations taking part. With lots of cheering, waving and beeping of vehicle horns along the way, this year it was great to see a definite increase in the number of people coming out of offices to cheer on the volunteers, as well as shoppers and even excited school children witnessing and celebrating the colourful spectacular.

Once at Victoria Square, the official recognition and acknowledgment of volunteers was made by His Excellency The Honourable Hieu Van Le, Governor of South Australia and Patron of Volunteering SA&NT.

Emcee, Brenton Ragless welcomed The Hon Corey Wingard, Minister for Policy, Emergency Services and Correction Services, Minister for Recreation, Sport and Racing and Member of the Executive Council; Nat Cook MP, Shadow Minister for Human Services and Peter Malinauskas, Leader of the Opposition.

Thanks must go to our sponsor, City of Adelaide and in-kind supporters Audio Pod, Ceravolo Orchards, DJ Nick Fahey, FruChocs (Robern Menz), Mt Lofty Springs, Rapid Relief Team and The Coffee Run.

See you next year!
As a way of showing gratitude and saying ‘thank you for making the world of difference’, the amazing volunteers at Volunteering SA&NT (VSA&NT) were treated to an afternoon at the movies during National Volunteer Week.

For the second year in a row, the iconic, independent and not-for-profit cinema, The Capri at Goodwood was chosen. Run by a network of generous volunteers, The Capri makes sure all of their profits go back into restoration work, including the prized Wurlitzer organ.

Each volunteer was presented with a Certificate of Appreciation and enjoyed popcorn and a drink whilst watching Top End Wedding. This heartfelt and uplifting movie was a good choice and everyone really enjoyed it, and it was a chance to spend some time together outside of the office.

Pam Evans, who is part of the Volunteering ASSIST team and has been volunteering with VSA&NT for over 17 years said that no reward is ever expected; but it is nice when it happens.

“I volunteer without the expectation of a tangible reward and love working with the great team at Volunteering SA&NT.

“However it is nice to be treated once in a row and to be fussed over a little more, especially during National Volunteer Week.

“The movie afternoon is a great idea and it’s nice to mix with the other volunteers that you may not normally be working with”, said Pam.

The dates for the next National Volunteer Week are 18-24 May 2020 with the theme to be announced later in the year.

For more information
E reception@volunteeringsa-nt.org.au
T 08 8221 7177
W volunteeringsa-nt.org.au
Volunteers helped open the door for refugees to strengthen their health and wellbeing at the Healthy Living Expo hosted by the Australian Refugee Association (ARA) earlier this year. Imogen Moseley, Project Officer from ARA said one of the key successes of the Expo was the bicultural volunteers who support the work of ARA in helping people settle into their new communities.

“Our bicultural volunteers talked with people in their language about the health services available for refugees and their families,” said Ms Moseley.

More than 400 people tapped into physical, mental and sexual health services, delivered by 35 stallholders at the Expo at the Salisbury Primary School.

Deb Stringer, CEO, ARA said that people who fled war and destruction may not have had access to even the most basic health services. “We engaged 15 bicultural volunteers who spoke other languages including Nepali, Arabic, Burmese Chin and Pashtun (Afghani) to talk directly with migrant families and individuals,” said Ms Stringer.

Joining the bicultural volunteers were mother and son team and Arabic speakers, Hind Suleiman and her son, Obaida Al-Bajjari. Obaida said that he volunteered to help educate his community and other communities about the importance of taking care of their health.

Another ARA volunteer, Vanshika Sinh, who had previously volunteered to help young people in schools through the ARA’s Homework Club, said that the inequity in health care access can be a major determinant of poor health in migrants and refugees. She was overwhelmed with the attendance and the enthusiasm to which people engaged with the stalls and the information being presented.

The majority of people taking part were from Bhutanese, Syrian, Afghani and Burmese cultural backgrounds, with most of them having arrived in Australia since 2016. Ms Moseley said that this is important to know, as it shows that newly arrived people were truly reached through this initiative, as we hoped.

Job and business opportunities for former refugees and volunteers are also fostered through these ARA events. The volunteers increase their skills in interpreting and community engagement, and two of the caterers, Ratiba (Syrian cuisine) and Neelima (Bhutanese cuisine) have secured professional catering jobs.

“Many of our volunteers are eager to work in the health sector. “Being involved in the Expo was an opportunity to network with health service providers and enhance their job prospects by demonstrating their commitment to taking part in the community,” said Ms Moseley.

For more information
E volunteer@ausref.net
T 08 83542954
W australianrefugee.org

OBAIDA AL-BAJJARI (ARABIC SPEAKING BICULTURAL VOLUNTEER) AND MOTHER HIND SULEIMAN, ORIGINALLY FROM IRAQ (ARA BICULTURAL CASE MANAGER) AT THE HEALTH EXPO
Strengthening volunteer wellbeing

KATE MCEWEN  POSITIVE PSYCHOLOGY & WELLBEING, TAFE SA
RENE STROHMAYER  PUBLIC PROGRAMS OFFICER, ADELAIDE HILLS COUNCIL

Research shows that when strengths are used, the more likely people are to be engaged, uplifted and energized by the task at hand.

South Australia has been guided in the application of wellbeing frameworks since Martin Seligman, founder of the positive psychology movement, was the Thinker in Residence in 2012.

Since then, organisations, schools and community groups have implemented an array of wellbeing practices that are backed by science, including using strengths.

SA Health has produced a 5 Ways to Wellbeing toolkit for local councils to use with community groups and volunteers, based on the original created in the UK in 2008. It outlines five key daily activities that support wellbeing: be active, keep learning, give, connect and take notice.

TAFE SA’s Kate McEwen facilitates wellbeing training and shows how various frameworks can be applied in practical ways. Kate believes that volunteers are already engaged in many ways that build wellbeing and can be further supported through providing information about evidence-based practices and opportunities to be active, learn, connect, give and be aware.

And volunteering might tick all of the boxes whilst simultaneously building wellbeing.

‘Active’ = incorporates physical activity and getting out and about.

‘Learn’ = requires openness and curiosity.

‘Connect’ = connecting with other people, as well as with ideas, nature and animals.

