

THOUGHT OF THE MONTH:

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.

Orison Swett Marden



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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:

Welcome back to another edition, please sit down, have a cuppa and take 5 minutes to read through our newsletter and please print off copies and hand out to your wonderful volunteers☺.

Last week I was browsing the internet, which I don't often do, but in my travels I came across this heading... **There is good reason to volunteer...** with my curiosity in hand, I read further and this was mentioned. "Studies say that volunteering is good for your mental and physical health. Meaningful and rewarding volunteer work can add balance and perspective to your life. Meeting people, learning new skills, receiving positive feedback about a job well done does wonders for you and the people you are helping." I'm sure this is something that most of us know, however it's good to bring these thoughts back to the conscious and maybe review that meaningful and rewarding work does not stop with volunteering, it extend to all people, personal and professional.

Volunteering Service with the support and assistance from various organizations and people in Beaudesert, is organizing a Carer's Information Forum to be held in Beaudesert. While the forum states *Carers*, however the forum is opened to every person involved in working with or caring for an elderly person or a person with a disability. The idea is to attract and provide practical and helpful information and resources to a wider community, rather than a marginal group. On page 3 you will find further details about the day. However if you would like further information, please contact us to forward you a flyer if you haven't already received one.

Please read on and remember we welcome feedback, stories and informational contributions to the newsletters.

Thanks and remember "Sharing is Caring"

Did You Know That Volunteering Is Good For Your Health...

Stress related health problems improve after performing kind acts? A rush of euphoria, followed by a longer period of calm, after performing a kind act is often referred to as a "helper's high" involving physical sensations and the release of your bodies natural painkillers, the endorphins. This initial rush is then followed by a longer lasting period of improved emotional well-being. The health benefits and sense of well-being return for hours or even days when the helping act is remembered.

http://groups.creighton.edu/crochetknit/why_crochet_and_knit.htm

The Elder Abuse Prevention Unit is having an Annual Forum taking you on a journey of the challenges that people encounter when working with clients of elder abuse. Just like Dorothy in the "Wizard of Oz" you will be guided along the Elder Abuse Referral Pathway to overcome obstacles and reach your destination.

Held on Friday 23rd October 2009 at the Lifeline Building, 117 Gipps Street, corner Alfred St, Fortitude Valley, from 8.30am to 4pm, including lunch, morning and afternoon tea. The cost is \$30.00 and a registration form needs to be completed, please contact Maya Zetlin email Maya.Zetlin@lccq.org.au or phone 1300 651 192.

Did You Know That Strokes:

- ❖ Kill more women than breast cancer
- ❖ About 88% of stroke survivors live and home and most have a disability
- ❖ Close to 20% of all strokes occur to people under 55 years old
- ❖ Stroke is Australia's second single greatest killer after coronary heart disease and a leading cause of disability

Stroke Foundation's website: <http://www.strokefoundation.com.au/>



WHO DOES WHAT

A man and his wife were having an argument about who should brew the coffee each morning. The wife said, 'You should do it, because you get up first, and then we don't have to wait as long to get our coffee.' The husband said, 'You are in charge of cooking around here and you should do it, because that is your job, and I can just wait for my coffee.' Wife replies, 'No, you should do it, and besides, it is in the Bible that the man should do the coffee.'

Husband replies, 'I can't believe that, show me.' So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says.....'HEBREWS'



Dates to Remember

18th to 23rd October - Carer's Week

5th November - Volunteer Manager's Day.

5th December - International Volunteer's Day

The Cricket Season is just about upon us and volunteers have a chance to receive free tickets to attend (lucky volunteers). Keep an eye on Volunteering Qld Website in October for further details.

www.volqld.org.au .

CARER'S INFORMATION FORUM

Everyone is a carer of someone, whether you are a full-time carer, part-time carer or supporting someone who needs care. The forum provides enlightening and helpful information to people who care or provides support to an elderly person or a person with a disability.

There will be 5 terrific guest speakers addressing carer's;

- Emotional, Financial & Physical Needs
- Stress related issues that carers endure
- The effects that Dementia has on a carer
- Helpful coping strategies and
- Available services to support carers and the person they care for.

There will also be representatives for people to talk to and gain worthwhile information and resources from;

- FSG
- Job Placements for people with a disability
- Aged care and disability in-home, respite and other services and
- LifeTec, have a general display also including a demonstration of the range of devices they have that provide people with practical solutions to everyday life activities.

The day starts at 9.30am and finishes at 3pm. You only need to attend the sessions that appeal to you. As a worker, please come along and learn about the people and their carer's that you support in your organisation. What you learn will help you and may help another.

This special forum is held at The Clubhouse, in Beaudesert on Tuesday 27th October.

Ask for a Flyer from your Organisation

10 Ways How To Support Your Volunteers

- 1) Give volunteers a proper induction.
- 2) Set solid goals for volunteers and keep in communication with them.
- 3) Involve volunteers in decision making processes.
- 4) Provide meaningful and enjoyable work.
- 5) Tell volunteers they have done a good job.
- 6) Create a climate in which volunteers can feel motivated.
- 7) Pass on any positive comments about volunteers from clients to the volunteers themselves.
- 8) Offer to write volunteers letters of reference.
- 9) Accept that an individual volunteer's ability to commit may change over time.
- 10) Accept that different volunteers are able to offer different levels of involvement.



Training Calendar

Date	Topic	Venue	Time
1 st October	WHS - Manual Handling	LANDS Community Woodridge	3pm-5pm
27 th October	Carer's Information Forum	St Mary's Community Svcs "Clubhouse" Beaudesert	9.30am-3pm
4 th November	Manual Handling Support Lifting	Burringilly Woodridge	11am-1pm
TBA	1 st Aid Awareness	Flexible Support Services Australia	11am-1pm



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