



The Volunteer Wave

The Cockburn Volunteer Resource Centre Newsletter

9 Coleville Cres, Spearwood, 9411 3490, volunteering@cockburn.wa.gov.au



National Volunteer Week 12 - 18 May 2008

National Volunteer Week is a time to reflect upon, and celebrate the achievement of volunteers in our community.

Without the assistance of volunteers, there would be many valuable and relied upon services, that would not be available, especially to those who are most in need.

According to the latest ABS Voluntary Work, Australia Survey (2006), 34% of the adult population (5.4 million people nationally), volunteer, with 44% of those aged 35-44 years of age. This is the highest participation level of any age group.

So why do people volunteer? It was found that the most common reason for volunteering was to "help others or the community", followed by "personal satisfaction", and "to do something worthwhile". The report also found that the median annual number of hours volunteered was 56 hours.

It is also of note that the economic value of a volunteer hour, has been revised from \$19.26 (Ironmonger: 2003) to \$22.08 (Ironmonger, 2006: *The economic value of volunteering in Queensland* A report commissioned by the Department of Communities, p8).

The City of Cockburn recognises the outstanding contribution that volunteers make within our community and cannot emphasise enough how much of a difference volunteers make and "**change our world**".

Thank you!!

1

Happy National Volunteer Week

Welcome to our May edition of the Volunteer Wave newsletter.

As we celebrate National Volunteer Week this month, I would like to take this opportunity to thank all of the wonderful volunteers, that help us in our community, and for the commitment, passion and inspiring work that you all do.

A very big thank you also, to our Volunteer Member Agencies, without whom our volunteers would not be able to make such valuable contributions to our community, and make such a big difference to people's lives.

Best wishes,

Leanne Gallagher

Inside this Edition

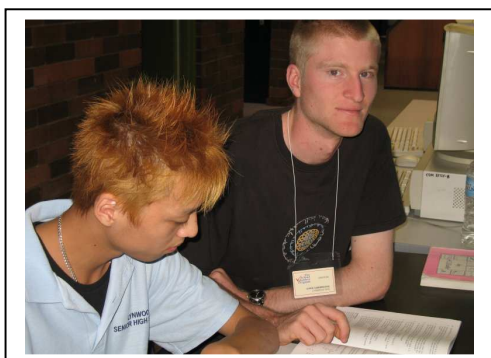
	Page No.
• National Volunteer Week	1
• Volunteer in our schools	2
• Volunteer Profiles	2
• Walking group request	2
• Agency Profile: Volunteer Taskforce	3
• Recent Requests for Volunteers	4
• Volunteer Management Tools	4

Do you enjoy walking?

Take the first step to heart health today
Join a Heart Foundation Walking group.
You'll make new friends and improve your heart
health at the same time.

There are trained walk organisers ready to
get going.

Contact Gilly Street on 9411 5303,
Coordinator of the Heart Foundation's
community-based walking group network.



Meet Chris Sambrooks

Chris became involved in volunteering with the School Volunteer Program a little over a year ago, after being encouraged by his mother's experience, as a mentor with this program. Chris stated "I was not sure what exactly I would be helping with when I first volunteered, but the teachers suggested I use my mathematics knowledge and experience to assist Year 12 TEE maths students".

Chris started volunteering this year, spending about two hours every Wednesday, and has mentored six students with their calculus, since he began volunteering with the program.

The main highlight of volunteering for Chris has been observing the progress of the students, and seeing them gain a greater understanding, and improvement in their mathematical ability.

When asked what Chris felt the community got from his volunteering he said that he felt the students were able to get individual attention, and achieve in their studies, which in turn decreased workload on the teachers.



Meet Norm Godfrey

Norm began volunteering when the Farrington Road dispute stimulated him into becoming involved with bushland regeneration activities in the North Lake Reserve.

He later continued similar work with the Cockburn Wetlands Ed Centre as a member of the Cockburn Wetlands Conservation Society. Norm has been volunteering for 23 years and at present mostly full-time.

Some of Norm's highlights have been the ability to achieve and demonstrate bush regeneration techniques and the involvement of community groups. Also developing a native plant nursery and the success in growing natives from seed collected locally.

Norm rightly believes the community benefits from his volunteering, through the regeneration of degraded bushlands which become more easily accessible and enjoyed by the public. He also enjoys educating groups, by the demonstration of propagation techniques, which can then be used be replicated in the community.

Volunteers change our world!



National Volunteer Week: 12 - 18 May 2008
www.volunteeringaustralia.org



Supported by the Australian Government
Department of Families, Community
Services and Indigenous Affairs



Agency Profile:



volunteer task force inc

Volunteer Task Force to offer a Helping Hand in Safety Bay

VTF has been operating since 1970, and recent growth funding has allowed the organization to branch out to Safety Bay. The organization supports frail elderly and younger disabled people to remain independent and living in their own homes.

Support services provided in the Safety Bay area by VTF include transport, gardening and home maintenance and social support. The organization is run by a team of paid staff, as well as a devoted bunch of volunteers.

Diedre Timms, general manager is very excited about the growth and is delighted at the prospect of working with local services to assist clients in Safety Bay and surrounding areas.

Safety Bay local, John Michael Pratt has been volunteering as a gardener for Volunteer Task Force since 2004 at their base in North Perth. Mike thinks the expansion of VTF is a great opportunity for the people of Safety Bay and surrounding suburbs like **Cockburn**, and looks forward to sharing his volunteering between North Perth and Safety Bay bases. Mike speaks highly of VTF and enjoys being part of an organization that “works for the benefit of the community”. He comments that the gardening keeps him fit and active and really enjoys the help he provides to the elderly and disabled.

Volunteer Task Force is calling for clients and volunteers who maybe interested in the organisation. If you or someone you know are on a pension with an ongoing functional disability please contact them, or alternatively if you are looking for a volunteer opportunity to help your local community, they would also love to hear from you, 9318 5700.

Volunteer Taskforce provide services to the community covering the metro area from Two Rocks to Rockingham



Recent Requests for Volunteers

- Volunteer bus drivers **urgently** needed!!! Cockburn Community Care are in desperate need of drivers to help with day trips and their weekly shopping service.
- Cockburn Community Care require food preparation volunteers to help make morning teas and lunches at the centre.
- Honorary Traffic Warden Volunteers are needed for Beeliar Primary School and St Jeromes Primary School. Full training, equipment and uniforms provided.
- Volunteer Taskforce require volunteers to help deliver support services to clients in the Cockburn area.
- Adventure Club are looking for activity volunteers for their out of school programs.

For more information on any of the above positions, or to discuss other positions on our database call the Cockburn Volunteer Resource Centre, Monday to Thursday 9411 3490.

Volunteer Management, Volunteer Recruitment, Retention and Volunteer Recognition great ideas

Dr Judy Esmond from More Volunteers has a downloadable book that volunteer managers may find useful

Volunteers: More Ideas Book No 2.

Dr Esmond has taken highlights from her newsletters last year, and put them into a convenient downloadable book for you.

The free downloadable book can be accessed at:
<http://www.morevolunteers.com/newsletters/newsletter30.htm>

Useful Websites for Volunteer Mangers

Volunteering Australia
www.volunteeringaustralia.org

Volunteering Western Australia
www.volunteeringwa.org.au

Energize “For Leaders of Volunteers”
www.energizeinc.com

OzVPM (Australasian)
www.ozvp.com

Volunteer Management Expert – Judy Esmond
www.morevolunteers.com