

# Volunteer and Community Connections Newsletter

Autumn Edition 2019

## Inside this Edition

### Page 1

Chief Executive  
Officer's Message

### Page 2

Team Leader Message

### Page 3

Volunteer Profiles

### Page 4

Community Connections  
Co-ordinators' Office

### Page 5

Auxiliary

### Page 6

Staff Profile – meet  
Claire

### Page 7

Connect Café, Healthy  
Workplace Survey

### Page 8

AFL Footy Tipping,  
Reminder Flu Season

### Page 9

Your Feedback on the  
Christmas Function,  
Hydrotherapy

### Page 10

Results Volunteer  
Survey, Elder Abuse  
Prevention

### Page 11

Reconciliation Week

### Page 12

Volunteer Opportunities,  
Alternative Parking

### Page 13

4 Steps for Life, Hot  
Weather Heat Policy

### Page 14

Community Art  
Exhibitions

### Pages 15 & 16

Snapshots from Volunteer  
Christmas Luncheon

### Page 17

Training  
Opportunities/Events,  
Important Dates

## Chief Executive Officer's Message

Welcome to the first edition of 2019. I hope that you had a relaxing summer break and return refreshed for the year. It was wonderful to see so many volunteers at the Christmas Party event and once again the Volunteer and Community Connections team supported by other Connect Health staff excelled on the day to ensure everyone enjoyed themselves with good company, food and drinks; and entertainment.

Congratulations to the recipients of Service

Awards with a special mention of the very long standing members of the Auxiliary: Faye Abbott, Audrey Streker, Judith Halliday, Katherine Crossley, Doreen Leeson and Mary Louttit.

You may recall that in the previous edition I mentioned a review was being undertaken of the car parking availability and traffic movement at the Gardeners Rd site. The review indicated that we need 60 spaces on average per day and therefore have decided to limit the number of staff car parking spaces to 30. Some changes to the line marking and directional signage will be installed shortly and then restrictions to staff parking will be implemented. These changes do not affect volunteer parking availability at Moorabbin Hospital. We will keep you informed of the progress and implementation date.

Our service offering for participants of the National Disability Insurance Scheme (NDIS) is slowly increasing and like all our services participants (clients) are highly complimentary of the service they receive and their experience at Connect Health & Community.

The Gamblers Help Southern Program is piloting the introduction of video counselling to increase access for people wishing to address their gambling concerns. This is a very innovative therapeutic counselling option and the team is excited to see the evaluation of the pilot.

I would be happy to share the outcomes of the strategic planning workshop with you in the next iteration of the Volunteer Newsletter.

Amanda Murphy



**Our Values: Respect, Responsiveness, Accountability & Collaboration**

# Team Leader Message

Welcome Back!

I trust you all had a relaxing break, despite the heat we have had.

A reminder of our policy on hot days and heat waves. It is important that you keep well hydrated during the warmer weather. Further details on page 13.

It is great to have Kia back from her long service leave, and to hear about her daughter's wedding. Congratulations Kia sounds like your daughter's wedding was a successful. A Special thank you to Anna for working extra hours during Kia's absence ensuring continued services for our clients and volunteers. Thank you Anna!

Thank you to volunteers who took the time to complete The Volunteer Pride and Satisfaction Survey and the Christmas Function Feedback. Results can be found page 10. The survey's results is important information for us as it assists us to improve the way we do things and ensures that the quality of our programs/services is consistently and regularly reviewed and we listen to the voices of our volunteers. Thank you for your feedback.

We were successful with the City of Greater Dandenong Community Grant to expand our Community Transport to this region. We are currently in the process of recruiting Volunteer Drivers in their own cars who live in the vicinity of the City of Greater Dandenong and surrounding suburbs to assist in delivering much needed transport to residents who are considered transport disadvantaged. If you know of someone who lives near or in the City of Dandenong who enjoys driving and the company of older people please pass on our details!

