

THOUGHT OF THE MONTH:

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop. --- Mother Teresa



In this month's issue:

- Introduction
- Training Organisations
- Volunteer's Stories
- Available Training



Volunteer's Stories

Our newsletter has a "What Volunteering Means to Me" section. We want to include your story in our newsletter to share with others. Please email or contact us about why you volunteer and what keeps you going. Your stories support other volunteers and help organisations to understand what motivates volunteers.

Thank You..

Introduction:

Welcome back to a new year, although we are in the second month of the year, this is Volunteering Service's first newsletter for 2009.

As normal the start to a new year always brings about change, new ideas and resolutions. One of Volunteering Service's focus for 2009 is to connect with organisations that are keen to review and improve their volunteer recruitment processes and on-going management system. Inevitably over time, changes occur in society, which inadvertently changes legislation, policies and practices. Old traditions no longer fit and new standards and best practices are being introduced across sectors. Wouldn't it be great to know there is support and information when looking at best practices around your volunteer management system. If this is an area you would like to explore further, please contact me as I am happy to assist where required.

Training is another area of focus.....now you are probably thinking "more training!" However training is what provides us with best practices and up dated knowledge. The idea is to review training topics, implement new topics and training packages enabling your volunteers to continuing learning new skills, best practices and building on their confidence when providing a high quality service delivery to your organisation and consumers. Over the past 2 years there has been more emphasis on affordable credited and non-credited training, you will notice as you read through the newsletter, organisations that provide courses and traineeships which increase skills and qualifications within the aged care/disability sector and effective management of volunteers.

We also have a lovely story from a wonderful volunteer worker, sharing her experiences as a volunteer.

Training Organisations:

Active Volunteering Certificates I, II, and III are nationally accredited courses designed to meet the unique training needs of volunteers and open up learning and employment opportunities. Find out how delivery of the *Certificates* is integrated into actual volunteer placements, enhancing and reflecting the real work volunteers do. See how *Active Volunteering Certificates* can be adapted for great outcomes with secondary students new to volunteering as well as with diverse groups of volunteers of all ages and abilities. Hear about the extraordinary impact Recognition of Prior Learning (RPL) can make on volunteer training. You'll also learn about the step by step process for registering to deliver the *Certificates*.

If you would like to read further information please visit Volunteering Australia's website, www.volunteeringaustralia.org click on skills & training, then click on for volunteers. There is an information sheet outlining the key details of four different Registered Training Organisations which have offered the *Certificates*. These can give you an idea of how your RTO or volunteer-involving organisation could also benefit.

BUSY AT WORK Apprenticeships Services (BUSY) is contracted by the Australian Government to deliver free Australian Apprenticeships Support Services to employers, job seekers, existing workers, schools, Job Network Providers, Registered Training Organisations, Group Training Organisations and other interested parties. To encourage employers to up skill their employees through Australian Apprenticeships and traineeships, the Australian Government provides a range of incentives and allowances. With over 600 qualifications to choose from, there is a qualification to suit most employers skills needs. One of the obtainable qualifications is Certificate III in Aged Care and Certificate III in disability, if you are interested in receiving further information please visit the website www.busyatwork.com.au or contact **Dallas Cumner**, Industry Training Consultant on 07 3287 8787.

Volunteering Queensland - Event Management Essentials Course - This workshop has been developed for community groups which organise projects and events of all sizes. For those with experience in planning events, this workshop provides an opportunity to consolidate current knowledge and workshop latest thinking in event. Participants new to project planning will increase their skills and knowledge in the area and develop practical strategies for action. For further information on when the course is running and other courses offered for the year, please visit the website www.volglld.org.au

Did You Know That...



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



What volunteering means to me...

Shared by: **Helene Dillon, Flexible Support Services Australia**

My one-day-a-week volunteer work began in 1965, after my husband died, and my younger daughter began school.

I needed and enjoyed the companionship of the other ladies, and I was able to be at home when my children returned from school. When they became independent my life would have been lonely without the friendships I've formed over the years as a volunteer.

I really enjoy being with the people at Flexible Support Services, both with the consumers (who are mostly not so different in age and interests to myself) and the staff, paid and unpaid, who are fun to be with. I feel a strong bond with most of them. They're a good lot, who care about others.

Everyone's better for the knowing and I'm a better person for knowing them. We share jokes and feel for one another when things are not ok. I miss them when they're away and they in return make me feel needed. We all need to be needed.

Some of the consumers are so thankful for the things that we do, and that makes us feel worthwhile and glad to be in the position that we can help in some small way to give them comfort or joy. I hope to be able to keep going for as many years as I'm able to drive, or until I become a grumpy old woman and then they might gently tell me not to come anymore.

GREAT TRUTHS ABOUT GROWING OLD



- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

UP COMING TRAINING:

Epilepsy & Physical Disabilities

- 2.30 pm to 4.30 pm
- **11th February 2009**
- Crestmead Community Centre, Gimlet St, Crestmead
- **Free** for volunteers, \$10.00 for paid workers
- **Bookings essential**

Rights Vs Interests

- 9.30 am to 11.30 am
- **19th February 2009**
- LANDS Community Services, Station Road, Logan Central
- **Free** for volunteers, \$10.00 for paid workers
- **Bookings essential**

Awareness and prevention of Elder Abuse

- 10.00 am to 11.45 am
- **19th March 2009**
- LANDS Community Services, Station Road, Logan Central
- **Free** for volunteers, \$10.00 for paid workers
- **Bookings essential**

Epilepsy & Physical Disabilities

- 3pm to 5pm
- **25th March 2009**
- Flexible Support Services Australia
- **Free** for volunteers, \$10.00 for paid workers
- **Bookings essential**

Mental Health & Elderly People

- 3pm to 5pm
- **8th April 2009**
- Flexible Support Services Australia
- **No Cost**
- **Bookings essential**

What is Dementia

- 9.30 am to 11.30 am
- **23rd April 2009**
- LANDS Community Services, Station Road, Logan Central
- **No Cost**
- **Bookings essential**

For bookings contact **Christine Jones** on **3208 3568** or email cjones@csau.org.au



Christine Jones
Volunteering Services
Unit 1 / 2 Station Road, Woodridge, 4114
Telephone: 3208 3568
Email cjones@csau.org.au