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St James Village initiative with wide ranging benefits



An initiative by St James Village at Heatley benefits both its residents and its volunteers. The Lantern Café in the Village is a popular meeting place for residents and their visitors as well as a potential pathway to employment for its volunteers who can receive accredited barista training.



Megan's Story

A special young lady loves volunteering

"I started volunteering at St James Village this year. I studied Hospitality at school and Mum advised me to go to St James Village. I had to get a police check before I started. All volunteers need this. I work in the coffee shop two days a week and also do volunteering at my church as a playgroup assistant. I love both my volunteering jobs."

The coffee shop is where I learned to use the coffee machine. Rebecca and other volunteers helped me and now I feel confident to use it. I make good coffee for the residents and guests as well as serve them food and snacks. I enjoy talking to the customers and everyone is really friendly and they all thank me for their coffee. I'm getting used to working out giving the proper change and there's always someone to help if I need it. Sometimes people come in to do Barista training with the volunteers. I would like to do that too.

All the customers are really nice and Mum is very proud of me. Now I can talk to all

"I love both my volunteering jobs."

I feel proud that I can make people happy and I enjoy working with other volunteers."

the residents and I feel proud that I can make people happy and I enjoy working with other volunteers. I feel really good about helping other people.

I would like to get a job working in a café, making coffee and serving people but I really like my volunteering jobs.

What I would like to say to other people is, come to St James Village and volunteer and we will help you. Just like people helped me."

If you are interested in becoming a volunteer like Megan, contact Volunteering North Queensland. Find out more about volunteering at www.vnq.org.au or call 4725 5990.

A comfortable balance between volunteer work & personal time

Originally from Idaho in the U.S., Rocky & Sherry are two busy members of St James Village's wonderful team of volunteers.

At first, they helped out doing occasional volunteering jobs with other members of their Church's congregation and, when Sherry retired from the Education sector, the volunteering path opened up with more time available and more opportunities to get involved such as helping at Meals on Wheels and

"It keeps me out of trouble and the coffee's pretty good."

Of course Rocky would say that, he makes the coffee!

using her valuable experience to assist children in the Vincent area with reading.

When Rocky retired, also from the Education field, he followed his wife's example and plunged into volunteering as well.

He is a member of Rotary, a driver with ComLink and has visited the Oncology ward to provide tea, coffee and some company to those who need a pick me up. We caught up with them at the Lantern Café serving up great coffee and



cakes to the residents.

They volunteer because they not only want to 'pay it forward' but also, having seen the hardships and little victories of ageing in close relatives, they want to help lighten the load for others.

Rocky and Sherry agree that, for now, they have a comfortable balance between volunteer work and personal time. They really enjoy their volunteering and being around people but also want to keep some time aside for themselves to be with their family and go travelling when the mood takes them.



Herman's Story

"After accepting a redundancy package from my full time employment, I spent 12 months doing all the maintenance jobs on my house that I never had time to do. I enjoyed this time using my skills and working at my own pace without the stress and pressure of the workplace.

Then I realised there was nothing else to fix!

I started to feel really bored sitting at home with not much going on. I got in touch with Volunteering North Queensland, went in to talk about any volunteering opportunities in the

the maintenance area and was put in touch with St James Village, an Aged Care facility. After meeting the manager and finding out more about the position, I knew this sounded just what I wanted and started volunteering soon after.

I work with a great team of volunteers, staff and residents to perform maintenance requested by the residents. Fixing telephones, doors, fans and whatever needs doing. We recently constructed wooden ramps to make it easier for people in wheelchairs to get up steps and inclines. The thanks and appreciation was wonderful! Something I really enjoy, helping someone out and having a chat with people. I feel really appreciated by the staff, residents and my supervisor.

"My life is more fulfilled by working and interacting with lots of different people. Now I have interesting things to talk about with friends and family."

I came to Australia from Holland, eventually settling in Townsville and love the lifestyle

here. Aussies have been good to me and I am happy to give something back by volunteering. I'm currently volunteering 2 days a week but the times are flexible enough to let me take time off when required.

"My advice to anyone thinking about volunteering is get in touch with VNQ."



"Volunteering can be much more enjoyable than you might think."

It's given me a goal in life with lots of rewards."

Young volunteer gaining work experience

To anyone sitting at home, especially young people like me, I would say "Just get out there! Go and volunteer, talk to employers, get into a network. Volunteering is a good place to start. Volunteering has given me the confidence to approach all sorts of people and talk to them."