‘Give’ = time, expertise, willingness and kindness.

‘Be Aware’ = links to awareness of surroundings, other people, situations and environments.

All of the 5 Ways to Wellbeing inter-relate and boost one another with one activity sometimes including all five ways to wellbeing.

For example, when coming together to share ideas and to work on a project - there is connection, learning, giving, taking notice and being active.

Wellbeing can be improved when people participate in the things that they are good at and enjoy – this is commonly called, using our strengths.

With purposeful, strengths-based planning by volunteer co-ordinators, volunteers can do the things they like to do whilst building their wellbeing at the same time.

FABRIK

Volunteer co-ordinator Rene Strohmayer from Fabrik, a new arts and heritage hub in the Adelaide Hills has used a strengths-based approach with great success.

Based in the former Onkaparinga Woollen Mill in Lobethal, the vision for Fabrik is to develop a gallery space, exhibition program, community events, creative workshops, artist studios and interpretation of the Mill's history.

To achieve this, Fabrik encourages and relies on the support of volunteers and Rene is passionate about supporting those volunteers to work to their strengths to further enhance the volunteering experience.

One event, ‘Weaving Stories’ required a team of eight volunteers over eight nights. Rene approached volunteer recruitment through a lens of wellbeing rather than calling for a general ‘one-size fits all’. She created specific tasks, allowing individuals to utilize their different strengths.

She named the roles ‘Friendly face in the crowd’ (Crowd Leader), ‘Host of warm beverages’ (Tea and coffee service), ‘Tech Support’ (behind the scenes; high degree of attention to detail) and ‘Set up support’ (setting the scene and place making). Individual volunteers chose the role best suited to their interests and strengths ensuring that they felt confident in their role and enjoyed their tasks.

This strength based approach to planning resulted in an incredibly enthusiastic and positive team of volunteers. They shared their delight for the project with the broader community and former Mill workers who attended. This increased a richer sense of community and comradery and the overall success of the event for all involved.

For more information
W ahc.sa.gov.au/Community/volunteering
Volunteering SA&NT hosted their first South Australian Living Artists Festival (SALA) exhibition in August (1-15), joining hundreds of other non-traditional venues around the State, turning their Victoria Square head office reception into a ‘pop up’ art gallery.

The ‘Art of Volunteering’ exhibition featured over 40 art works from volunteers working with member volunteer involving organisations, such as the Hutt Street Centre, Lutheran Homes, University of Adelaide and Multicultural Communities Council of SA.

Evelyn O’Loughlin, CEO Volunteering SA&NT said that the nine artists chosen volunteered in not only art-related positions but in research, administration and food service as well.

“These talented volunteers, affectionately named the ‘Altruistic Artists’ came together over their creativity and love for art, as well as their passion for giving to others.

“It was wonderful to see our exhibition come to life, their artwork was fantastic, and so much so, that nine pieces were sold,” said Ms O’Loughlin.

Their art ranged from pencil celebrity caricatures of Tom Cruise and Sylvester Stallone, landscape oils on canvas, flora coloured drawings and watercolours. Then there was digital art and cyanotype – a photographic printing process that produces a cyan-blue print.

By providing a central CBD exhibition space, Volunteering SA&NT not only opened their doors but also their hearts in appreciation of these volunteers, and in recognition of all volunteers, for their dedication and commitment to changing the lives of many.

The Art of Volunteering was launched on 31 July 2019 with thanks to in-kind supporters Ulithorne Wines, Thug Life Brewing, Ashton Valley Fresh and Wanna Graze.

Editor’s note: Thank you to Maxie Ashton, Altruistic Artist, who generously gave one of her paintings to a Volunteering SA&NT volunteer, who was overwhelmed and ever so grateful.

For more information
E reception@volunteeringsa-nt.org.au
T 08 8221 7177
Plaza Youth Centre Community Garden Project

David Jacquier, through their Business and Corporate Volunteering Program joined forces with Plaza Youth Centre, Beyond Bank and Mitre 10 to create a community garden at the Plaza Youth Centre in Whyalla. The day was perfect and fitted into the program of national activities and events around National Volunteer Week (20-26 May 2019). Joanne Jones, Plaza Youth Centre Co-ordinator and John Pycroft, Youth Worker designed the project with the aim of giving their youth participants life skills through planting and propagating a garden, with the ultimate goal of using the produce to prepare and cook healthy food.

Volunteering SA&NT, through their Business and Corporate Volunteering Program joined forces with Plaza Youth Centre, Beyond Bank and Mitre 10 to create a community garden at the Plaza Youth Centre in Whyalla. The day was perfect and fitted into the program of national activities and events around National Volunteer Week (20-26 May 2019). Joanne Jones, Plaza Youth Centre Co-ordinator and John Pycroft, Youth Worker designed the project with the aim of giving their youth participants life skills through planting and propagating a garden, with the ultimate goal of using the produce to prepare and cook healthy food.

By the end of the day, the enthusiastic team had made several planter boxes, some out of recycled timber, filling them with a variety of vegetables and colourful flowers. Plaza Youth and Volunteering SA&NT would like to thank everyone involved for their invaluable contribution towards establishing the garden; Beyond Bank for encouraging their employees to participate and Mitre 10 for their generous donation of garden supplies and the educational pre-garden workshop.

For more information Business and Corporate Volunteering E reception@volunteeringsa-nt.org.au T 08 8221 7177

Happiness @ Hutt St Centre

Sue Rogers, Communications Manager, Volunteering SA&NT

Born and bred in Adelaide, Kim Simpson spent most of his life on the road, travelling throughout Australia and overseas and spending endless nights in hundreds of motel rooms. As a lighting, sound and audio engineer in the music industry, Kim travelled the world. It was quite the life; he got to work with many famous musicians and has lots of entertaining stories to tell.

However the downside of his chosen career path, is that Kim has industrial deafness. On the plus side, this hasn’t discouraged Kim from devoting countless hours to helping others.

Kim has been a volunteer at Hutt Street Centre for six years after being introduced through a friend. After life on the road, Kim came back to settle in Adelaide, and without a place of his own, he resided in a boarding house. It was through that friend that Kim was helped by Hutt St Centre – they found him a more suitable and much nicer place to live and one that was also cheaper.

