

**THOUGHT OF THE MONTH:**

**“You can’t harvest what you don’t sow. So plant your desires, gently nurture them and they will be rewarded with abundance”**

**By: Vivian Elisabeth Glyck**



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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:**

Volunteering Service is distributing an early newsletter edition, due to addressing significant dates prior to our Christmas edition.

Firstly **Carer’s Week**, which is upon us and I’m sure each organisation is participating in the recognition and support of carers. Please remember to inform your carers and workers of the “*Carer’s Information Forum*”, to be held on 27<sup>th</sup> October at Beaudesert, further information on page 4 or visit our website [www.flexisupport.org.au](http://www.flexisupport.org.au)

November brings us **International Volunteer Manager’s Day**, we all realize the time and effort given to establishing an effective volunteer program, as volunteers require motivation, support and training in order to commit to volunteering. Unfortunately managers and co-ordinators are not always allocated a reasonable amount of working hours to build and maintain a successful volunteer program, which alternatively can create a shortfall in volunteers or other conflicting issues. Now ultimately.... it would be great to appeal to managements to contribute more funds towards employing a volunteer co-ordinator for more than a day, but I guess that act would take more than a newsletter. However, what we can do is recognized that far more time is spent managing volunteers and without a volunteer manager or co-ordinator, there would be no volunteers. So let’s give thanks to our volunteer managers/co-ordinators who help keep organisational programs staffed with volunteers.

**International Volunteer’s Day** is also quickly approaching on the 5<sup>th</sup> December. The day provides means for organisations to focus on saying thank you to their volunteers. Take the opportunity to support the day as a global recognition of what volunteers signify to society.

*Thanks and remember “Sharing is Caring”*



## What volunteering means to me...

Shared by: Larissa Steward, Flexible Support Services Australia

Hi everyone, my name is Larissa and I have been a volunteer for over a year. As a school student presently completing Grade 12, I wanted to help others and gain some skills for my future.

I volunteer at Flexible Support Services as a recreational assistant with Aged Care clients who suffer with Dementia. These people are so lovely and enjoy seeing someone who is young and interested in them. We have a lot of fun doing craft, going on outings and just generally having a good laugh. As a young person, it can be sometimes hard to understand what others go through in their life, but when you talk to these people they tell you of their experiences and what their lives were like when they were younger and you really appreciate what you have now compared to what they had then.

I also do volunteer work with the company's IT technicians which is giving me real life skills in the industry (I am studying this at school). Volunteering lets you experience new things and gives you the satisfaction of helping others. Even when I finish school, I will still volunteer as I enjoy the people and the good times that we have.



## FOOD FOR THOUGHT...



*Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.*



*A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.*



*Look up and see the sun smiling down on you*



*Remember to celebrate the people who manage your volunteers for the great work they do...*

### 5<sup>th</sup> November 2009

Universally, people recognise the contribution of volunteers ...in fact volunteers are involved in just about every aspect of service delivery in all walks of life.

However, volunteering does not succeed in a vacuum. Behind this army of volunteers lies an equally dedicated group of individuals and agencies who are responsible for the coordination, support, training, administration and recruitment of the world's volunteers - skilled professionals who are adapt at taking singular passion and turning it into effective action.

That is why we celebrate International Volunteer Managers Day every year on November 5. It is important to let those professionals know that the spirit of volunteerism is enhanced and enabled by them, and to thank them.

We urge you to mark your calendar and, whether you are an administrator, a volunteer, a community leader or someone who receives the benefit of volunteer help, to make sure the people who act as leaders and catalysts get the recognition they deserve!

*Remember to celebrate and for the support they give*



*show appreciation to your volunteers you and the organization.*

### 5<sup>th</sup> December 2009

Volunteers give a lot during the year to organisations and without the support of volunteers, programs and services would struggle or obsolete. The funds that organisations save each year on employing volunteers are in the hundreds of thousands of dollars. It would only take less than 0.10% of that figure to create a special day for your volunteers to show your appreciation for their support and the work they do, by:

- A Certificate of Appreciation
- Presenting a celebrative cake
- Holding a special morning tea
- Doing a special thank you speech
- Creating a thank you card
- Displaying a banner and posters
- Get the consumers involved by doing a special song or maybe sign a card for the volunteers who support them

*These are just a few suggestions, what can you come up with...*

**Important Facts To Know About Diabetes...**

- ❖ People who are obese are up to 3.2 times more likely to develop Type 2 diabetes.
- ❖ Type 2 diabetes in particular is reaching epidemic proportions globally. Australia already has one of the highest rates of diabetes in the world. Many more may have diabetes but not know it.
- ❖ By 2031 it is estimated that 3.3 million Australians will have Type 2 diabetes, and **a high proportion of this number will develop kidney failure.**
- ❖ People who have one parent who has Type 2 diabetes have a one in four risk of developing Type 2 diabetes. **Those with both parents diagnosed are at a one in two risk.**

Information gathered from Kidney Health Australia, [www.kidneyhealth.org](http://www.kidneyhealth.org)

**Training Calendar 2009**

<b>Date</b>	<b>Topic</b>	<b>Venue</b>	<b>Time</b>
27 <sup>th</sup> October	Carer's Information Forum	St Mary's Community Svcs "Clubhouse" Beaudesert	9.30am-3pm
4 <sup>th</sup> November	Manual Handling Support Lifting	Burringilly Woodridge	11am-1pm
25 <sup>th</sup> November	1 <sup>st</sup> Aid Awareness	Flexible Support Services Australia	11.30am-1.30pm



Christine Jones  
 Volunteering Services  
 Unit 1 / 2 Station Road, Woodridge, 4114  
 Telephone: 3208 3568  
 Email: [cjones@flexisupport.org.au](mailto:cjones@flexisupport.org.au)  
 Website: [www.flexisupport.org.au](http://www.flexisupport.org.au)