Darrell's Story

"I left school and got a job in a small engineering business operating cutting machinery. I enjoyed the work but the business closed and I found myself out of a job. I went down to Victoria looking for work but didn't have much luck and came home to Townsville. My mother encouraged me to get out of the house and find something to do. She arranged an appointment with Volunteering North Queensland and we went and spoke to Lynne. She asked me what I was interested in and my answer was, 'power tools'. Lynne suggested St James Village, so I got an appointment and met Trish who was manager at the time. Trish was great and really made me feel welcome so I took the job and never looked back.

I work with other volunteers doing repairs and maintenance. It's really good work

experience and proper work. The only other work experience I had was a week during high school. That was OK but ***I'm volunteering 5 days a week now and learning all the time.*** I want to get a paid job eventually and this is going to be a big help. I can get references and put all my skills on my resume.

What I really enjoy is the variety of the work – there's always something different to do and Steve, my manager, is always happy to help if I need it. The other volunteers are good too. The residents give me good feedback about the jobs I do and always show their appreciation. I like being busy and sometimes ask the cleaners if I can help. I always get thanked for helping.

I enjoy all the experiences – working and interacting and also showing I am reliable and responsible. One time, when it was a bit quiet, I was looking for something to do and dismantled a starter from a fluorescent light, just to see how it worked! I like to find out how things work.

Another thing I want to do is tap into the network of contractors who come on site. It would be great to talk to them about good ways to find a job and what jobs are available. My volunteering is a good opportunity for me and I know it will help me.

Before I started, I was a bit quiet but now I feel more confident and can talk to different people."

'Think About It – Make the Call'

Poetry by Lynne

It's easy to be a volunteer, you can do it anywhere

You'll be wanted up in Ingham and in demand in Ayr

If you think that you can't help out 'cause you haven't got a car

We can help find something for you that isn't all that far.

Volunteers are needed from the Bohle to Rowes Bay,

In Aitkenvale and Annandale and out Rasmussen way,

You can sew on missing buttons or help in a canteen,

Do something you enjoy alone or work within a team.

You can lead a guided city walk or visit those in care

And make someone's day much brighter just by being there.

Or read a story to a child who cannot read or write,

To give a little means a lot and turns darkness into light.

If you prefer to stay indoors without the need to roam,

You can knit some Trauma Teddies in the comfort of your home.

Outdoors? Come save our wildlife or test water from a lake

If you never try, you'll never know the difference you can make.

Q: Why should I volunteer?

A: Volunteering improves Self Confidence

Four out of five people gain confidence by volunteering and nine out of ten volunteers see an increase in their self esteem, according to a Citizens Advice Bureau study.

The numbers don't lie, and it's hard to not feel great after giving up your time to help people in need!

How VNQ can help...

If your self confidence needs a boost, we encourage you to call VNQ 4725 5990, email reception@vnq.org.au or visit www.vnq.org.au to find out how volunteering can help you.

How to Volunteer

If the stories of the wonderful volunteers in this newsletter have inspired you to explore volunteering ...

Contact VNQ!!

Take the first step to becoming a volunteer by visiting www.vnq.org.au or calling us on 4725 5990.

You can find out more about volunteering, search for volunteer positions and book an appointment with one of our friendly Referral Officers.

At your appointment the Referral Officer will ask you about your interests, skills, and limitations. They will work with you to match you with volunteering opportunities that are enjoyable and fulfilling that meet your interests and time constraints.



How to Read Food Labels

FAT CONTENT

Always	Ideal
Below 10g/100g	Below 3g/100g

SATURATED

Always	Ideal
Below 5g/100g	Below 1g/100g

SUGAR CONTENT

Always	Ideal
Below 15g/100g	Below 10g/100g

SODIUM CONTENT

Always	Ideal
Below 400Mg/100g	Below 120g/100g

DIETARY FIBRE CONTENT

Aim for more than 3g of dietary fibre per serve

Fruit Christmas Tree

Ingredients

- 1 large apple
- 1 long straight carrot
- 1 packet of toothpicks
- 1/2 cup green grapes
- 1/2 cup purple grapes
- 1 kiwi fruit sliced
- 1 punnet of strawberries



Method

1. Cut off the base of the apple to create a stable flat base
2. Use a knife or an apple corer to create a hole in the top of the apple and insert the carrot—this carrot will act as the trunk or central part of the Christmas tree
3. Insert toothpicks evenly all over the apple and the carrot—these toothpicks will act as the branches of the Christmas tree
4. Using the rockmelon, cut one slice into the shape of a star and cut the rest of the rockmelon into small triangles.
5. Place all the pieces of fruit onto the toothpicks. Space colours evenly over the tree
6. Place a rockmelon star on the top of the tree
7. Place tree on a plate in the middle of the table for your guests to enjoy

Recipe courtesy Nutrition Australia Qld

VNQ

Business Hours

9-4 Tue, Wed, Thu

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