

**THOUGHT OF THE MONTH:**

**Progress is impossible without change; those who cannot change their minds cannot change anything.**



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**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:**

**"Everyday People, Extraordinary Contributions"**

.....was the theme for National Volunteer Week, 2009 and another exciting time was held by many organisations and volunteers. Sadly, the wonderful 'Volunteers Recognition Day' that was held last year in Logan City did not occur this year. However we are hopeful with a bit of support from our Logan City Council that this will eventuate for 2010.

I would like to say thank you to Cr Russell Lutton for going the extra mile to ensure 2 of LANDS Community Services' volunteers attended the Volunteer's Breakfast held on the 10<sup>th</sup> May at the Logan Entertainment Centre. It was difficult to gain tickets at the last moment and due to a misunderstanding the 2 volunteers would have missed out altogether. I know the volunteers were appreciative of Russell's efforts.

Keeping with the energy of National Volunteer's Week, community organisations from Fassifern and Boonah came together to organise a celebration for the volunteers in their community. The organisations included Meals on Wheels, Blue Care, Community centres, Fassifern Retirement Village, Local Radio Rim FM, and Fassifern Hospital. Their special event is on page 3.

I am in the midst of organizing training for the next financial year. I would welcome any suggestion regarding the topics of training that you would like to see your volunteers attend. Training is held throughout the Logan and Beaudesert Region, please include the catchment areas you would like training to be held in. On page 4 is listed all training topics that have previously been held over the last 3 years.

*Thanks and remember  
"Sharing is Caring"*



## What volunteering means to me...

Shared by: Wendy Harvey, Flexible Support Services Australia

Road to recovery + Self esteem + Self worth = Helping hand

After I sustained work related injuries, I wasn't able to continue my daily tasks to the standards expected. My inability to do much of anything at all eventually caused me to very reluctantly take voluntary retrenchment from where I had been working for 14 years. I was feeling very sore, sad & depressed & I missed the interaction with the staff from there - as for my self-esteem - well, it was mighty low!

I have almost always worked, so to be at home with no job to go to, I needed to...find out what I could do & discover my worth again & be able to get through it all. Maybe I could help someone, somewhere, during my recovery. While receiving medical treatment - physio etc...I had an opportunity to take part in a physical assessment after which my transferable working strengths, abilities & skills were established. It was then suggested to me that I could be a placement volunteer, I was then introduced to Christine Jones who interviewed me & after all the initial paperwork was completed, I was placed as a volunteer administration assistant. At first I was only volunteering for 7 weeks at Flexible Support & Ability Care Respite Centre, but because I have been so busy, the time has flown by & it's almost 3 years & I must say I have come a long way in that time & have learnt some new skills & kept other skills current which might have been otherwise lost.

I still work within my capabilities (sometimes pushing the physical boundaries). Working at the centre means I have another reason to get up in the morning. My reason for volunteering is that I enjoy my time working there each week & I get lots of work satisfaction, there are no high expectations placed on me, but there are achievable goals & I manage most of them, most of the time.

I like the interaction with the Management, Program Co-ordinators, Staff & Volunteers at Flexible Support & Ability Care. They are an organisation with lots of very caring people who have given help, encouragement, support & guidance to me & sometimes 'Just being there' has been a help too!

Thank you ..... "I was feeling down, but I got lifted up again - & so can U!"

### ***Do You Know.....That!***

Tonic clonic seizures (previously call 'grand mal') are the most universally recognised seizures. They begin with a sudden loss of consciousness and often with a cry.

Absence seizures (previously called 'petit mal') can occur in adults but they usually start in childhood. They are characterized by staring, loss of facial expression, unresponsiveness, cessation of activity and sometimes eye blinking or upward eye movements.

Generally people with epilepsy can live a full and active life. The majority of people with epilepsy achieve good seizure control with regular antiepileptic medications and a sensible lifestyle. Many become seizure free.

### *National Volunteer Week Celebration*

Local Community organisation from Fassifern and Boonah came together on the 14th May 2009, to celebrate National Volunteer Week.

What started with a simple idea ended up with many groups coming together to put on a wonderful morning tea held at the local Cultural Centre in Boonah. Along with a few guest speakers to offer encouragement and to give thanks to the volunteers for their time and effort they so generously give to the community.

Valerie Russell from Logan Volunteering Queensland, and a local volunteer member gave an impressive and informative talk. The volunteer member included a fascinating power point presentation on his volunteering experience in Vanuatu.

The Mayor John Brent also attended the event to give his heart felt word of thanks and appreciation to the great work the volunteers give.

There was much appreciation given to the volunteers that keep our lovely community running so smoothly. Organisers say that it was a very successful event with over 120 volunteers attending, and each volunteer received a Certificate of appreciation.

At this stage everyone is enthusiastic to make it an annual event with plans to make it bigger by trying to reach even more of our local volunteers. We loved the theme ordinary people extraordinary contributions.

Thanks to those organisation that made it all possible. Meals on Wheels, Blue Care, Community centre, Fassifern Retirement Village, Local Radio Rim FM, and Fassifern Hospital.

***Congratulation guys, a great job done by all!!***



#### ***Here's A Thought!***

***How do we stop negative thoughts?*** – is a question that I have been asked many times before. If you have ever asked this question then you will feel such an enormous relief in knowing the answer, because it is so simple. How do you stop negative thoughts? You plant good thoughts!

***Rhonda Byrnes***

***The Secret***

## Training Offered

1st Aid Awareness Training  
Addressing Elder Abuse of our Clients  
Advocacy  
Attend your own oxygen mask first-the first rule for carers (helping carers manage stress)  
Centrelink and Disability Information Sessions  
Confidentiality and Respecting Professional Boundaries  
Dementia - Understanding & Responding to Changing Behaviours  
Driver's Safety Awareness Training  
Effective Communication Skills  
Epilepsy & Physical Disability  
Food Safety Workshop  
Grief & Loss in Elderly People  
Hoist Training  
Incontinence Training  
Information Session on Cancer  
Information Session on Parkinson Disease  
Manual Handling Training  
Manual Handling - Support Lifting  
Mental Health in Elderly People  
Rights Vs Interests  
The Power of Expectation  
Understanding and Managing Challenges with Elderly Clients - Building Healthy Relationships  
Workplace Health and Safety - Manual Handling Training  
What is Dementia? Education & Information for Volunteer



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