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# GIVE HAPPY LIVE HAPPY

NATIONAL VOLUNTEER WEEK 8-14 MAY 2017

MAY 2017

Issue 4



## Connecting People in Communities

## What is National Volunteer Week?

National Volunteer Week, established in 1989, is the largest annual celebration of volunteers and volunteerism in Australia, recognising the contributions of volunteers nationwide.

**NVW 2017 runs from 8-14 May.**

The theme ***Give Happy, Live Happy*** follows on from research showing that volunteers are happier, healthier and even sleep better than those who don't volunteer.

Even a few hours of volunteer work can make a huge difference in a person's overall happiness.

Volunteering is highly associated with **greater health and happiness**



## Celebrating 90 Years! *Of caring for the wellbeing of seafarers*

*Established in 1927, the Mission to Seafarers, situated at the Townsville Port, caters and cares for the crews of the visiting cargo ships. Over the past nine decades they have catered to crews of all races and religions from over 60 countries who have had no contact with their families for several months.*

### Christine's Story

A volunteer with the Mission to Seafarers for 8 years, Christine started after her husband passed away and she wanted to keep busy. She made an appointment with Volunteering North Queensland who assisted her to find this position.

"My work here is very flexible and varied. It includes ordering new stock for the store, restocking shelves, selling items to seafarers and welcoming visitors. I enjoy all my work but particularly meeting so many new and interesting people from all over the world. The Mission has a great community spirit and celebrates its 90<sup>th</sup> anniversary this year. I really enjoy the great



Helen (Assistant Chaplain), Christine (Volunteer, Mission to Seafarers), Bill (VNQ), Graham (Manager, Mission to Seafarers)

friendships I have made and the social activities we arrange. *I feel valued and believe I am doing something worthwhile and interesting.* My advice to anyone thinking about volunteering is to just give it a go. There are lots of interesting positions so contact VNQ and have a chat with them."

## Advocating for change in the disability sector

Gwenyth's story began when her daughter, Anne-Marie, was born. At that time few understood autism.

"At age four my husband and I took her to Brisbane seeking a diagnosis but were turned away because it was believed girls did not get autism. At 26 she was diagnosed.

She was the catalyst for my advocating for those with a disability and setting up the NQ Autism Support Group in 2000.

"My daughter was the catalyst for my advocating for those with a disability and setting up the NQ Autism Support Group in 2000."

Queensland had lagged behind Australia's other states in provision of services for people with a disability.

During the Goss Government era I helped form the Townsville/Thuringowa Disability forum that networked across the state for post school options and other services. We made banners and posters and stood along Thuringowa Drive and in Queen's Gardens. "What a sight that must have been!



Gwenyth (NQ Autism Support Group),

When Labour next came to power, they installed Queensland's first Minister of Disability, Anna Bligh, and conditions for people with a disability improved.

Because few people with disabilities were in employment some members of Aitkenvale Special School P and C and I set up NQ Employment in 1990. Today, it operates successfully in Townsville, Ayr, Ingham and Charters Towers."

Gwenyth's love of performance lead to her becoming a life member of the Townsville Eisteddfod following many years of involvement with them.



## Job seekers—what can volunteering do for you?

Volunteering offers a way to:

- try different jobs and workplaces to help decide the right career for you
- learn new skills
- develop a wider circle of friends and networks
- build self-confidence and self-esteem
- gain valuable work experience and/or work references that could assist with your employment prospects

Search for volunteer positions at  
[www.vnq.org.au](http://www.vnq.org.au)

## Branch out and make a difference....Volunteer!

Need some ideas to help you get started?

Choose your preferred sector or search for a role from the 171 opportunities you will find at [www.vnq.org.au](http://www.vnq.org.au).



# Creating memorable experiences

## Les's Story>>>

*"Some time ago, a visiting US Navy ship anchored offshore to shelter from rough weather. Several crew members came ashore by landing craft but were unable to return to their ship as a cyclone developed. We went home to collect towels and other items for the sailors and provided them with a place to stay in the mission. Some time later, I was pleased to receive a letter of thanks from the US Navy, who were very appreciative of the support and assistance provided."*



"I have been a volunteer at the Mission to Seafarers for 15 years. I was a sea scout as a boy and always had an interest in seafaring.

I volunteer two days a week at the moment. I open up the office, set up the pie warmer and work in the shop.

Bill (VNO) with Les (Volunteer, Mission to Seafarers)

After I retired, I wanted to do something useful with my spare time. I already knew about the Mission and a friend told me about Volunteering North Queensland. I made an appointment and went along to see if volunteers were required.

