

Volunteering Matters

Linking Families Volunteer Newsletter
Oct/Nov/Dec 2011.



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A FRIENDLY REMINDER

Whooping cough is around, and can be a very serious illness for children. In adults it is a cough that won't go away, even after a few weeks.

Immunisation for whooping cough is free to adults who have regular contact with young children, so see your family doctor for a booster, to protect you and the families you are visiting.

A Message from our Manager

Dear Volunteers and Families,

It's that time of the year already and another year has flown by. Our annual Christmas lunch for volunteers is on the 30th of November and a little different this year! We still would love to see all our dedicated volunteers to personally say 'thank you' to you all for your valuable gift of time that you give all our families at home or in groups.

On behalf of all Linking Families staff and myself, I wish you all a safe, happy and restful holiday break and hope you continue your wonderful work with Karitane in the near future.

Regards,

Sophia



Happy Holidays



We hope you enjoy your break and look forward to seeing you in the New Year.

Karitane will be closed from the 21st December to 9th January.

All Volunteers home visits and groups will be ceased by the 9th December 2011

All Volunteers Home visiting will resume on the 9th January 2012 if the volunteer is available to visit.

We will be planning to start back from the 9th January.

Playgroups will recommence from February 2012.

Please let your coordinator know when you will want to restart with home visiting to families.

Volunteering Opportunities

Would you like to...?

There are many different ways to volunteer with us here at Karitane!

Home visiting a family for a few hours a week is a great way to support families. If you feel like a change and want to go back to Home Visiting families after a break, or want to give it a try, please let us know, as we always have families in need of our support!

If you would like to help new volunteers on our team to settle in, we are starting a 'mentor' program, where experienced volunteers visit families with new volunteers, to share their knowledge and experience.

If you are interested in this, please let us know. We have a lot to share between us!

"A hundred years from now, it will not matter what kind of car I drove, what kind of house I lived in, how much money I had in the bank...but the world may be a better place because I made a difference in the life of a child." (Forest Witcraft)

Our volunteer, Gillian, has recently been inducted as an "Honorary Fellow of The University of Sydney"



Congratulations Gillian!

Welcome to Our New Volunteers

We have been busily training new volunteers throughout the year. The following ladies have completed their training and have joined our team of wonderful volunteers. A big welcome from us all to:

- | | | |
|-----------|-----------|------------|
| ♥ Karen T | ♥ Jillian | ♥ Nadine A |
| ♥ Farhana | ♥ Zoe C | ♥ Nola |
| ♥ Gillian | ♥ Kelly | ♥ Nadine N |
| ♥ Anna C | ♥ Ninorta | ♥ Linda |

Volunteer Achievements

All of our volunteers display an amazing commitment to Karitane's vision in their work with families. We recognise and appreciate the valuable gift of time and compassion offered by all volunteers.

The following milestones have been achieved by our volunteers.

6 months Service

- ◆ Anna C
- ◆ Farhana K
- ◆ Gillian H

5 Years Service

- ◆ Anne Marie R
- ◆ Jean M
- ◆ Roxene Q
- Deborah L
- Robyn Q
- Stephanie T

10 Years Service

- Doreen Day
- Kay Walsh
- Mary Fay Brennan

Home Visiting News



Hi All Families and valuable volunteers,

I would like to take this opportunity to say thank you to all Families and Volunteers for being part of this program, I appreciate all the support which was provided by volunteers to all families and staff members from Linking Families Program during the year. I am looking forwards to next year to continue our support to families. It is very hard for us as staff members to provide service to all families and groups without volunteers' support.

I will be back on the 9th January 2012.

Kardonia



News from our Karitane Playgroups

Karitane Linking Families runs 10 playgroups altogether in Bankstown, Fairfield and Liverpool areas at local schools or community halls with plenty of toys, crafts and books. I can assure you that the children from 0 to 5 years of age spend really a good time there. They enjoy the company of other children, play and learn with their mums around. This helps a lot in building confidence in the children and makes it easier heading toward starting school with less separation anxiety.