As a volunteer Kim helps out in the kitchen, the day centre and in the art room.

“I’m basically an all-rounder and love to help out where I can. I volunteer two days a week and spend most of my time in the kitchen, I help sort the supplies and prep the food and then what’s left of me, the rest get of me,” Kim says through a wide smile. He does enjoy his art and after learning to paint only six years ago, Kim is eager to pass on his skills and passion to others. Kim also recently exhibited in Volunteering SA&NT’s inaugural SALA exhibition, The Art of Volunteering in August with three acrylic paintings.

With more and more people coming through the centre, Kim said that he feels good to give something back to the community and it boosts his self-confidence.

“I’ve made heaps of good friends, with the staff and other volunteers and, as a bloke living on my own, it’s good for me to have the company. “And to know you are doing something for people who genuinely need it, is just a good feeling,” said Kim.

Kim’s connections, through Hutt Street Centre, has opened up his world to a whole range of people, from all different walks of life. “They have taught me how to have patience, to relax and don’t panic,” Kim said.

For more information W huttcentre.org.au
A whole community effort promoting health and wellbeing

TRISH ROBERTS
CO-ORDINATOR, VOLUNTEER SERVICES

WHAT IS PALLIATIVE CARE?
The World Health Organization defines palliative care as ‘an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness’; which is achieved through ‘the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual’.

At Central Adelaide Palliative Care Service (CAPCS), they have a collaborative and community development approach to volunteering. Their volunteers are an essential part of a multidisciplinary team comprising specialist palliative care doctors, nurses, social workers and allied health workers. Some of these volunteers work in the palliative care inpatient hospice ward at The Queen Elizabeth Hospital (TQEH), whilst others provide support in patients’ homes in communities across the central Adelaide region.

Volunteers offer a diverse range of support services including respite for carers, social support, sharing activities, companionship and accompanying patients to appointments.

In the hospice ward at TQEH, volunteers spend time with patients, offer basic hand and foot massages as well as a listening ear. They set up music and DVDs, take patients on garden walks and provide general support to both patients and their families. Some of the volunteers, who are trained in massage and other complementary therapies, also spend time with patients, carers and family members, either in their homes or at the TQEH.

Thousands of volunteer hours are put in each year, including administrative and data collection and helping out at annual events, such as the Service of Remembrance.

Palliative care patients at TQEH also receive love and support from other volunteers in the community.

These include the “Claytons Quilters” who have gifted over 300 colourful quilts which add a touch of ‘home’ to patient rooms.

Then there are the weekly visits from the wonderful volunteers and their dogs from the Therapeutic Dog Services (TDS). These dogs have a very special way of bringing love into the ward and are literally welcomed with open arms.

Through the Art Therapist’s collaboration with the Prospect Men’s “Shedders”, patients now have beautiful hand-crafted wooden birds, bird houses and other small items in their gardens. The ‘Shedders’ have also made a wooden rack to hold art work acquired from the old RAH which sparks wonderful memories and interesting life stories.

In addition, tertiary qualified volunteer bereavement counsellors facilitate bereavement groups and provide support to bereaved clients.

Bereavement Group Co-ordinator and volunteer, Mary-Anne said that facilitating the bereavement group has opened her eyes to how wonderfully resilient people can be.

“Watching people regain their sense of selves through the bereavement process is absolutely the best part of being with the participants of the group.

“It is humbling when they work through their lives without their partners, or a child, or a best friend.

“There can be tears, but always a lot of laughter and there is a strong sense of bondship – not having to put on a brave face because everyone is experiencing what everyone else is,” said Mary-Anne.

Patients, families and staff also enjoy hearing from regular volunteer musicians who sing, play the harp, harmonica and guitar.

For more information
Central Adelaide Palliative Care Service (CAPCS)
W pallcare.asn.au//central-adelaide-palliative-care-services-capcs
A purposeful journey to volunteering

What began as a desire to give back to the community transformed into a career pathway for ECH (Enabling Confidence at Home) volunteer, Zoe Gardiner.

Inspired by caring for her 90-year-old grandmother, Zoe began exploring opportunities to give back to the community. An approach to ECH then resulted in Zoe spending time at the ECH Day Program in Smithfield, a group activity program specifically designed to cater for the needs of people who may be living with dementia or experiencing memory loss.

“I love greeting the clients when they arrive, seeing their friendly faces, making morning tea and participating in activities with them,” she says.

Volunteering with ECH has also opened Zoe’s eyes to a career in aged care. She recently graduated from Foundation Studies at Flinders University and has now been accepted into the College of Nursing and Health Science to study a Bachelor of Health Ageing.

“Volunteering with ECH has inspired me. I now know where I want to be in the future and how to get there and it has been so meaningful and rewarding giving back to the clients and staff within ECH. ‘It has been a huge learning experience as I have gained knowledge and awareness working with older South Australians’,” Zoe says.

Volunteering has also benefited Zoe in other ways. A naturally shy person, she found big groups intimidating and would sit back quietly rather than being in the thick of things.

Yet, with the support of ECH staff and clients, Zoe has developed a newfound sense of confidence that now sees her actively participating.

“I join in now with discussions and have a laugh with clients and staff – I’ve become more fun and bubbly,” she says.

ECH is one of the largest integrated providers of retirement village accommodation and ageing care services including at-home support, respite and wellness services, which enables the ECH Volunteer Program to offer a diverse variety of roles and activities to volunteers across the Adelaide metropolitan area and Victor Harbor.

Recognising that volunteers can often be juggling work, family and personal commitments, the ECH Volunteer Program is committed to providing a flexible and adaptive approach in creating opportunities based on the interests and needs of both ECH clients and volunteers.

Zoe’s aim is to make a positive difference for the community and for our future. She has many passions but working with older people and aged care providers in management or advocacy is what she sees herself doing.

