



# NEWSLINK

The Quarterly Newsletter of South Port Day Links Inc.

February 2008

## We Have Hats! See story page 6



## Betty's Bus Trips starting in February!

And we're off to Healesville!



The first of Betty's Bus Trips is off to Healesville on Saturday 23 February. As bookings have been heavy we have started a waiting list in case of cancellations. To enquire please call us on 9646 6362.

Other trips are tentatively scheduled for May and July: notices will be distributed closer to the dates.

## Autumn Bar-B-Q

All our clients are invited to an autumn bar-b-q brunch on April 6. Details will be available soon, but you can book now by ringing the office on 9646 6362. Transport and meal provided.

## Would you be interested...?

in a bus trip on a regular Wednesday once a month – the cost would be a total of about \$25 per person (including lunch), and the trips would start at about 10.30am and finish at about 3.30pm. Destinations may include pub lunches. If you would be interested please call the SPDL office on 9646 6362.

## Gardening Get Together

February's meeting is an illustrated talk on Camellias. See page 3 for details.



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**From the Chairperson**

Happy Chinese New Year and welcome to the Year of the Rat. According to Chinese zodiac, February 7 heralds in the earth Rat Year. The first of the 12 animal years, the Rat Year is a time of hard work, activity and renewal, and so it promises to be for SPDL.

The Annual General Meeting, held in November 2007 occurred without any problems. We've all survived Christmas and the New Year festivities and now it is time to put our heads down and start working on some new projects.

The AGM always provides a great opportunity to catch up with the other members and friends of SPDL, and 2007 was no different. Afternoon tea followed the meeting and it was a great chance to chat with people and find out what was happening and whether there were any new activities in which they might interested. The outcome of these conversations is that several volunteers and I are planning to 'host' a BBQ early in April. Why a BBQ? If you have ever lived on your own you will know there are several meals you never cook for just one person. A roast dinner is one, and a BBQ is another. Yet there is nothing as marvellous as the smell of either.

We are in the planning stages so will send out further details via DayLinks. If you are interested, please don't hesitate to contact the office and get the Reception volunteers to note down your name.

We were lucky to receive a grant last year from the Commonwealth Government to help us ensure our volunteers are always safe. We have just purchased some colourful sun hats, complete with the SPDL logo, and we are grateful for the support of the Department of Families, Community Services and Indigenous Affairs.

Before I sign off, I want to remind you that this year SPDL will be celebrating our 20<sup>th</sup> Year Anniversary. If you are interested in helping plan the anniversary celebration, please don't hesitate to contact Megan at the SPDL office on 9646 6362

Kind regards,  
Catherine

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### Gardening Get Togethers

As some of you may know we launched a Gardening Get Together Group in 2007 that meets once a month at the Liardet Community Centre.

This is specifically called a 'Get-Together' group as we aim to be informal in nature. It is an opportunity for people in the local area who are interested in gardening to get together, have a chat about their gardening issues and exchange ideas (and sometimes cuttings!). Occasionally we will also have guest speakers and if possible some small trips.

### Gardening Get Together: First Meeting for 2008

Thursday 21 February 2008

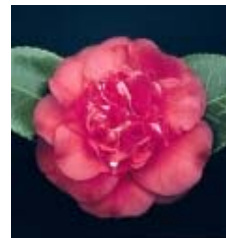
1.30-3.30pm

Liardet Community Centre

Featuring Guest Speaker **Barry Johnson from Camellias Victoria**, who will give an illustrated talk on these beautiful flowering plants.

All welcome, transport can be provided and it's free.  
Afternoon tea provided.

RSVP essential: 9646 6362



### Volunteer News

Since our last newsletter in October, our wonderful volunteers continue to 'go the extra mile' for all the South Port Day Links programs. Whether it's doing an extra shift driving in the cars, or taking a worried client and their sick pet to the vet our volunteers generosity knows no bounds!

Since our last newsletter we have happily found some new enthusiastic volunteers and we welcome them to the South Port Day Links family, Mary Matheson (driving) James Mortimer and Ray Grant (GardenMates).

Our very best wishes to some of our volunteers who have been unwell, and who are recovering from medical procedures. We wish you all speedy recoveries.

### When you call us...

You will usually speak to one of our dedicated Reception volunteers. Pictured below are Liz, Brian, Betty, John and Jan, who recently attended a meeting and refresher training session for our Reception volunteers (Helen was unable to attend).

We are very grateful for the dedication and commitment of all our volunteers, and this applies to these helpful and kind people as well!