**During Nov 2018 — Jan 2019**

**You have contributed in many different ways to 5,407 Hours and**

**Volunteer Drivers and Jockeys provided much needed transport to clients**

**1,220 Trips**

Thank you for your ongoing support to Connect Health & Community.

***'Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals.' - Author Unknown***

Cheers

Jo

## Volunteer and Community Connections



## Volunteer Profiles — Lillith & Lindsay

### What was your motivation to become a Volunteer?

We knew first hand that the Community Health Service provided excellent clinical care and health promotion supported by volunteers. The Volunteer services provides good training, social contact within the community and cares about its volunteers. In addition we needed community health services ourselves and wanted to give back some time and energy.

### What did you do before becoming a Volunteer?

Lindsay was a Senior Teacher in the Business Department of Frankston TAFE. Lillith worked for 30 years at Connect Health & Community, firstly as a psychologist for 20 years then in managerial roles. She retired in 2009.

### How long have you been volunteering at Connect Health & Community, and in what roles?

We have been volunteering since retirement in the Berendale Hydrotherapy Program. We are Pool Supervisors and Assistants.

### What has been your best and/or worse volunteer experience while at Connect Health?

Each week we enjoy our time with the clients, other volunteers and staff. Our most recent best experience was helping a client who was becoming faint, out of the pool by getting her into a wheel chair and then up the ramp.

### What do you enjoy doing outside of your volunteering?

We enjoy activities in our local church, Masonic Lodge, our garden and lawn bowls. It is also fun minding our two and a half year old granddaughter one day a week along with taking her brother to tennis lessons after school. There are six other grandchildren we try to help with as well.



*Lindsay & Lillith  
(pictured left)  
volunteering at the  
Berendale Pool,  
Hampton East*

# Community Connections Coordinators' Office



## Change to Community Connections Coordinators' Office Hours

At Connect Health our 'Open Door' policy is one of the many ways which we provide support to our volunteers. Generally our Community Connections Coordinators are always available to volunteers but ongoing interruptions can have a negative effect. Staff need dedicated time to get important administrative work completed to keep things running smoothly for all volunteers.

### What's changing?

Starting 11 March until 28 June we will trial the closing of the Community Connections Coordinator's Office door between the **hours of 10am and 12pm**, to allow for minimal interruptions for staff. This will enable them to complete required work so we can continue to run an effective Community Transport and Volunteer service.

### What does this mean for Volunteers?

If you are Jockey or driver you can still access the keys and vest located in the office and drop off the run sheet while the office door is closed.

You can phone and leave a message for staff who will get back to you within the day. Or visit staff **before 10am or after 12pm**.

**Leave a note in the drop box in the Volunteer Room** – note paper and pen will be provided in the Volunteer Room if you prefer to leave staff a note with your message or away dates.

If you require the assistance of staff you can ask Reception to call one of the team members: Errol, Bill or Di who will be able to assist you. Volunteer and Community Connections Team's days and hours are noted at the back of this newsletter. Of course you can request to speak with Team Leader, Jo at any time.

### What if it is an emergency?

Enter the Community Connections Coordinators' Office - without hesitation.

### What does this mean for staff?

Door closed - Opportunity to complete their daily tasks such as conducting confidential conversations e.g. referee and client calling and volunteer support calls etc. Re-scheduling, intake of clients via My Aged Care portal and other tasks can be completed in order to ensure the coordination of services and programs continue to run smoothly.

### What has created this change?

There has been an increase in administration tasks and changes to the way we bring on new Community Transport clients and schedule Group Transport. This has occurred at the same time as the introduction of a new database which changes the way the team operates.

### What happens at the end of the trial?

We are trialing closure times to see if the time is appropriate and the length of closed door is sufficient to complete tasks. We also need to know how this will impact on our volunteers. We would appreciate your feedback during this trial period on how this is working for you. We will provide you with collective feedback at the end of the trial - indicating whether this has worked for both staff and volunteers and whether we continue with the closed door during the stated times. Feedback forms will be developed and will be available in the Volunteer Room for the duration of the trial

Thank you for your understanding.