In the playgroups I see so many children, very shy and clingy on their first day, becoming very independent after 4 or 5 sessions to the delight of their mothers. Questions and worries from the mums ranging from behaviour to nutrition, speech and more can be discussed during the group by facilitators or by invited guest speakers. Links with other services can also be made.

The smooth running of our playgroups could not happen without the assistance of our wonderful Karitane Volunteers who help so much and to whom we feel very grateful.

All parents/grand parents and children from 0 to 5 years are welcome to Karitane playgroups, run every day in school terms. Hope to see you there!

Anh Linh Pham

Education Update

Hello Everyone! What a year it's been! Welcome to our new volunteers and thank you to all who have attended our Ongoing Training sessions—we have had some great topics throughout the year. I'm looking toward presenting some new topics in the year to come, based on your feedback.

Please note: Ongoing Training will be on the 3rd Thursday of the month in 2012.

An **Ongoing Training Calendar** will be sent out early in the New Year, with the first session for the year planned for: **Thursday, 16th February 2012 10-12md. Infant and Child Massage**

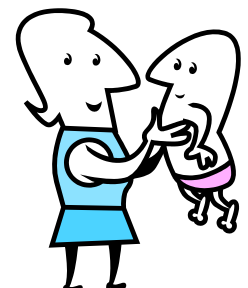
Enjoy your break. Looking forward to seeing you in the New Year !!

Sally Lee

Karitane Family Care Centres

Volunteers at Liverpool and Randwick Family Care Centres help families who are attending parenting support groups at the centre. They perform the valuable role of looking after the babies and helping out with baby care while the group is running. Staff are on hand at all times to assist the volunteers if needed.

Thankyou to all our volunteers who give their time in this way—without you, it would be very difficult to provide these services to our families.



The Linking Families Team

| | |
|---|---|
| Sophia Nabi Manager Linking Families | Sally Lee Clinical Nurse Educator Volunteer Program Coordinator |
| Anh-Linh Pham Fairfield Coordinator | Kardonia Daawod Bankstown Coordinator |
| Heidy Morales Young Parent Family Worker | Tien Nguyen Health Education Officer |
| Amy Leung Health Education Officer | Freda Simpson Senior AHEO |
| | Teresa Kelly Administration Support Linking Families |



We are very happy to be making full use of our newly renovated Education Room here at Linking Families

Contact Us:

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If you have a story to share, a comment to make or request for training please don't hesitate to contact us.

Staff Profile

Freda Simpson

Senior AHEO

Senior Aboriginal Health Education Officer, Karitane Linking Families



A Child Care Coordinator, a Volunteer, a Health Education Officer, an Aboriginal Liaison and Community Development Officer and an Aboriginal Elder. Freda identifies as being from the Wiradjuri tribe. Freda has been associated with the local community for over 30 years and with Karitane for over 12 years. As we celebrate 10 years of Volunteering with Karitane Linking Families, we look to Freda as one of our team who have been involved with the program from the beginning.

Freda started with Karitane as a volunteer in 1998:

"I saw an ad in the paper asking for volunteers to help families in the community through home visiting. I strongly felt that there was a great need for this service for Aboriginal families and thought that if I became a trained home visiting volunteer then I would be accepted into their homes and be able to give the best support possible. My kids were grown up, I'd worked with children for most of my life and felt it was a good time to do this type of volunteering. I also hoped it might open some doors to other opportunities"

This volunteering led to Freda becoming the first and only Aboriginal HEO working with Karitane until this year. In 2000, Freda was approached by management to assist them to engage with the Aboriginal community, and with the assistance from Gail Smith (AHEO) with transport, the L'il Possums Aboriginal Playgroup was born. Freda was then employed to get this playgroup up and running, and her role slowly developed into what it is today—assisting with training of Aboriginal Volunteers, supporting families through Home Visiting, supporting volunteers and now running 2 Aboriginal Playgroups, L'il Possums and Kamballa, Young Aboriginal Mothers Playgroup.

Freda has been an inspiration and positive role model to the local community and families she has supported over the years. We hope to see her continue to do so for a long time to come.

Thanks Freda!