VNQ referred me to the Mission where I was offered a volunteering position and I've been here ever since! I also volunteered at a local cricket club where I helped to prepare the pitch.

"I get a sense of satisfaction and fulfilment from volunteering.

The work I do is worthwhile and helps other people."

I'm also a standby driver and drive the seafarers into town for shopping, restaurants and medical centres or wherever they want to go.

I enjoy the friendship of other volunteers and the crews.

I feel my work is valued and appreciated. When Graham, our manager, was away at a conference in the past, I was invited to become acting manager in his absence.

I've had other memorable experiences including volunteering at the Mission

with my wife to assist Australian and French navy crews and learning so much about their work and experiences.

I recommend volunteering to anyone with some spare time. It is very satisfying and you will meet new people and learn new skills.

Consider your expectations of volunteering and what you would like to do. Volunteering North Queensland can help so give them a call.

I have established some wonderful friendships and I intend to continue volunteering as long as I am able."



## 90 Years of Hospitality!!

**The Mission to Seafarers**, a part of the Anglican Church and an international network of centres around the world, provides hospitality to all in the name of the Christian Church.

"The Mission to Seafarers takes care of seafarers when their ships berth in Townsville after a long voyage. We welcome them and facilitate recreation and internet. Our Internet Café serves great coffee and snacks! A recreation room is available where crews can relax, watch TV, play games, read or chat to friends and other visitors. The first thing they buy is a sim card so they can contact their families. Everything from tours to Billabong Sanctuary to Church services are offered and the crews enjoy the 'home away from home' approach of the management, pastoral care team and other volunteers."

Christine & Les

## Create your own memorable experiences....

Find out how you can create your own memorable experiences through volunteering at [www.vnq.org.au](http://www.vnq.org.au) or call us at VNQ on 4725 5990.

Our Referral Officers will work with you to find the most suitable and enjoyable volunteering position for you. With hundreds of different volunteer roles on our database, there is lots of choice.



# VOLUNTEERING is...



one of the strongest predictors we have  
of increasing our health & happiness

a true community builder



# 96%

of volunteers  
say that it "makes  
people happier"

Celebrate

## National Volunteer Week

8-14 May 2017



## Lip Smacking Good Blackberry Crisp

### Ingredients

- 6 cups fresh or frozen blackberries
- 1 teaspoon cinnamon
- 1/3 cup sugar
- 2 tablespoons cornflour
- 2 tablespoons flour
- 1 cup rolled oats
- 1/2 cup brown sugar
- 1/2 cup flour
- 1/2 cup butter softened

### Method

Preheat oven to 350 degrees.

In large bowl gently mix blackberries, cinnamon, sugar, cornflour and 2 tablespoons flour. Spoon into an 8 or 9 inch square baking dish sprayed with nonstick baking spray.

In large bowl combine oats, brown sugar and 1/2 cup flour. Using a pastry knife cut in butter until mixture is crumbly. Sprinkle topping over berries.

Bake for 40-45 minutes or until bubbly and the topping is golden brown.



<http://www.smalltownwoman.com/lip-smacking-good-blackberry-crisp/>

### Business Hours

9-4 Tue, Wed, Thu

### Phone

07 4725 5990

### Email

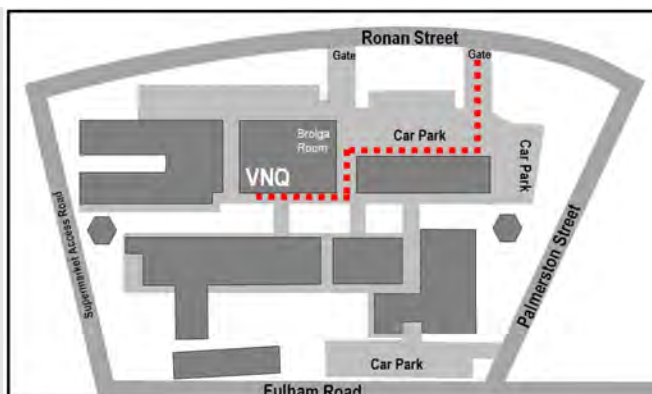
[reception@vnq.org.au](mailto:reception@vnq.org.au)

### Web

[www.vnq.org.au](http://www.vnq.org.au)



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NORTH QUEENSLAND

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Know a volunteer doing great  
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them and their contribution in  
future issues of the newsletter.

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