# Auxiliary

Hello

The Connect Health & Community Auxiliary is a group which has been running for since 1979. Our main purpose is to support the organisation by raising funds for a variety of projects, big and small! Over the years, funds raised through the Auxiliary have contributed to costs or enabled Connect Health to purchase some of the following: wheelchairs, contribution to bus purchase, client drink bottles, display boards, contribution to Hydrotherapy Pool, water fountain in Reception, contribution to defibrillator and tracking system, Day Centre items such as air conditioner, hot water system and carpet and hot water system in the staff room and much much more!

In 2018 we saw the retirement of five long-standing members, so 2019 will be a year of change! We have a renewed vision and plan for the future. We are looking toward a greater recognition and camaraderie between all sectors within Community Health — staff, volunteers and the clients, both male and female. We all benefit in our own way from interaction at the Connect Health —whether receiving treatment and care, or dispensing said treatment as needed. In the case of the volunteer providing a liaison between the staff and client, whilst enjoying helping and gaining from the experience themselves in knowing they are doing “good deeds” in the wider community.

Most importantly, we encourage everyone to attend fund-raising events. We invite staff, volunteers and clients to support us by attending Auxiliary events, or consider becoming a member. We have a lot of fun and enjoy being part of the team that supports Connect Health & Community.

We already have a range of activities planned for this year: Soup & sandwich or casserole luncheons; Bingo afternoons; Fashion displays from Blumes & Cliché Clothing; A Dutch Auction; Film afternoons; Games sessions (scrabble and cards).

We are sponsoring an Art Exhibition (refer to page 14) to be held at Connect Health & Community during June. A Craft/Friendship Club is planned for those who are interested in knitting, sewing and crochet, and for those who would like to play scrabble, dominoes, cards etc. or to have a cuppa and socialize. Our sessions are usually followed by afternoon tea featuring delicious treats.

If you have any questions, please contact Lyn Munday, President, on 9570 5087 or 0411 045 369.

**General Meetings:** held on the 2nd Wednesday of each month.

**Upcoming Auxiliary Theatre events:** to be advised.

**Tickets can be organised for theatre productions.** If you have any questions, please contact Lyn Munday, President, on 9570 5087 or 0411 045 369.



*Lyn, President of the Auxiliary (above) organising afternoon tea at the Auxiliary's first fundraiser.*



*Volunteers (above & left) enjoyed the Auxiliary's first fundraiser — a delicious BBQ and afternoon tea on February 27.*

**Volunteer and Community Connections**

**Autumn 2019**

**Page 5**

## Staff Profile — Meet....Claire



### How long you have been with Connect Health?

Just over 12 months.

### What is your position/title and team you belong to?

Community Development Worker - Child, Youth & Family team.

### What days you work?

Monday —Thursday.

### What you are currently working on?/What does your role involve?

My main role is the Bluff Rd Housing Engagement Project - a co-design project with a number of external partners to create a sense of community and increase access to services. My secondary role is to coordinate the Prevention and Health Promotion Strategy - to support working together across the organisation for better outcomes for our community.

### What you enjoy about working in your role?

I absolutely love working on the project. The way the residents have engaged once they developed trust in me as a worker has been a wonderful blessing. The strengths and skills on the estate is amazing and seeing these develop along with their pride in their community has been inspiring.

### What you enjoy doing outside of work?

Walking, gardening.



*Bluff Road Estate promotions — the photo (on the left) is of a recent visit to the estate by Nick Staikos and the Bayside Mayor Michael Heffernan as part of a school holiday garden activity*



*The photo (on the left) is receiving \$20,000 from the Royal Melbourne Golf Club to support upgrading the playground. St Leonards College have committed \$2,000.00 towards upgrading the playground.*

## Volunteer and Community Connections

Autumn 2019

Page 6

## Connect Café

### Are you living with, or caring for someone with Dementia?

Connect Café has been developed to provide people living with Dementia and their loved ones, an opportunity to enjoy some time together in a friendly and supportive environment.