For more information T 1300 275 324 W ech.asn.au

ZOE GARDINER’S EXPERIENCE VOLUNTEERING WITH ECH HAS INSPIRED HER TO PURSUE A CAREER IN AGED CARE

“My journey has just begun, and I look forward to reaching my goals whilst I am a carer, a mother and a volunteer,” she says.
A tribute to volunteers—30 years of Arts for Peace

LEONIE EBERT  FOUNDER

Established in 1989, The Graham F Smith Peace Foundation Inc. (The Peace Foundation) is a registered charity, run entirely by volunteers. The Foundation promotes peace through all forms of art relating to human rights, social justice and environmental sustainability to strive for social change and build community.

The Peace Foundation’s namesake, Graham F. Smith was a lifelong activist and educator with a passionate commitment to peace and freedom.

Volunteers have sole responsibility for the administration, communication, governance, development of funding streams, annual grants and awards as well as producing newsletters and managing special events such as the annual commemoration of Hiroshima and Nagasaki nuclear bombings and the WOMADelaide stall.

The work of The Graham F Smith Peace Foundation was recognised by receiving the Governor’s Multicultural Award, 21 March 2017 and the Sri Chinmoy Oneness Peace Run Torch Award 2018.

The Peace Foundation’s work has helped raise the profile of local artists from various cultural backgrounds and the results generate discussion and promote social change. All projects relate to themes pertaining to peace and have an educational component to increase knowledge and understanding.

Committed to building alliances, The Peace Foundation brings artists, creatives and diverse communities together to share stories, make inspiring art and learn from each other. Through their grants program, they work with many art organisations including Nexus, Vitalstatistix, Various People Inc, the Adelaide Fringe Festival and No Strings Attached Theatre of Disability.

However, the challenge facing the Peace Foundation is its longevity into the future.

The success over the last 30 years has been dependent to a large measure on the Founder and the volunteers. Initially volunteers were drawn from those having a connection with the Peace Foundation. However over recent times, volunteers have been recruited through Volunteering SA&NT, with others joining through word of mouth or seeing the website. Over 30 years, around 100 volunteers have worked in different capacities and it is their passion, energy and ability to make connection that has helped the Peace Foundation grow and function.

The future of The Peace Foundation depends on recruiting volunteers of high calibre into the organisation supported by philanthropists and sponsorships.

The Graham F Smith Peace Foundation acknowledges its volunteers and pays tribute to each and every one for their unstinting generosity for helping to make the world a better place and their work will be celebrated at the Peace Dinner to be held on 16 November at the Festival Centre.

For more information
E contact@artspeacefoundation.org
W artspeacefoundation.org
Facebook artspeacefoundation
‘Friends of Mylor Campsite Scrub’ — a decade of voluntary service

LINDA JORDAN  COMMUNICATION PROJECT OFFICER, FUNDRAISING AND MARKETING

More than twelve years ago, Barb Paton had little notion that she would become instrumental in forming the ‘Friends of Mylor Campsite Scrub’, and go on to provide over a decade of service helping to protect the valuable beauty of the bushland at Baptist Care SA’s Mylor Adventure Camp.

A series of incidental events saw Barb, an employee of Baptist Care SA, volunteer to help protect the precious remnant vegetation from invasive weeds. Through advertising, word of mouth and existing connections, a group of dedicated and passionate volunteers were assembled to work at the site which is located on the picturesque banks of the Onkaparinga River in the Adelaide Hills.

Since 2007, the group has been caring for the three hectares of bushland; managing the invasive weeds and identifying, recording and monitoring nearly 30 at-risk plant species. The volunteers, some in their seventies, work harmoniously together, sharing their knowledge, skills and expertise, whether in botany, weed management or photography. Collectively, and with support from Trees for Life and the Adelaide & Mt Lofty Ranges Natural Resources Management Board, they have made a huge difference to the scrub, which is now a registered Bush for Life site through Trees for Life.

The activities undertaken are also beneficial for the volunteers, as spending time in the natural environment and volunteering, have both been shown to improve health and wellbeing.

Group Co-ordinator, Barb Paton said seeing the improvement in the scrub has been very rewarding especially seeing native plants return to the areas where invasive weeds have been removed.

“It is also very rewarding to spend time with others who share a passion for protecting the site’s biodiversity.

“The ongoing support from the volunteers is paramount and their efforts are greatly appreciated.” said Barb.

Baptist Care SA Senior Manager, Tobin Hanna said ten thousand people each year enjoy the natural beauty of the campsite’s bushland. They take part in a host of healthy challenging, leisure and adventurous outdoor activities which promote growth, well-being and reconnection to self and nature.

“Their work helping us to preserve and maintain the bushland, has meant that campers can experience, enjoy and appreciate the natural environment at Mylor Adventure Camp,” says Tobin.

As part of this year’s National Volunteer Week celebrations, the group’s efforts were recognised for a Premier’s Certificate for Outstanding Volunteer Service at a special Baptist Care SA Volunteer Recognition Event at the Stamford Grand Hotel.

For more information
E ljordan@baptistcaresa.org.au
W baptistcare.org.au
Volunteers—essence of our sector

Community Centres SA is the peak body for 108 Community Centres and Neighbourhood Houses in South Australia who are visited by over 35,000 people per week. Centres are vibrant and trusted community spaces full of resourcefulness and creativity. They offer pathways to employment, skill development and participation while actively working towards reducing social isolation in their local communities through providing over 20,000 of meaningful volunteering hours each week.

Volunteers really are the mainstay of community centres; each centre has on average 20+ volunteers involved in activities as broad as reception to community gardening, Facebook posting to keeping the financial records, running a walking group through to a cooking group!

Community Centres SA’s core role is to be an advocate for the sector, supporting member organisations and individuals who share a commitment to empowering individuals and groups of people to build healthy and resilient communities. To have a voice, to feel empowered, to feel connected and participate in their community in a meaningful way, to pursue equity and advocate for social justice.

Services include training, social media mentoring and sustainability health checks. As well as raising awareness through research and advocacy about issues impacting on community’s health and wellbeing, manage university student placements support and build the sector’s workforce capacity in adult community education.

At the heart of the community centres is the understanding that social connectedness is the foundation block for individual and community wellbeing and resilience. Community centres throughout South Australia provide opportunities for social connection through real-life, grassroots and initiatives to connect people together.

