

Edition 169: Friday 3 February 2012

Dates for 2012

National Volunteer Week

14 - 20 May 2012

South Australian Volunteers Day

11 June 2012

Two new organisations join the free/low cost ICT initiative

Do you need access to the internet or word processing programs but don't own a computer? You aren't alone. Luckily, there are various schools, libraries, and community centres across the State that provide computers as well as word processing and internet access to volunteers at little or no charge.

The Office for Volunteers has compiled a list of free/low cost internet, computer and computer training access sites: all available for use by volunteers. What's more, the list is growing, with the addition of two new organisations joining in on the initiative!



So, whether you're a volunteer or an organisation wanting to share your resources with the volunteering community, visit the Office for Volunteers website at www.ofv.sa.gov.au/ICT_Resources.htm, phone 8463 4490 or email ofv@sa.gov.au.

Grant funds to support South Australian youth

Grants totalling \$500,000 are now available for projects to engage young South Australians and encourage them to be positive about their future.

The *youthconnect* grants represent the single largest pool of funding specifically for young people in South Australia.

Non-government and not-for-profit organisations, as well as Youth Advisory Committees, can apply for between \$10,000 and \$50,000 for projects to provide opportunities and support for young people between the ages of 12 and 25.

Grant applications need to address at least one of the following priorities:

- Health and Wellbeing - keeping young people safe from harm
- Education and Training - supporting disengaged young people (17-19 years of age) to get back into education and gain a qualification



- Engagement and Participation - providing opportunities for young people to become actively engaged in their local community
- Better Connections - developing practical guidelines, tools and resources to support organisations working with young people

Projects funded through the 2011 grant round included a school attendance program in Ceduna, a community engagement project in the Flinders Ranges and a training and education program for young vulnerable people in the Murraylands.

Grant applications can be made on-line and further information is available at www.officeforyouth.sa.gov.au
Applications will remain open until Wednesday, 29 February 2012.

Free internet workshops for older people

Helping Hand Aged Care and Telstra are proud to bring the Gadget Guy, Peter Blasina, to Adelaide to run free internet tutorials for older South Australians.

Four hands-on workshops are available and are designed for people with little or no experience in using the internet. For Information on each workshop, visit www.helpinghand.org.au.

Registrations are essential and people are invited to attend one or all of the free workshops. Light refreshments are available.

Call Amy at Helping Hand on 1300 653 600 for all enquiries and registrations, or email aphillips@helpinghand.org.au.



COTA Bi-lingual Volunteer Program

COTA has been working in partnership with *beyondblue: the national depression initiative* for six years to overcome significant levels of stigma and poor awareness of mental health issues among older people.

The *beyond maturityblues* program has helped raise awareness of anxiety and depression amongst seniors in the community and helps to promote good mental health and well-being.

Following on from the success of this project, COTA and *beyondblue* are now targeting people from non-English speaking backgrounds as they may be at risk of developing mental health problems as they age. For the last three years COTA has been working with many different communities, but in particular with the Italian, Greek, Vietnamese and Chinese communities.

Irene Makris, one of COTA's Greek speaking volunteers, has been overwhelmed by the way her community has opened up at these talks.

"I realise now how important it is to provide these sessions in the communities own language. We give people the opportunity to talk in a supportive environment and provide useful information that they can take home and share with their family. I have never done anything like this before, but I love being able to help others," she said.

Bi-lingual volunteers wanted

Do you speak a language other than English? Are you interested in positive ageing and want to participate in programs that support older people to stay active and healthy? COTA is looking for bi-lingual speakers to help present health information to their community.

They are looking for mature people to become volunteer 'peer educators' for a 12 month period starting June 2012. COTA Peer Educators talk with groups in the community about health issues, in particular about anxiety and depression in older people and how to maintain good mental health. Volunteers are trained in what to say and supported to provide this valuable community service.