We would love you to come along and join us for a cuppa and cake each month. You will be able to meet others in a similar situation, exchange experiences and ideas and we can provide you with some helpful information regarding activities and services in the area. We will also be having regular entertainment sessions for your enjoyment.

**Where:** The Murrumbeena Bowls Club  
10 Blackwood St, Carnegie VIC 3163

**Cost:** Free

**Time:** 10.00am – 12.00pm

**When:** Thursday 21<sup>st</sup> of February, 2019

The group will run each month on the third Thursday of the month.



**Bookings:** Please call Brooke Fenton on 9575 5371 to book your place or if you have any questions regarding the Connect Café.

*Connect Health & Community is a not-for-profit community health service, helping residents in the south eastern Melbourne Bayside and Glen Eira areas. Connect Café has been funded through a Bayside Council community grant.*

### Healthy Workplace Survey – Volunteers encouraged to take part

It's your health and your work place!

We spend a good proportion of our lives at work, so let us know if and how the Healthy Workplace Program has supported you.

You may be an employee, a volunteer, student or a consumer representative, have your say in this 5-10 minute survey.

All information collected is anonymous and will help Connect Health and Community identify what you have valued and what benefits you received.

This information will be used to inform our formal review of the Healthy Workplace Program at Connect Health.

<https://www.surveymonkey.com/r/BFZPVZ3>

For more information please contact the Health Promotion Coordinator, Merryn Wheeler 9192 8934



## 2019 AFL Footy Tipping

The 2019 AFL Football Season begins on THURSDAY 21 March , so THE FOOTY TIPPING IS BACK. For any staff/volunteers (We welcome all comers) who enjoy a bit of fun and who like a bit of banter during the footy season....the Connect Health & Community Footy tipping competition is on again in 2019.

This year the entry fee is **\$10.00** for the season (rd 1 to rd 23).

Separate to the entry fee (optional) you can enter the weekly prize (selecting nine winners), if you so wish for an **extra \$10.00**.

The prize pools will be determined and disseminated to all, once all tipsters have been confirmed and paid up.

To express your interest (in one or both comps) you must pay the entry fee to the competition by COB on Tuesday 19 March 2019.

Monies will be collected by Guy from Gable's Help Southern located in 20.

or

by negotiation with Colin Tuck-Lee [colin\\_t-l@optusnet.com.au](mailto:colin_t-l@optusnet.com.au)

Further information (eg: prize pool, number of entries etc) will be provided to all who join the competition (and provide email addresses) prior to the first game (Thursday 21<sup>st</sup> March 2019).

Alternatively there will be information on the notice board in the Volunteers room during the season.

Thank you and happy tipping

**Guy & Colin**

## Reminder the Flu season is approaching .....

While it can happen any time, it's more common to catch the flu, or experience flu-like symptoms, in the colder months of the year (April to October). Visit <https://www.healthdirect.gov.au/flu-trends> for further information.



1. Stay home when you are sick and return to school after 24 hours without a fever.

2. Clean your hands often with soap or sanitizer.

3. Avoid close contact to people who are sick.

4. Cover your mouth and nose when coughing or sneezing.

5. Avoid touching your eyes, nose, or mouth.



## Your Feedback on the Christmas Function

A short questionnaire was sent to all volunteers, after the Christmas function to get a better understanding of what worked and didn't work and how enjoyable the function was. The questionnaire was also sent to volunteers who did not attend to better understand if the day and time was the reason for not attending. Results indicate people have other commitments and the selected day and time were not the reason for not attending. Results also indicated that volunteers were more than satisfied with the function and had a wonderful time.

### Summary

A total of 36 of the 43 respondents attended the 2018 volunteer Christmas celebration.

Feedback on 7 Aspects of the function:

The Venue, Parking, Getting to the Venue, The Selected Day (Wednesday), The Selected Time (12pm- 2:30pm), The Catering and Beverage and The Entertainment – Majority of respondents rated the 7 aspects 'Perfect' to 'Very Good'.