This year, to encourage discussion about social isolation, we are partnering with Volunteering SA&NT to deliver the ‘Being Connected’ Conference in October, and are hosting an exciting new award – ‘The Loneliness Cure Award’.

The role community centres and volunteering plays to reduce the impact that social isolation has on the health and wellbeing of our community is now more important than ever. The harmful effect of social isolation in our community is reaching epidemic proportions globally.

Community Centres SA recognises that part of the cure to loneliness and social isolation lies in the power of meaningful connections – those that acknowledge, support and nurture a person’s values, their voice and their experiences.

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Being more socially connected leads to a 50% reduction in risk of early mortality for people of all ages. Professor Julianne Holt-Lunstad Loneliness in the 21st Century Keynote, 23 May 2018

1 in 4 Australian adults are lonely – Australian Loneliness Report, 2018, Community Centres SA 2016 Community and Neighbourhood Centres Report

For more information
T 08 8371 4622
W communitycentressa.asn.au

Community Centres SA
Strengthening Local Communities

Get your tickets now at: www.bit.ly/BeingConnectedConference

IMPROVING SOCIAL ISOLATION & BUILDING HEALTHY COMMUNITIES

2019
CONFERENCE
31 OCTOBER
HILTON ADELAIDE

P ARTNERS

Volunteering SA&NT
Leading volunteering in South Australia
and the Northern Territory.
Catherine Adams of Gawler, one of JDRF’s long term volunteers and fundraisers recently embarked on a Hike for Health – the Great Wall of China.

Twenty six Australians, all with a desire to Trek the Great Wall, came together to support JDRF Australia and accelerate life-changing breakthroughs to cure, treat and prevent type 1 diabetes.

Catherine, along with her business colleague Samantha Howse, took part in the Hike for Health – Great Wall of China Trek in support of loved ones living with type 1 diabetes and together they raised over $10,000 to support type 1 diabetes research.

In order to prepare for the massive journey, Catherine and her husband undertook a training regime, – getting fitter and healthier so that she would be ready for the challenges. David was a great training buddy.

Her GP suggested an Exercise Physiologist who devised an exercise program that included a twice weekly group exercise class and at home exercises.

“I was astounded with how much stronger my body became and, not wanting to let that go, I am continuing with my exercise classes as well as undertaking a prevention/maintenance program, said Catherine.

Catherine said that the very act of mentally and physically challenging herself has resulted in a great deal of satisfaction and change of focus.

“I want to look at more walking experiences when we travel, and with an increased level of fitness and endurance, I now have a ‘can do’ attitude in my everyday life and feel more open to new experiences."

JDRF would like to thank Catherine for her many years of dedication and support.

Catherine has been an active supporter since her nephew was diagnosed with type 1 diabetes at age 2, 15 years ago.

For more information W inspiredadventures.com.au/events/jdrf-kokoda-2020/
People volunteer for a variety of reasons. For Ashley Furneaux, a serious sporting injury led him to pursue his passion for quality and safety in risk management so he could return to work.

In a true success story, Ashley’s decision to volunteer with South Australian aged care provider Eldercare gave him the experience he needed to secure paid employment with another organisation where he is helping prevent injury to others.

“After breaking my neck in a surfing accident, which required spinal fusion surgery, I was looking for a less physical role and Work Health and Safety (WHS) was the perfect match for my skills and experience.

“During my WHS studies, I found it hard to complete operational aspects of the criteria because I wasn’t gaining practical experience in a workplace so I started looking for volunteering roles to build my new career and return to work.”

Ashley’s employment service provider suggested he look into aged care which led to an opportunity to volunteer with Eldercare’s WHS team.

“I enjoyed putting my knowledge into practice and learning different aspects of risk management, operational safety and deliverable outcomes within aged care,” said Ashley.

Ashley volunteered between one and three days a week and divided his time across Eldercare’s twelve residential care facilities throughout Greater Adelaide and the Yorke Peninsula.

During his time with Eldercare, Ashley came to understand the internal risk management structure that is required to ensure operational risks and continuous improvements are managed.

“I really enjoyed volunteering with this great WHS team - they were supportive, understanding and took the time to explain what effective management can achieve.

“It was really valuable seeing how each site maintained compliance and managed operational risk.

“I learned how to structure internal risk management processes for inspections, audits and investigations and how to find evidence and information when reporting corrective actions,” said Ashley.

Eldercare Senior Work Health and Safety Consultant Todd Martin mentored Ashley and said he was an ‘invaluable addition’ to the team.

“Eldercare Volunteer Co-ordinator Kylie Maher said Eldercare’s team of 320-strong volunteers were ‘the backbone’ of the organisation with volunteers making such a positive difference to residents and our staff with the skills and expertise they bring.

“There are so many ways in which volunteers can make meaningful contributions to the organisation from spending one-on-one time with residents to helping staff complete tasks like Ashley did with the WHS team.

“There really are opportunities for everyone and we welcome people of all ages, experiences or cultures,” said Kylie.

Ashley said he would like to keep volunteering with Eldercare when he can and encouraged others to ‘have a go’.

“Volunteering is a rewarding way to meet like-minded people and it helps open up new employment opportunities.

“It has brought some great connections, more social interaction and positive outcomes into my life.”

“I look forward to staying friends with Todd and the WHS team,” Ashley said.

For more information
T 08 8291 1000
W eldercare.net.au/volunteer
The Royal Society for the Blind (RSB) places a great deal of emphasis on helping maintain the health and wellbeing of their clients. To successfully do this, they rely on the dedicated efforts of their volunteers. In a wonderful case of serendipity, it turns out that volunteers benefit as much as the people they assist.

According to RSB Volunteer Engagement Facilitator, Richelle Clements, the health and wellbeing benefits of volunteering are well documented.

“There has been a great deal of research demonstrating that people who volunteer cope better with stress, anger and anxiety, have increased levels of self-confidence and maintain better physical health”, said Richelle.

