



VOLUNTEERING TODAY

*Southern Volunteering (SA) Inc newsletter
for current and future volunteers*

All smiles at the 2022 Volunteer Parade!

The 16th-22nd of May was National Volunteers Week! To celebrate the team of staff and volunteers from Southern Volunteering and the Community Visitors Scheme, walked together in the Volunteer Parade.

It was a fantastic day, as 100's of volunteers walked from the Torrens Parade Ground to Victoria Square. At the square they were met with a delicious lunch and treated to two amazing musical performances from Rachel Leahcar and Ricki-Lee Coulter!



15 years of volunteering!

It's amazing how time flies by when being a Community Visitor Volunteer. Take Gail for example, Gail has been a CVS volunteer with SVSA for 15yrs! Her weekly visits have enriched the lives of so many residents. Below Gail talks a little bit about her experience.

"Oh, how I enjoy my time with the different residents I have met and spent time with over the years! It is awesome being a Community Visitor Scheme Volunteer. I have and still enjoy it so much".

Thank you Gail for your dedication to the CVS program.

Interested in becoming a CVS volunteer?

If you or someone you know may be interested in providing some support and company to an older person, get in touch with our CVS coordinators. They will be able to find an aged care facility near you, match you with one of the residents, and help you to get started!

To volunteer in Adelaide's southern suburbs, contact Renai on **8326 0020** or email her at cvsteam@svsa.org.au to volunteer in the Fleurieu, contact Lynne on **8552 7858** or email her at regional@svsa.org.au



Do you, or someone you know, volunteer with animals?

The University of Tasmania invites volunteers to join them and contribute their research investigating the resilience, wellbeing, and mental health needs of people who volunteer with animals. UTAS are aware of the unique challenges and rewards faced by people who are repeatedly exposed to the difficulties and successes of caring for animals. With your participation, they're looking to identify resilience and wellbeing factors for volunteer animal care workers.

To share your thoughts, complete the survey using the following link:

<https://tinyurl.com/volunteeranimalcarers>

Recognising Outstanding Volunteers

A 'powerhouse' lymphoedema advocate, Adelaide's first pay-it-forward café, a Volunteer Ranger Program Coordinator and an iconic South Australian institution with a commitment to social responsibility were celebrated at the 2022 South Australian Volunteer Awards held on Monday 6 June at the Adelaide Convention Centre. The awards recognise the contribution of outstanding volunteer individuals, groups and businesses, with a diverse list of nominees showing the incredible range of skills and talents that volunteers bring to the fore every day.

View the winners of this year's awards here:

https://dhs.sa.gov.au/_data/assets/pdf_file/0015/130434/SA-Volunteer-Awards-2022-recipient.pdf

Volunteering was also celebrated as the efforts of Val Dempsey were recognised as she received the Senior Australian of the Year award. Val has dedicated more than 50 years of her life to the St John's Ambulance service, and is one of the ACT's longest-serving volunteers.



Read more about Val's volunteer journey here:

<https://australianoftheyear.org.au/recipient/valmai-dempsey>

SVSA Specialist Support:

Volunteerability:

SVSA is collaborating with Orana Australia to help make volunteering more accessible to people with disabilities, and help more people to gain the many benefits associated with volunteering.

We can offer personalised info sessions, explore potential volunteer roles, and even accompany you on your first few shifts!

If you, or someone you know, would benefit from some extra support to start volunteering, please get in touch with our Volunteerability team member Sabina, via **8326 0020**, or email her at evm@svsa.org.au.

Youth Into Volunteering:

Volunteering is a great way for young people to develop skills, gain work experience, meet new people and try new things. Unfortunately it can be tough to get into, and to find an organisation that takes on younger volunteers.

That's where Blaze comes in! Our Youth Into Volunteering Coordinator is here to help young people find suitable and enjoyable volunteer opportunities.

To find out more, contact Blaze on **8326 0020**, or email her at youthvol@svsa.org.au.

Looking to try something new? Here are just a few of the organisations currently looking for volunteers!

Volunteer in the Southern suburbs:

Southern Koala and Echidna Rescue (SKER) Ltd

SKER delivers wildlife rescue, rehabilitation, research and revegetation activities across the southern metropolitan region. 100% volunteer run, they provide the community with 24/7 advice and help with all wildlife, specialising in koala and echidnas. They have big dreams and a big heart so the time has come for them to recruit some more volunteers to help them continue to grow and achieve all of their goals.

Check out the range of volunteer opportunities on offer with the SKER:

<https://govolunteer.com.au/volunteering?organisationId=25957>



CareWorks Community Care - Noarlunga

CareWorks manages and develops programs to provide practical assistance, offer hope and opportunity to all people to grow towards well-being, wholeness and community. Their Noarlunga location hosts an op-shop, cafe, emergency relief services, and a community dinner each Tuesday (Food@five).

See how you can lend CareWorks a helping hand:

<https://govolunteer.com.au/volunteering?organisationId=3876>



Learning Assistance Program - Coromandel Valley Primary School

The Learning Assistance Program (LAP) is a student mentoring program that has been running successfully at Coromandel Valley Primary School for many years. While Covid restrictions have presented some challenges we are now pleased to welcome volunteers back to school. Would you like to support students one-to-one for a half an hour session each week? This may involve support with literacy, numeracy, social skills, simply playing a game or listening to reading.

Find out more, or apply today:

<https://govolunteer.com.au/volunteering/opportunity/182163/learning-assistance-program--lap--volunteer>



Volunteer on the Fleurieu:

Wooden Toy Factory - Encounter Centre Victor Harbor

The Encounter Centre is looking for volunteers to work as part of a friendly team to help produce quality hand made toys and small furniture items. You may wish to paint, build, or even be trained in using woodwork machinery. The items you will be helping to make may include wooden door stops, dolls houses, trucks, giraffes, rocking horses, and games. Proceeds from the sale of the toys and furniture are reinvested into the local community.

To find out more, or to apply, use the following link:

<https://govolunteer.com.au/volunteering/opportunity/87853/woodwork-workshop---wooden-toy-factory---encounter-centre>



Bucklands Community - Port Elliot

Bucklands Community, in Port Elliot, is a space designed for activities, connection and wellbeing, where everyone in the community can get together. Our aim is to make activities where autism is not a barrier to participation.

Bucklands have a range of ways for volunteers to assist with their programs. To become involved, get in touch by applying for the role below. If the role isn't a perfect fit, they're happy to find another way for you to help out!

<https://govolunteer.com.au/volunteering/opportunity/169372/program-assistant---bucklands-community>



Reading Army - Goolwa Primary School

Goolwa Primary School is recruiting for volunteers to become a part of the school reading army. This dedicated group of volunteers attend school 1 or 2 mornings a week to sit with up to 5 children who may have some learning/reading difficulties and benefit enormously from having one on one sessions outside of the classroom with friendly, patient volunteers.

To apply or find out more, click the link below:

<https://govolunteer.com.au/volunteering/opportunity/114737/reading-army---goolwa-primary-school---goolwa>



Or visit govolunteer.com.au and check out more volunteering opportunities!

Volunteering Word Puzzle

Using different combinations of the letters below, try and come up with as many different words as possible! Each word has to be at least 4 letters long, and every word must contain the letter in the centre of the puzzle. There's even a 9 letter word that uses every letter!



10+ words good

20+ words great

30+ words excellent

40+ words professional!

9 letter word hint: "Volunteers are _____ to their community!"

Have a story to share about volunteering?
Email it to evm@svsa.org.au and you could be
included in the next newsletter!