### Preferred Date and Time

Most preferred Date and Time

1. Wednesday Lunch 12.00pm – 2.30pm (59.26%)
2. Friday Lunch 12.00pm – 2.30pm (36.36%)
3. Monday Lunch 12.00pm – 2.30 pm(33.3%)

**Suggestions on how volunteers would like to celebrate the end of year/Christmas? E.g. a breakfast, other times, day, venues or entertainment** – majority of volunteers were happy with the current function:

"Happy with present arrangement."

"No. Quite happy with the last couple of years, plenty of room to move enabling people to mix."

"This year's function was perfect."

"Plenty of music and dancing, not too far away from the center, no places where there are pokies, some years ago we used to have it at the center and that was great."

"If it ain't broken, don't fix it."

With such positive feedback and with minor suggested improvements e.g. jugs of water on the table and music too loud, we will be holding our Christmas function at the same location and time this year – please note date of

**Christmas function in your calendars: Wednesday 27th November , 12pm—2pm.**

## Hydrotherapy

We have upcoming **Hydrotherapy Emergency Rescue Training** at East Bentleigh on **Friday March 29, 2-3pm and 3-4pm**, and on **Monday April 8, 3-4pm and 4-5 pm**. You can pick a date and session which suits you. You are required to attend for 1 hour. If you pool sit and supervise, you will need to attend 2 x 1 hour sessions. Please write your name on the sign-up sheets located in the Hydro Pool area. This training is mandatory, and helps us run a safe service.. All volunteers are required to attend in order to achieve competency to safely rescue clients and comply with our duty of care and Occupational Health & Safety.

We thank the volunteers who attended Emergency Rescue training at Berendale pool on January 29, 2019.

We remind volunteers who are running the first session of the day to check the white board. It will Say: "Pool Tested \_\_\_\_\_(Today's Date) ". Please ensure that today's date is written, if yesterday's date is still up check with staff before allowing clients into the pool.

### Water

Drinking water is important in the pool environment. Clients and Volunteers are encouraged to bring their own water bottle, as provision of paper cups has ceased for 2019. Management will sometimes make cups available on hot days. If clients request a cup of water, direct them to have a drink from the fountain before or after their session, and remind them to bring a bottle next time.

## Volunteer and Community Connections

## Snippets of Results – Volunteer Pride and Satisfaction Survey

The 2018 Volunteer Pride and Satisfaction survey went out towards the end of last year. The return rate 34% similar to 2016 33%. Due to results only recently collated 'actions' which will assist us to improve results will be communicated in future editions of the Volunteer Newsletter.

2014	2016	2018	Volunteer Pride and Satisfaction Survey Results
96.6%	97%	95.16%	of respondents stated they were either proud or very proud to be a member of Connect Health volunteer team
100%	100%	96.72%	volunteers would recommend volunteering to others
100%	95%	93.33%	of our volunteers stated that they feel valued by Connect Health
99%	97%	98.41%	of our volunteers report that they derive high levels of satisfaction from their volunteering with Connect Health
86.3%	89%	91.68%	of volunteers stated the Volunteer Newsletter is valuable
94%	100%	90.00%	of volunteers stated that they actually read the Newsletter
		5 %	of volunteers stated they do not receive a copy of our Newsletter
86.9%	95%	93.33%	felt they are provided with adequate opportunities to provide feedback and make suggestions for improvement

## Elder Abuse Prevention — Free Online Training

In our last edition of the Volunteer Newsletter we promoted Connect Health's Protecting Seniors Rights information session and for those unable to attend provided a link to free online elder abuse prevention training. One of our volunteers who has completed the training has taken the time to provide feedback. Hopefully Eva's feedback will encourage more volunteers to complete the free online training.