With almost 10 years under her belt as an RSB volunteer, Natalie considers the time she donates to assist people who are blind and vision impaired, the highlight of her week. Natalie was drawn to volunteering after reading an article in her work newsletter, encouraging employees to consider offering their time to assist a worthy cause. Natalie chose RSB and her first role was to pick up clients and drive them to medical appointments or take them shopping. She then changed role to assist with aqua classes at the RSB’s Gilles Plains centre. Natalie makes good use of her flexitime to make sure that she can attend every Tuesday.

“I feel really valued by the RSB team and the people whose lives I am doing something positive for, in my own small way.

“There’s a gentleman in his late 50s who is blind and deaf. He can’t see or hear me, but when we’re exercising together in the water, the look of joy on his face is priceless,” said Natalie.

By volunteering with the RSB’s aqua classes, Natalie has the added benefit of getting fit and she gets a good nights’ sleep afterwards!

Evelynn, who has been a volunteer with RSB for 16 years, also enjoys her time assisting with the aqua classes. She also helps out with various administration duties in the Smithfield branch office.

After retiring early due to a disability, Evelynn said that she soon realised that it was too easy to just stay at home and watch TV.

“I needed something to give me a reason to get up in the morning.

“Helping out at the aqua class also keeps me mobile which is good for my joints,” said Evelynn.

Natalie and Evelynn both agree that their lives are richer because of their volunteer work even though those first steps to volunteering were a little daunting.

Natalie was concerned that she would need to do a lot of training to work with people who are blind or vision impaired. However she found the one day training really enjoyable and giving back to the community, really rewarding.

Evelynn also has good advice for potential volunteers.

“Do it to help other people, but also do it for yourself.

“Volunteering is good for you, physically and emotionally. Work out what it is you enjoy, find a volunteer role that is a good fit and just give it a try,” said Evelynn.

According to Richelle, organisations like the RSB are always in need of more volunteers. She has the privilege of working with so many fabulous people who are prepared to donate their time to assist others. If people are nervous at the start, they soon relax knowing how valued and important they are, and it is then that they flourish.

For more information
Richelle Clements
T 1300 944 306
E richelle.clements@rsb.org.au

RSB VOLUNTEER, NATALIE, ASSISTING A CLIENT DURING AN AQUA CLASS

A wonderful case of serendipity

ROBERT HART COMMUNICATIONS OFFICER
‘Uteful’ day leaves Moana sparkling

ABIGAIL THOMAS  COMMUNICATIONS AND ENGAGEMENT CO-ORDINATOR

Food packaging, numerous bottle caps, bits of rope and even a computer monitor were among the hundreds of pieces of garbage collected by volunteers at a clean-up day in the Moana Beach area earlier this year.

Over 80 young volunteers helped pick up enough litter and rubbish to more than fill a large ute said co-organiser Warrick Barnes, a Coastal Conservation Officer with Natural Resources Adelaide and Mt Lofty Ranges (AMLR).

The young eco-warriors also helped remove around two truckfuls of woody weed branches, mainly from the back of the beach among the dunes, to give local native plants more space and deter rabbits.

“It was a bit of a surprise to find so much rubbish because Moana is a well looked-after beach.

“Imagine how much debris you’d find on a beach which doesn’t get the same attention,” he said.

Each year, teenagers from church groups help Natural Resources AMLR staff on environmental projects as part of their Big Week Out activities. Previously, they helped rangers remove dumped hard waste, including old mattresses, from Shepherds Hill Recreation Park, tackling the difficult task with energy and good humour.

“This year, the group was again an absolute joy to work with and enthusiastically got stuck into what needed to be done,” said Mr Barnes.

National Parks South Australia Senior Ranger Amy Anderson said the work assists the Friends of Moana Sands Conservation Park group with their ongoing weeding and revegetation efforts with the dunes area replanted with native species to provide habitat for insects, birds and animals native to the Moana coast.

For more information
Communications and Engagement Co-ordinator
M 0417 975 597

Government of South Australia
Adelaide and Mount Lofty Ranges Natural Resources Management Board
125 year Anniversary of Women’s Suffrage in South Australia

SUE ROGERS  COMMUNICATIONS MANAGER, VOLUNTEERING SA&NT

The Women’s Suffrage League was founded by volunteer activists in South Australia in 1888, with the aim of women gaining equal voting rights. Over the next decade, there were six unsuccessful attempts through Parliament, under four different premiers. Continued public pressure helped the suffragists to gain traction and visibility, they travelled the state by rail, getting signatures on petitions that were held together by glue and over 400 feet long. Once presented to Parliament, one third of the 11,600 signatures were from men.

On 18 December 1984, the Bill giving all South Australian women the right to vote and stand for Parliament was passed.

Augusta Zadow was an advocate for women’s rights in the workplace and was South Australia’s ‘First Lady Inspector of Factories’. It was 1895 and she was a woman ahead of her time, with her advocacy being attributed to many of the working conditions enjoyed by women today.

For more information
W officeforwomen.sa.gov.au
search 125th anniversary of suffrage

Health Benefits of Volunteering

Volunteering REDUCES the body’s stress and also releases endorphins (the brain’s natural painkillers)*

96% of individuals feel good after volunteering*

Regular volunteers were 10 TIMES more likely to be in good health than people who didn’t volunteer*

96% said volunteering makes them feel happier**

73% said volunteering makes them feel less stress**

68% said volunteering makes them feel healthier**

58% said volunteering makes them sleep better**

References
Next year, the Friends of The Queen Elizabeth Hospital (The Friends) will celebrate their 60th anniversary by revealing the contents of a time capsule buried on the hospital grounds. Past and present volunteers will join together to reminisce about their time and enjoy a luncheon together.

The Friends are a voluntary group and the first in Australia to not only raise money but provide services within a hospital setting.

One of the first was offering a hot beverage trolley service to clients waiting for their appointments. Over time, additional duties were added, not only assisting patients but staff and visitors as well. Volunteers would visit patients’ bedside to offer reading material and toiletries and walking groups were formed.

Fundraising has always played a big part and is something that is not usually incorporated in a service group in hospitals. The Friends have purchased many items of equipment for The Queen Elizabeth Hospital including the recent scalp cooling cap machine. With a value of over $53,000, it is used to reduce hair loss in certain treatments for cancer survivors.