Giovanna and Irene reviewing the Beyondblue resources

For further information please phone Paloma Wraith at COTA on 8232 0422 Monday to Thursday or email pwraith@cotasa.org.au

Celebration of community togetherness

A special "Family Gathering" intended to assist those recently arrived in the south of Adelaide is being held at Christie Downs. It is hoped that this event will help new *arrivees* meet members of their community and those who may also have recently arrived.

This is a celebration of community togetherness. Get to know your neighbours and expand friendship networks.

Come along and meet with other people in the community in a relaxed environment, eat together and listen to music from around the world.

When: 6–9pm, Friday 10 February 2012

Where: Christie Downs Community House Morton Road, Christie Downs

This is a free event with activities planned for all.

For more information, contact Rosalind Partridge, Community Development Officer–Neighbourhoods, on 83840736 or rospar@onkapinga.sa.gov.au or Mary Hopkins, Chair Cultural Diversity Working Group, on maryhopkins@internode.on.net.



Volunteer training courses from Volunteering SA&NT

F - Free training **FFS** - Fee for Service Training

| | | |
|--------------------|--------------------|--|
| Mon 6 Feb | 9:30 am – 12.30 pm | Introduction to Volunteer Management F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |
| Mon 6 Feb | 1:00 pm – 4.30 pm | Connecting with Older People F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |
| Tues 7 Feb | 9:30 am – 12.30 pm | The Treasurer's role in Small Not for Profits F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |
| Wed 8 Feb | 9:30 am – 12.30 pm | Enhancing Customer Service Skills F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |
| Thurs 9 Feb | 9:30 am – 12.30 pm | Recruiting and Retaining Culturally and Linguistically Diverse (CALD) Volunteers F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |
| Thurs 9 Feb | 9:30 am – 12.30 pm | Skills for Committees and Boards F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |
| Thurs 9 Feb | 1:00 pm – 4.00 pm | Building Conflict Resolution Skills F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |
| Fri 10 Feb | 9:30 am – 12.30 pm | Introduction to Marketing F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |
| Fri 10 Feb | 1:00 pm – 4.00 pm | Engaging Gen Y F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |
| Fri 13 Feb | 1:00 pm – 4.00 pm | Introduction to Mentoring F To be held at VSA & NT Level 5, 182 Victoria Square, Adelaide |

Other training opportunities

Northern Volunteering SA Inc

Northern Volunteering SA is hosting a range of training opportunities for volunteers and volunteer managers:

| | | |
|--------------------|--------------------|--|
| Thur 9 Feb | 9.00 am - 4.30 pm | Apply First Aid and CPR NVSA Conference Room 39 John St, Salisbury Member Volunteers \$110, Member paid worker \$150 Non-Member \$169 |
| Thur 23 Feb | 9.00 am – 4.30 pm | Child Safe Environments NVSA Conference Room 39 John St, Salisbury Members \$55, Non-Members \$82.50 |
| Mon 27 Feb | 9.30 am - 12.30 pm | Communication and Conflict Resolution NVSA Conference Room 39 John St, Salisbury Members \$15, Non-Members \$44 |
| Wed 29 Feb | 9.30 am - 12.30pm | Food Safety NVSA Conference Room 39 John St, Salisbury Members \$15, Non-Members \$44 |

For bookings please phone Northern Volunteering on 8250 1582.

Other training opportunities

Southern Volunteering SA Inc

Southern Volunteering SA also has training opportunities on offer:

| | | |
|--------------------|--------------------|--|
| Tues 7 Feb | 9:15 am - 11:00 am | Introduction to Volunteering Southern Volunteering 13 McKinna Rd, Christie Downs Free |
| Thur 16 Feb | 9:15 am - 12:30 am | Building Self Confidence Southern Volunteering 13 McKinna Rd, Christie Downs \$22 |
| Tues 21 Feb | 9:15 am - 11:00 am | Introduction to Volunteering Southern Volunteering 13 McKinna Rd, Christie Downs Free |
| Tues 28 Feb | 9:30 am - 12:30 pm | Accidental Counselling Southern Volunteering 13 McKinna Rd, Christie Downs \$22 |

For bookings please phone Southern Volunteering SA on 8326 0020 or email admin@svsa.org.au .