"I was unable to attend the lecture on Elder Abuse Prevention offered by Connect Health last year and was pleased to realise the option of doing the course online and **strongly recommend it to everyone who "mixes" with (socially and/or professionally) vulnerable people.**

The participant will learn:

- How to recognize and define types of elder abuse
- Identify risk factors for elder abuse
- Understand the empowerment model
- Recognise that elder abuse situations are often complex
- Understand duty of care for a worker
- Contribute to building the capacity of organisations to effectively respond to elder abuse

As a former Community Visitor, visiting in the Disability Stream I was confident I would readily recognize exploitation/abuse but as the case studies revealed, sometimes abuse can be very subtle and often due to the victim's vulnerability, over time the treatment may seem like the norm to them.

Not being particularly computer literate I initially hesitated commencing the course. I am pleased I proceeded as the course is very "user friendly", interesting, important and was well worthwhile the 1.5 hours taken to complete.

If you do not have access to the internet and would like to complete the free online courses we promote please contact one of our Community Connections Coordinators.

<https://elderabuseprevention.kineportal.com.au/>

## Reconciliation Week —

**Save the Date: Wednesday 29 May 10:30 – 11:30 am**

Join the celebrations at the launch of the Connect Health & Community Reconciliation Action Plan (RAP). More details closer to the date.



# Our Health Our Voice Our Choice

National Close the Gap Day gives all Australians the chance to send our governments a clear message that we value health equality as a right for everyone. The day aims to bring people together to share information, and most importantly, take meaningful action in support of achieving Indigenous health equality by 2030.

Come and join guest speaker **Allan Murray**, former St Kilda footballer and Indigenous ambassador at our special event to mark this important day.

**When:** Thursday 21 March  
**Time:** 11:00am – 1:00pm  
**Where:** Mordialloc Life Saving Club  
Beach Rd, Mordialloc

**RSVP:** Chris Edmonds  
[cedmonds@smpcp.org.au](mailto:cedmonds@smpcp.org.au) or 8587 0289

Light lunch provided

Derrimut Weelam Gathering Place will be open on the day





## Are you interested?

## Know someone who might be interested?

**Sexual and Gender Diversity (SGD) LGBTI Working Group** — vacancy for a volunteer or community representative who is interested in contributing to the needs of diverse people in our community and to make our service more inclusive. The Working Group meets every 3 months on a Wednesday for 1 hour.

**Community Transport** — Multiple volunteer driver vacancy positions are available - **use your own car or use a Connect Health & Community bus or car**. Assist the community with keeping older frail people and people with a disability and carers connected to their community.

**Hydrotherapy program** — **Various sessions require Pool Assistants, Supervisors and Sitters** — If you enjoy being in the water or assisting clients from outside the pool then this role is for you!

For further information on any of the volunteer vacancies contact Anna or Kia on 9575 5312 or email: [community@connecthealth.org.au](mailto:community@connecthealth.org.au)

## New volunteer role!

### Vacancies now available for Volunteer Shopping Assistants

The aim of the service is to enable eligible clients to remain independent and continue to participate in daily living activities. Volunteer Shopping Assistants support people who may have disabilities such as visual impairment, memory or mobility issues. The service provides clients with the freedom of choice to choose their own shopping, do banking, post parcels etc. – all with the assistance and support from a Volunteer Shopping Assistant.

Volunteers pick up clients from home, take them to designated shops, remain with them to assist, take them home again and if required, help unpack. May be even a social coffee and chat from time to time!

Volunteers use their own vehicle (conditions apply) and are reimbursed for kilometres covered.

If you, or someone you know has 2-4 hours a week/fortnight free then we would love

to hear from you on 9575 5386 or at [communitytransport@connecthealth.org.au](mailto:communitytransport@connecthealth.org.au)

## Can't find a carpark onsite?

### Alternative Parking

Moorabbin Hospital - Monash Health ( 823-865 Centre Rd, Bentleigh East) is located next to Connect Health & Community, East Bentleigh site. They have offered Connect Health & Community volunteers parking vouchers which allow our volunteers to park for free in their carpark. Entry to Moorabbin Hospital - Monash Health is via Centre Rd. If volunteers are mobile and able to walk 20 metres, please consider taking advantage of the free parking. Moorabbin Hospital - Monash Health **parking vouchers can be obtained through Community Connections Coordinator**.