Volunteering helps bring people out of isolation and provides the opportunity to establish new friendships.

Many people start volunteering after spending time in the hospital visiting family and friends. They come from a wide variety of backgrounds and nationalities and by participating in different duties it gives them the opportunity to move about and keep active.

With the inclusion of social activities and celebration dinners, the health and wellbeing of many volunteers has increased since joining The Friends.

Time spent volunteering has changed the lives of many people who would otherwise spend time home alone.

For more information
T 08 8222 6443
W health.sa.gov.au
Teaming up with SA Water

SUE ROGERS COMMUNICATIONS MANAGER, VOLUNTEERING SA&NT

Through its Business and Corporate Volunteering Program, Volunteering SA&NT has partnered with SA Water in their Aboriginal Twinning Program which is one of the actions to come out of SA Water’s Reconciliation Action Plan.

The Business and Corporate Volunteering program, through Volunteering SA&NT provides employees in businesses and corporates the opportunity to develop skills, foster team building, offer new and exciting experiences as well as give back to the community. For the businesses and corporates it goes a long way in being recognised for corporate social responsibility.

Tracey Fox, Executive Manager at Volunteering SA&NT said it’s a kind of ‘brokerage’ service where we connect businesses and corporates with not-for-profits who are looking for volunteers.

For SA Water, Volunteering SA&NT will manage six skills-based volunteering projects over a 12 month period. Individual SA Water employees will be matched, by skill, to Aboriginal not-for-profit organisations in the metropolitan area – such as Neporendi and Tauondi Aboriginal College.

The skills will be varied and could range from finance, strategy development, business planning, communications, marketing, IT and project management.

As well as spending time with a not-for-profit, volunteers will not only share skills and knowledge but take away a new cultural immersion experience which can open doors to a much deeper understanding of another culture.

Next up for the partnership, will be the management of a team-based volunteering program which will give between 40-50 employees the chance to take part in a group activity or event. This one-off project could be working on a community garden, painting buildings or working at a fundraising event or festival.

For further information E reception@volunteeringsa-nt.org.au
T 08 8221 7177

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For further information E reception@volunteeringsa-nt.org.au
T 08 8221 7177

Business and Corporate Volunteering

We can CONNECT your not-for-profit organisation with businesses who are looking to volunteer in the community.

volunteeringsa-nt.org.au
SEARCH What we do/other services
It’s a win-win

EVELYN O’LOUGHLIN, CEO VSA&NT (LEFT) WITH ANNE WESTLEY, GENERAL MANAGER, GOVERNANCE, PLANNING, SA WATER AT THE LAUNCH

“We manage the whole process, making it seamless for both parties. There are two types of volunteering through the program. Skills-based corporate volunteering where volunteers use their day to day workplace skills to complete a project. Then there is team based corporate volunteering which are one day projects completed by a team of volunteers”, said Tracey.

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For further information E reception@volunteeringsa-nt.org.au
T 08 8221 7177
SAAS strengthens support for local volunteers

KASSIE AFFEDE COMMUNICATIONS OFFICER, CORPORATE COMMUNICATIONS

SA Ambulance Service (SAAS) is calling on country town locals to take the step and find out more about becoming an ambulance volunteer. When a person becomes a volunteer ambulance officer there are many support networks they can access at SAAS. A number of existing volunteers are Volunteer Equity Contact Officers (VECOs), who are trained specifically to assist volunteers by helping them through matters of grievances.

SAAS’ Executive Director, Operations (Country) Julia Waddington-Powell says the concept of VECOs is to provide a greater layer of support to the volunteers and listen to concerns they may be facing as well as provide options to help resolve the issue.

“We want our volunteers to know they are fully supported in key areas of focus like equal opportunity, communication, principles of natural justice, and stress mitigation,” said Julia.

SAAS volunteer Denise Foreman took the step 33 years ago, not only becoming an ambulance volunteer in Kingston, but also taking on the role as a VECO for other SAAS volunteers.

“There was a scarcity of volunteers in the town and I felt I had the skills to provide the service in the community. *Being a VECO has given me an even greater sense of offering a helping hand to others in a time of need.

To me, it’s about being a part of the SAAS family and really looking out for each other,” Denise said.

VECOs interface with Peer Support Officers and offer psychological support whenever necessary. Information that is shared with a VECO is strictly confidential and is a state-wide function meaning volunteers can consult regardless of where they are located in the state.

“Mental health is of great importance to SAAS. VECOs are just one of the many support services we offer our volunteers,” Denise says.

Earlier this year, SAAS rolled out its latest recruitment campaign, ‘Live your life while saving others’, which demonstrates how easy it is to sign up, train and balance life with volunteer hours.

In addition to these support services, SAAS has introduced a range of programs to make volunteering easier. Ambulance volunteering can fit in with different lifestyles so the individual can set the pace of training that suits. In fact volunteers could be driving an ambulance, supporting an ambulance officer in just seven days of training.

The ambulance rosters are very flexible in working around other commitments and any amount of time volunteering for SAAS is always welcome.

Julia said SAAS is recruiting all around regional South Australia.

“We are looking for locals to put their hand up to support their community and volunteer to help provide a sustainable service to their area. Volunteers can respond from their homes or workplaces. We have volunteers that work full-time jobs and we work with employers to understand and facilitate that. It’s that kind of flexibility that helps make sure rosters are covered. Any hours offered are very welcomed!” said Julia.

SA Ambulance Service volunteer staff members are the heart of service delivery in our state’s rural and remote communities. There are currently 1595 volunteers across the state with volunteers attending regular training to keep their practical and clinical knowledge up to date.

For more information
T 1800 655 306

DENISE FOREMAN
Enhancing student wellbeing through community service

Service Learning is an integral component of the holistic education at Scotch College (Scotch). Students, from different year levels, actively participate in community-focussed activities.

Service Learning provides a values-based, holistic experience for students and enhances their wellbeing by serving in their communities as part of the curriculum.

These community initiatives range from students participating in fundraising days, such as The Cancer Council’s Daffodil Day and the Hutt Street Centre’s ‘Walk a Mile in my Boots’ to supporting World Vision through child sponsorship and a smaller version of the Global Walk for Water.

