

THOUGHT OF THE MONTH FROM OUR OWN LOGAN CITY MAYOR PAM PARKER:

The Lord gives us diminishing eye sight so we don't have to face reality when looking in a mirror.



In this month's issue:

- Introduction
- How collaboration helps communities
- Volunteer's Stories
- Available Training
- National Standard for Volunteers



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:

Firstly I would like to say thank you to Mayor Pam Parker for contributing to the Thought of the Month. It's great to know that our Mayor is interested in keeping up to date with what is happening in the world of volunteers and the great services offered to the aged care and disability sector.

We have an innovative story in our newsletter, showing how anything is possible and it only starts with one person saying "What can we do to help these people." Thank you to Dianne Mulder from TMCCA for sharing this story.

Websites!! Wow I guess we all realise how important websites are in the process of communication and information in today's world of technology personified. Flexible Support Services Australia has revamped there website and Volunteering Service has an innovative and proactive page. Helping people to recognize their potential in volunteering and providing opportunities and locations for people to volunteer in. Informing people of the direction that volunteering is taking, on-going learning and skill based opportunities and stories from existing volunteers. The webpage also assist providers in learning about best practices when establishing an effective volunteer management system, linkages to articles from volunteer experts and volunteer peak bodies. HACC providers are invited to submit an article promoting volunteering within their programs. There is information on events and training, along with volunteer and agency forums. Please visit www.flexisupport.org.au and see the direction that we are venturing towards. I look forward to your inclusions and feedback as the webpage is designed to assist volunteers, HACC providers and people in the community.

Sharing is Caring...

An Innovative Approach to Making a Difference

Beaudesert and District Community Meals on Wheels, Wongaburra Society and Tamborine Mountain Community Care members joined forces to provide elderly Tamborine Mountain residents access to home delivered meals. Scenic Rim Council supported the project by donating \$1500 to the meal service scheme, to buy a fridge to store the meals at Tamborine Mountain Community Care and purchase a car fridge to transport the meals. According to the local newspaper Mayor John Brent said 'he was pleased the community and council had found a way to continue the meal service to the elderly residents of Tamborine Mountain.' Councillor Richard Adams encouraged local residents to volunteer in the delivery of meals and an existing volunteer co-ordinator Diane Stanfield at Tamborine Mountain offered her services to co-ordinate the delivery of meals.

This remarkable act demonstrates what can be achieved when the community, government and non-government organisations network together. Too many times we hear organisations say "we can't do anything" or 'our policies don't allow that". BUT! In reality as long as an organisation has resources to support a need, than there is always an avenue that does not interfere with policies or infrastructure. The main question that people should ask is;

"Is there a need here and where we can assist."



Do You Know.....That!

Dementia is an umbrella term used to describe a large group of illnesses that cause a progressive decline in a person's function.

There are currently 40,000 people living with dementia in Queensland and that number is set to grow to 171,000 by 2050.

You can have type 2 diabetes and not know it because there may be no obvious symptoms.

Your lifestyle choices can prevent, or at least delay the onset of type 2 diabetes.

A community update from Brisbane South Division of General Practice-Issue 1



What volunteering means to me...

Shared by: Karen Steward, Flexible Support Services and Volunteering Service

Love being a volunteer.

Volunteering is seen by some as a way to put back what you take out of the community. However, volunteering should be something that you enjoy. As a volunteer within the Aged Care sector, I have met some wonderful people, especially the frail and elderly people we deal with. These people are so full of life, even though they may not be able to move as well as they once use to. The stories that these people like to tell amazes me as they tell them in such great detail and the delight shows on their faces knowing that someone is interested in what they have to say. Putting a smile on the faces of these people may be the only time that they feel special, which all of them are.

There are challenges for those who volunteer and these can be large or small. Sometimes these can be just a glitch in the communication process or common misunderstandings, while others can affect the way a volunteer feels about the organisation they work for. Some feel that they are not thanked for the time that they spend helping others, while there are those who are so committed that they don't expect to be thanked.

But this does not stop me from volunteering. The wonderful network of friends, the special people that we deal with, and the organisation's appreciation of their volunteers give rise to the feeling that we are a part of a wider community and that without our help, some of these organisations would not be able to function at their full capacity.

Training Calendar

Date	Topic	Venue	Time
21 st May	Food Safety Handling	LANDS Community Services, Woodridge	2pm-4.45pm
26 th May	Dementia-Understanding & Responding to Changing Behaviours	Wongaburra Society	12pm-2pm
28 th May	Mental Health in Elderly People	Tamborine Mountain Community Care	10am-12pm
2 nd June	Information Session On Cancer	Crestmead Community Centre, Crestmead	3pm-4pm
2 nd June	Information Session On Parkinson Disease	Crestmead Community Centre, Crestmead	4pm-5pm
24 th June	Attend you own Oxygen Mask first	Crestmead Communtiy Centre, Crestmead	3pm-5pm
23 rd June	Mental Health in Elderly People	Jymbilung House Beaudesert	3pm-5pm

National Standards best practices for Volunteer Programs

The National Standards were developed and endorsed by Volunteering Australia in 1997 following an extensive national consultation process. Together with the *Definition and Principles of Volunteering*, and the *Model Code of Practice*, the National Standards are considered one of Volunteering Australia's foundation documents setting the benchmark for best practice and providing detailed guidance for organisations involving volunteers.

The National Standards cover the following aspects of volunteer involvement:

1. Policies and procedures
2. Management responsibilities
3. Recruitment
4. Work and the workplace
5. Training and development
6. Service delivery
7. Documentation and records
8. Continuous Improvement

A decade on since the National Standards were first introduced, and in a climate of development in the volunteering sector, it is timely to engage in a review process of the National Standards. For more information about the National Standards, their development and the context of review, visit www.volunteeringaustralia.org

Remember: "What others do or say is their stuff; how we react, or not, is our stuff"!

And: "True Happiness in life isn't having what you want, but wanting what you have"! And lastly: "What other people think of you is none of your business"!

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