## 4 Steps for Life

We thank the volunteers who attended the 4 steps for life training on February 27, 2019. The volunteers watched a video demonstration of the 4 Steps for Life by Ambulance Victoria and then practised CPR using the “Pillow Pal”. The volunteers gave positive feedback after the session, that they enjoyed the practice and were more confident about performing CPR after the session.



## Hot Weather

The change of season does not mean we will experience cooler temperatures. We have had a hot start to Autumn and our Heat Alert Policy still applies.....

### Community Transport and Other Programs

#### Heat waves and Single Hot Days

A heatwave is generally defined as a period of unusual and uncomfortably hot weather that could impact on human health, community infrastructure and services. For metropolitan Melbourne a heatwave alert is issued when an average temperature (heat threshold) of 30°C or above is forecasted for any given 24 hour period.

#### Community Transport

**All transport services will be cancelled during heatwaves and staff will notify Service Users/clients and Volunteers of the cancellation**

During times when **a day** is forecast to reach **36°C and above**, scheduled transport, after 12 noon will be cancelled. Volunteers will only be able to transport Service Users **in the morning** to appointments/engagements and Service Users will need to make other transport arrangements for transport required after 12 noon. Connect Health staff will inform Service Users and Volunteers of cancelled transport on days of **36°C** and above.

#### Other Volunteer Programs

Connect Health will not cancel any of their programs during heat waves and single hot days (**36°C** and above). Volunteers who support other programs will need to make their own decision as to whether they are able to safely attend and assist during a heat wave and/or days **36°C** and above. **Whatever decision you make it is important to notify us as to whether you will be attending or not during these hot periods.**

# What makes you feel like you belong?

## Entries invited for two Community Art exhibitions: 'Belonging'

- Everyone is invited to submit entries
- Selected works will be exhibited
- Prizes will be awarded
- Entries close **3 April 2019**

We are calling on the community of Connect Health to submit artworks for two upcoming art exhibitions.

Entries from clients, volunteers, staff and the broader community aim to encourage our community to get involved in creative activities and to promote well-being and community connection through art.

The exhibitions are jointly organised by the Social Support program, Gambler's Help program and the Volunteer Program of Connect Health & Community.

Artworks must be A3 in size. Both amateur and professional artists are welcome to submit up to 2 works. Please refer to the Artwork Submission Form for details. Artworks submitted will be reviewed by a curation panel. Chosen artwork will be displayed in one or both of the art exhibitions:

- **'Belonging' inter-agency art exhibition at Girrawheen Centre, 1 - 28 May 2019**
- **'Belonging' community art exhibition at Connect Health & Community (2A Gardeners Road, Bentleigh East), 13 June - 12 July 2019.**

**For Further information visit:**

<https://connecthealth.org.au/events/belonging-art-exhibitions-call-for-entries/>

Or contact one of our Community Connections Coordinators.



- **Social Support Groups** are a great option for those who have difficulty getting out and about but still want to stay connected to their community. Our program offer activities such as exercise, crafts, music and dancing, games, discussions, outings, special events, celebrations, quizzes and entertainers and is facilitated by qualified staff and assisted by wonderful volunteers.
- Our **Gambler's Help program** aims to prevent or reduce the negative impacts of gambling on individuals, families and the community. We use a public health approach to prevent gambling harm and address a range of social and environmental factors that contribute to problem gambling. Social connection and mental well-being are two relevant determinants of health.
- **Volunteering** brings many benefits from improving our health and fitness to promoting a sense of belonging, boosting mood and making friends. At Connect Health there are many volunteer opportunities such as assisting with: hydrotherapy program, walking groups and driving clients to appointments and engagements in the broader community.