Although the main focus of these activities is on awareness, significant funds were also raised to support World Vision causes.

A different take on the 40 hour famine saw students experiencing the life of a person fleeing a civil war by living out of a backpack for 40 hours, in the aptly named Backpack Challenge.

The Winter Soup Club sees younger aged students voluntarily preparing Scotch farm grown vegetables, which go into a heart-warming soup and delivered each week to the Adelaide Centre for Homeless Persons.

At the end of the school term, year 10 students engage in a week long Service Learning placement.

Last year community partnerships were formed with St Louis Aged Care, Resthaven, Fred’s Van (Vinnie’s), Adelaide Centre for Homeless Persons and the Women’s and Children’s Hospital. Over 180 students participated in Sleep Out Salvo through the Unley Salvation Army, as well as the Red Shield Appeal; Hygiene Kit Collection and Blanket Blessing.

The students are continually increasing their global awareness, and through the broad curriculum, frequently studying the big challenges facing humanity. As active global citizens and future leaders, they are contributing to resolving these challenges through these initiatives which directly link back to the United Nations Sustainable Development Global Goals.

Scotch are proud to provide an environment where students are given ample opportunities to express their ideas, opinions and passions, and to make constructive choices and see the end results.

Service Learning enables students to use their initiative, make decisions, interact with community representations, develop critical-thinking skills, put their ideas into action, and assess and evaluate the results.

Driven by passion, numerous student-driven initiatives are supported throughout the year.

Tracey Wallace, Service Learning Co-ordinator said that student volunteering has the potential to enable youth to authentically become active citizens within their communities.

“Service through volunteering is a potent, dynamic and unifying social force for community benefit. “Youth volunteering ultimately promotes citizenship, healthier neighbourhoods and connects communities,” said Tracey.

For more information
E twallace@scotch.sa.edu.au
W scotch.sa.edu.au
All over Adelaide men are volunteering – and for around 50 of them, in their sheds!

These volunteers have skills in areas such as carpentry, electrical or mechanical engineering, electronics, plastics or are just good at making things.

Their neighbours think they’re just tinkering but what they are really doing is improving the quality of life of people with disabilities and the aged. They are volunteering for a unique charity, Technology for Ageing and Disability SA (formerly Technical Aid to the Disabled SA) or TADSA as they are known today.

The TADSA volunteers are literally changing people’s lives and in doing so, making their own lives better. Seeing a child with a disability ride a bike (usually for the first time) that a volunteer has modified, brings smiles from the child, tears from the parents and sometimes tears from the volunteer too.

TADSA volunteers get as much pleasure from seeing the impact their projects have on the client, as the client themselves.

TADSA began its service in 1978 and over those 41 years, hundreds of volunteers have designed, built or modified thousands of devices that are not commercially available to help with day to day activities.

It can be something as simple as a device to assist someone with arthritis to turn on a light switch, to modifying four wheel walkers to allow people to play lawn bowls.

And the volunteers must be happy in their work – with several having been with TADSA for over 20 years and others for over 10 years.

One client wanted a wheelchair swing so it could be enjoyed in their own backyard.

The inventive TADSA volunteer modified a neighbour’s Hills activity set providing endless hours of entertainment.
Southern Volunteering has recently recruited story collection volunteers to document the experiences of real people who have accessed their services and found positive, fulfilling voluntary work in the community. In sharing these stories of volunteering journeys, the team at Southern Volunteering hopes to inspire others.

Sal, 62 starting volunteering after being made redundant and Joanna, 63 turned to volunteering to help with employment opportunities. Both are grateful for the way volunteering makes them feel – like they are part of something and making a valuable contribution to the community. For Joanna, it has helped her with managing her depression by giving her a greater sense of self-worth.

Can you tell me a bit about yourself?

Sal: I worked as a professional educator and workplace trainer in a large club in Sydney, responsible for the training of 400 staff. After an annual holiday, I was un-expectantly made redundant and with my self-esteem shattered, my wife and I decided to take a 'senior’s gap year’. We sold everything and planned a year long trip around Australia. Well, we only got three weeks into our trip, discovered Adelaide, and have been here ever since!

Joanna: I am not yet retired. I love people and I’ve done all sorts of jobs – ranging from working for National Parks as a Cave Guide to working in sales, in an office and even as a spruiker. I’ve been very lucky in my life.

Why did you decide to volunteer?

Sal: Not being very successful at finding full time employment in our new State, I decided to take up volunteer work to remain active in the work force.

Joanna: It was an option as a Centrelink Newstart client, and when I had trouble finding employment due to my age, it was suggested that volunteering may be the answer. It’s very hard to find work locally, so I thought it was a fabulous idea.

How did you find out about volunteering?

Sal: Volunteer work was initially suggested by my Employment Services provider. My wife saw the Southern Volunteering Office at Christies Beach and made an enquiry on my behalf knowing that I like to keep busy. After a meeting, it was evident that I spoke fluent Italian, and so I became a volunteer at an Aged Care Facility, with quite a few Italian residents.

Joanna: I found out about volunteering initially from Centrelink, and also from my Job Service Provider who mentioned Southern Volunteering. They suggested I could do some volunteer work, so I made an appointment.

How did you find the process of applying to be a volunteer with your chosen organisation?

Sal: I found the process of applying as a volunteer to be straight forward and I found the staff at Southern Volunteering to be most helpful and nurturing.

Joanna: I thought it was very reasonable, and the process quite painless. I understand the need to complete forms so that people can be matched with positions.

How was your first day volunteering?

Sal: Both interesting and tiring and I found it hard to remember the names of everyone. I kept getting lost but with the help of a small map, I eventually managed to find my way around.

Joanna: Amazing! The term “steep learning curve” comes to mind. It was good fun.

What difference do you think volunteers make to the community?

Sal: Volunteers make a conscious and extremely valid contribution in the community, with most of the volunteering work coming from the heart.

Joanna: Oh, how would we survive without them?! Volunteers are priceless.

Have you recommended volunteering to other people?

Sal: I have been, and continue to suggest volunteering to other people.

Joanna: Anybody who will listen, yes!

For more information
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