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## Cultural and linguistic diversity at South Port Day Links

South Port Day Links provides a number of services aimed at keeping people in touch with the community and enhancing their quality of life.

If you feel your English language skills are not good, or you know of a friend who would like to use our services who does not have good English language skills, you can ring a **free** interpreter service on **131 450** and speak to them about contacting us with your request.

Information on the interpreter service is attached at the back of our newsletter.

## Volunteer Opportunities

South Port Day Links usually has volunteer opportunities available in all our programs. Our “regular” volunteering opportunities include

- Volunteer receptionist
- GardenMate volunteers
- DayLinks volunteer drivers (especially in the mornings)

In addition, we have the following volunteer opportunities available:

- Assisting at our **Info Link stall** at South Melbourne Market on Friday
- Assisting with the organization of **weekend** and possibly **mid-week bus trips**: planning destinations, preparing publicity, recruiting drivers
- Assisting with the **Footy Tipping Competition**
- Assisting with the **Chocolate Drive**

If you would like to find out more about these opportunities, give **Mary** a call on **9646 6362** or if you have access to the internet, visit our website at [www.spdl.org.au](http://www.spdl.org.au)

## Volunteering with possibility of paid work

Are you computer literate and interested in learning new skills?

The Committee of Management of SPDL has asked for expressions of interest from volunteers who are interested in volunteering regularly to assist in transport scheduling at SPDL, with a view to assisting in a paid capacity in times of staff shortage due to illness or absence on leave.

An initial volunteer commitment of a minimum of 2 hours per fortnight is required, along with the possibility of some paid work each month (to a maximum of 4 hours).

If you are interested please see Megan at the SPDL office or call her on 9646 6362 (Tues-Fri).

## Volunteer Profile: John Dawes

Name: John Dawes Birthplace: Carlton, Victoria

Favourite things: The cat: Roxy

Interests: Computers, craft, music

Passions: Working with the community

Where and how long have you been a volunteer?

DayLinks – 3 months; City of Voices – 10 years; CoPP Community Ball – 9 years; Sacred Heart Mission – 4 years



What volunteering do you do with SPDL? – Reception and anything I am asked to do.

Why do you volunteer with us? – Because Mary twisted my arm! I felt I needed to and I like to be occupied.

What do you enjoy about volunteering with us? – The community, Interesting work. Meeting new people.

What don't you like about volunteering with us? – Nothing.

## Dogs and Heat Stress

Heat stress or heat stroke occurs when animals are confined in hot environments. Motor vehicles prove a real danger for animals locked in the sun where the temperature can rise to lethal levels very quickly.

All animals are affected by heat stress, however dogs with short noses such as the Bull Dog, Pekinese, Pug, and Boxer are particularly at risk.

When suffering from heat stroke, a dog will initially show an increase in activity associated with panting and vocalisation - usually barking or whining. The dog will become agitated, often with a worried or furrowed expression.

As heat stroke progresses, the panting becomes excessive and laboured with the dog showing an inability to breathe properly.

The dog usually drools excessively and may vomit. If the suffering continues, the dog will suffer circulatory collapse, its gums will appear blue and it will convulse or become unconscious.

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### Policy & Procedure

#### **Working in Extreme Heat**

At its meeting last month, the SPDL Committee of Management adopted an interim policy to cover our volunteers and staff on days of extreme heat.

In future, our drivers will be called back to the office once the temperature reaches 38°C. However, we will not leave clients stranded and will warn all clients if the weather forecast is indicating that the temperature is expected to reach that level so they can plan their activities accordingly.

#### **Occupational Health & Safety**

As part of our ongoing commitment and responsibility to provide a safe workplace for our volunteers we have bought hats for our volunteers to wear when they are working for South Port Day Links. There are two styles (and colours!) of hat, one with a narrow brim for volunteers who are getting in and out of cars, and ones with a broader brim for volunteers who may be walking or gardening. If you are a volunteer and you don't have a hat yet please contact Mary at the SPDL office (9646 6362).

We were able to purchase the hats from a Volunteer Small Equipment grant we received from the Australian Government Department of Families, Community Services and Indigenous Affairs.

#### **South Port Day Links Cars and Identification**

South Port Day Links transports local frail elderly and people with a disability around the area between Fitzroy Street and Garden City. As you know we have three silver station wagons and the occasional use of one or two City of Port Phillip buses that are situated at the Liardet Community Centre.

Recently we have had an unfortunate circumstance of a member of the public taking one of our car signs and putting it on their own vehicle. This situation has now been rectified by the local police. If you see any other vehicles driving around the local area with our South Port Day Links signs on them, please take down their number plate and ring our office immediately on 9646 6362.