## Snaps from Volunteer Christmas Luncheon

Thank you to the Board Members, Amanda, Chris Hill, staff and to the Volunteer and Community Connections team who assisted with making the Volunteer Christmas lunch a success. A big thank you to the staff who stayed behind and covered the volunteer shifts allowing volunteers to attend the lunch...and lastly thank you to all the volunteers for taking the time to attend. We hope you enjoyed your lunch!



*"2018 was very enjoyable and happy as is. Thank you to all the staff for looking after us so well. It was a happy get together. The food was delicious. Thanks again for the Diary 2019. It is so handy- love it."*



*"Very enjoyable day, good to meet up with everyone. Keep up the good vibes."*





## Snaps from Volunteer Christmas Luncheon



*I enjoyed the day with our volunteers; it was a very good get together.*



*"Lovely day. Excellent food, great atmosphere, noisy but to be expected with such a crowd. Very nice venue."*



# Training Opportunities and Events

## Mindful Meditation Training for Volunteers

Volunteers and Staff are invited to participate in a special half-day mindful meditation class. Learn how mindfulness techniques can help you to manage the pressures of work and life. Hosted by Anja Tahane, qualified Mindfulness Meditation and Stress Reduction teacher. On **Thursday 11 April 2019, 9am—12.30pm** in the Multi-Purpose Room at Connect Health, East Bentleigh. Cost: free. Bookings: <https://www.trybooking.com/BAYYP>. Contact: Barbara Ryan on 9575 5302.

### Staff Workshops—Volunteers are Welcome to Attend

1/3 and 2/3 Rooms, 2A Gardeners Road, Bentleigh East

Day	Date	Time
Thursday	31 January	8.30am – 11.00am
Wednesday	20 March	2.00pm – 4.30pm
Tuesday	21 May	8.30am – 11.00am
Wednesday	17 July	2.00pm – 4.30pm
Tuesday	17 September	8.30am – 11.00am
Thursday	21 November	2.00pm – 4.30pm

### Dates to make note of 2019:

#### Community Transport Driver & Jockey Meeting

**Tuesday 12 March, 11am—11:30am**

#### Manual Handling—Assisting Clients

**Tuesday 12 March, 11:30am—1:00pm**

#### Hydro Emergency Rescue Training

**Friday 29 March and Monday 8 April**  
at East Bentleigh Pool

#### National Volunteer Week: 20–26 May 2019

**Christmas Function Wednesday 27 November 2019**  
**12pm– 2:00pm**

### Public Holidays 2019

11 Mar Mon	Labour Day
19 Apr Fri	Good Friday
21 Apr Sun	Easter Sunday
22 Apr Mon	Easter Monday
25 Apr Thu	Anzac Day
10 Jun Mon	Queen's Birthday
27 Sep Fri	AFL Grand Final Friday
5 Nov Tue	Melbourne Cup Day
25 Dec Wed	Christmas Day
26 Dec Thu	Boxing Day

## Volunteer and Community Connections

### Connect Health's

**Vision:** Healthy People, Healthy Communities

**Purpose:** Understand and meet the health needs of the community as a socially responsible business

**Values:** Respect, Responsiveness, Accountability & Collaboration

#### Main Site Address:

2A Gardeners Road Bentleigh East 3165

#### Postal Address

PO Box 30 Bentleigh East 3165

**Website:** [www.connecthealth.org.au](http://www.connecthealth.org.au)

**Facebook:** <https://www.facebook.com/connecthealth.org.au/>

**Instagram:** [https://www.instagram.com/connect\\_health/](https://www.instagram.com/connect_health/)

#### Volunteer and Community Connections Team

#### Volunteer Services:

**Anna:** Monday — Wednesday

**Kia:** Wednesday — Friday

**Phone:** 9575 5312

**Email:** [community@connecthealth.org.au](mailto:community@connecthealth.org.au)

#### Community Transport - individual

**Bill:** Monday, Wednesday & Friday

**Di:** Tuesday — Thursday

**Errol:** Monday — Friday

**Phone:** 9575 5386

**Email:** [communitytransport@connecthealth.org.au](mailto:communitytransport@connecthealth.org.au)

Autumn 2019

Page 17