

# VOLUNTEERING *and* CONTACT ACT

## March - Welcome from the CEO



Thank you to everyone who has recognised the valuable work done by volunteers, volunteer managers and volunteer involving organisations with nominations for the [2017 Volunteering Awards](#). Applications already received show the versatility and strength of Canberrans in making the Territory, and its surrounds, so vibrant, connected and collaborative. [Last day for nominations is tomorrow!!](#)

Feedback from those who have attended our [Specialist Knowledge Series](#), 'Doing Volunteering Business Better' indicates that the lectures are well pitched and very beneficial, with relevant examples and good balance of practical and background information. [Building a Utopian Workforce](#) is the next presentation in this series on 27 April.



'Women and Volunteering' was the topic for our [International Women's Day Quarterly Forum](#). Research shows that women are more likely to volunteer than men; that doing a good job gave them satisfaction (men cite enjoyment and achievement); being appreciated was more important to younger women; and that caring for the elderly affected women's ability to volunteer. Inspiring 2016 Volunteer of the Year, [Jeanette Purkis](#) spoke of her life journey and the importance of volunteering to her; both as a volunteer and as a beneficiary of others' giving.

Volunteering and Contact ACT provides volunteers and VIOs with information and support, that enable efficiencies and volunteering effectiveness. It is disappointing that the Federal Government will cease funding volunteer support services (like VCA) in the current format at the end of this year. Current funding programs will be replaced by the [Strong and Resilient Communities funding](#), which will focus on strengthening the capacity of communities experiencing disadvantage. The new grants will be for specific interventions and 'one-off and time limited'. [VCA is working with Volunteering Australia and our State counterparts to advocate for dedicated funding for volunteer support services](#). Shortly, we will be calling on you for support.



'Give Happy, Live Happy' is the theme of [National Volunteer Week](#), which is just around the corner (8-12 May). This year we will celebrate National Volunteer Week with a series of events that will celebrate the individuals and groups who enrich others, the community, and our economy through volunteering.

Finally, we welcome some new staff members. Zach Ghirardello joins VCA as our Business Development Manager, and Connor McGoverne will oversee [Connections](#), while Rhiannon Simpson is on maternity leave.

Glenda Stevens

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## ACT Community Directory or Volunteer related question?



How can we help you? We'd love to improve our services, but can only do so when we know what you need. If you have any sort of question around volunteering or the ACT Community Directory, please let us know [here](#).

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## Member of the Month



### Stella Bella Little Star's Foundation

#### - New Children's Centre!

The Stella Bella Little Stars Foundation was launched in 2012 to brighten the lives of children in the ACT region who are living with serious and long term illnesses. Support and assistance is offered to children and their families, regardless of their diagnosis.

The Foundation is very proud to announce the opening of the Stella Bella Children's Centre. The Centre will offer mainstream childcare rooms, and a specialised respite and occasional care unit for

chronically ill (non contagious) babies and children.

For more info visit their [website](#) or [email](#) them directly.

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## Volunteer nominations close tomorrow Wednesday 29 March!



Don't miss your opportunity to recognise volunteers for their efforts. [Nominate here](#). Once nominations close, a voting poll will be made available to vote for 'Canberra's Choice Award'. Here you can review all nominees and *vote for your favourite*. Keep an eye out on our social media pages for a link to this poll.



Thank you to [Beyond Bank](#), our major 2017 event sponsor. This year Beyond Bank introduce the 'Going Beyond' Award. All nominees will be automatically entered into this category.

If you are interested in attending the Awards ceremony please contact us [here](#).



## Seeking a Social Support Volunteer

Our Connections Program is seeking volunteers. Did you know that Canberra has the highest rate of mental illness in the country? More than 75 000 Canberrans are affected by mental illness every year? Poor mental health can lead to social isolation and disconnection from the community.

Volunteers provide valued one-to-one social support to socially isolated women and men with a mental illness living in Canberra. If you would like to be a support volunteer please express your interest [here](#).

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## Financial Advice for Not for Profits

In partnership with Pro Bono Australia, CPA Australia assists not for profits by connecting them with qualified CPA Australia members via the [Mentor the Treasurer program](#).

CPA Australia members volunteer their time to provide small not for profits with professional guidance on best accounting and financial practices. Topics may include bookkeeping, banking, record keeping, internal controls, reporting and annual financial statements.

If your not-for-profit organisation is in need of financial guidance and has an annual turnover of under \$250,000, sign up to the Mentor the Treasurer program [here](#).

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## Members' Events

[St John Ambulance ACT](#) are offering the following free first aid information sessions targeted at retirees, seniors, the elderly and their families.

- [29 March – Medical emergencies](#) – 10:00am-11:30am (heart attack, stroke, burns, anaphylaxis & asthma)
- [27 April – What if the worst happens](#) – 7:00pm-8:30pm (CPR, defibrillation & choking)
- [25 May – Medical emergencies](#) – 7:00pm-8:30pm (heart attack, stroke, burns, anaphylaxis & asthma)
- [28 June – What if the worst happens](#) – 2:00pm-3:30pm (CPR, defibrillation & choking)
- [26 July – Medical emergencies](#) – 2:00pm-3:30pm (heart attack, stroke, burns, anaphylaxis & asthma)
- [26 August – What if the worst happens](#) – 2:00pm-3:30pm (CPR, defibrillation & choking)
- [16 September – Medical emergencies](#) – 2:00pm-3:30pm (heart attack, stroke, burns, anaphylaxis & asthma)
- [24 October – What if the worst happens](#) – 7:00pm-8:30pm (CPR, defibrillation & choking)
- [21 November – Medical emergencies](#) – 7:00pm-8:30pm (heart attack, stroke, burns, anaphylaxis & asthma)

All sessions are at 14 Thesiger court Deakin. RSVP at 6282 2399 or [admin@stjohnact.com.au](mailto:admin@stjohnact.com.au)  
(Please note these sessions are up a flight of stairs)

## YWCA Canberra

- [27 April – Great Ydeas Innovation Breakfast](#) – [Register here](#)
- [1 June – She Leads Conference](#) – Save the date, registrations open soon, [read more](#)

If your organisation would like to share any events with our community please [email us](#).

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## Volunteering and Contact ACT Events

- 5 April - Executive HELPOut
- 11 April - [Volunteering Open Day](#)
- 18 April - [Volunteering Essentials](#)
- 20 April - [ACT Community Directory Essentials](#)
- 8-12 May - [National Volunteer Week](#) - Lots is going on during the week as follows,

Monday 8 May: 2017 Volunteering Awards Canberra Region

Tuesday 9 May: Volunteering Open Day

Wednesday 10 May: Community Impact Day

Thursday 11 May: Volunteer Managers Round-table

Friday 12 May: VCA Volunteer Thank You Luncheon

- 8 June - [Volunteering Symposium](#)



### SPECIALIST KNOWLEDGE SERIES

Doing volunteering business better

Topic 3:

Building a Utopian Workplace

Thursday 27 April | 9am - 11:30am

[Register here](#)

Science has proved that the act of giving releases endorphins, resulting in a phenomenon known as the “helper’s high”. This workshop will show you how to



### MEET YOUR COMMUNITY

Navatas English  
- Home Tutor Scheme

Friday 28 April | 10am - 2pm

Navatas English is one of the largest and most respected of Australia’s quality English language providers.

The Home Tutor Scheme suits students who want to learn English face-to-face but are not always able to attend one of our colleges.

create and promote a giving culture so your employees and volunteers feel more connected, resulting in increased productivity and greater stakeholder engagement.

Come in and speak to their team to find out how they can help you, or visit their [website](#).



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