#### **Increased patronage at South Port Day Links**

The popularity of our community transport program continues to grow. This is continuing to put pressure on our ability to service everyone's requests for transport. Please be aware that we do our best to accommodate everyone's requests, but we **cannot** always fill all these requests. From time to time, due to volunteer driver shortages or lack of space on a daily roster, we cannot always help you. Our volunteer drivers continue to be incredibly generous with their time, but they also get sick and have holidays, so if you know of any local people with half a day to spare per week that can drive, we would love to hear from them.



Translating & Interpreting Service

131 450

24 hours a day, seven days a week



**ខ្មែរ / KHMER**

សេវាបកប្រែភាសា (TIS) - ជួយបកប្រែជាង 120 ភាសា 24 ម៉ោងក្នុងមួយថ្ងៃ 7 ថ្ងៃក្នុងមួយអាទិត្យ។

**中文 / CHINESE**

“口筆譯服務處” (TIS) - 每週七天每天二十四小時提供120種語言的電話傳譯服務。

**ΕΛΛΗΝΙΚΑ / GREEK**

Υπηρεσία Μεταφραστών και Διερμηνέων (TIS) - Βοήθεια σε περισσότερες από 120 γλώσσες, 24 ώρες το 24ωρο, 7 μέρες την εβδομάδα

**日本語 / JAPANESE**

翻訳・通訳サービス(TIS)- 120ヶ国以上の言語のサービスが週7日間1日24時間体制でご利用になれます。

**BOSANSKI / BOSNIAN**

Služba prevodilaca i tumača (TIS) - usluge na preko 120 jezika, 24 sata na dan, 7 dana u sedmici.

**СРПСКИ / SERBIAN**

Служба преводилаца и тумача (TIS) - помоћ на преко 120 језика, 24 сата на дан, 7 дана у недељи

**TÜRKÇE / TURKISH**

Yazılı ve Sözlü Çeviri Hizmeti (TIS) - 120'den fazla dilde, günün 24 saati ve haftanın 7 gününde hizmet.

**دري / DARI**

خدمات ترجمانی کتبی و شفاهی (تیس) (TIS) - کمک در مورد بیش از ۱۲۰ زبان مختلف. ۲۴ ساعت در روز و ۷ روز هفته.

**SOOMAALI / SOMALI**

Adeega Afcelinta iyo Tarjumida Qoraalka (TIS) - caawimada in ka badan 120 luqadood 24ta saacadood oo maalintii, todobada berri ee asbuuca.

**عربي / ARABIC**

خدمة الترجمة الكتابية والشفوية (TIS) - مساعدة في الترجمة الشفوية في أكثر من ۱۲۰ لغة. ۲۴ ساعة في اليوم، ۷ أيام في الأسبوع

**HRVATSKI / CROATIAN**

Služba prevodilaca i tumača (Translating and Interpreting Service - TIS) - pomoć tumača na više od 120 različitih jezika, 24 sata dnevno, 7 dana tjedno.

**ITALIANO / ITALIAN**

Servizio Traduzioni ed Interpreti (TIS) - Assistenza in oltre 120 lingue, per tutte le 24 ore, sette giorni la settimana.

**فارسی / PERSIAN**

خدمات ترجمه ی نوشتاری و گفتاری (تیس) (TIS) - کمک در مورد بیش از ۱۲۰ زبان مختلف. ۲۴ ساعت شبانه روز و ۷ روز هفته.

**РУССКИЙ / RUSSIAN**

Служба письменного и устного переводов (TIS) - помощь на более, чем 120 языках, круглосуточно, 7 дней в неделю

**ESPAÑOL / SPANISH**

Servicio de Traducción e Interpretación (Translating and Interpreting Service - TIS) Servicios de interpretación en más de 120 idiomas, 24 horas por día, 7 días por semana.

**TIẾNG VIỆT / VIETNAMESE**

Dịch Vụ Phiên Dịch và Thông Ngôn (TIS) - Giúp đỡ trên 120 ngôn ngữ, 24 giờ một ngày, 7 ngày một tuần

**한국어 / KOREAN**

번역 및 통역 서비스 (Translating and Interpreting Service - TIS) - 일주일에 7일, 하루 24시간, 120 여 개 언어 지원.

**PO POLSKU / POLISH**

Služba Tłumaczeń (Translating and Interpreting Service - TIS) - pomoc tłumaczeń ustnych w przeszło 120 językach, 24 godziny na dobę, 7 dni w tygodniu.