



# NEWSLINK

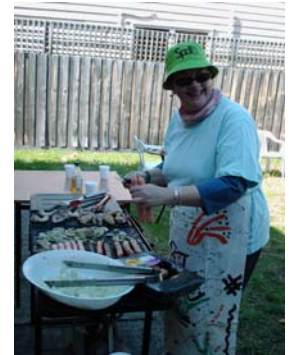
The Quarterly Newsletter of South Port Day Links Inc.

April/May 2008

## Sunday Brunch a big success!

Close to 40 SPDL clients, carers and volunteers-on-the-day enjoyed the SPDL bar-b-q at the Mary Kehoe Centre and Melbourne's autumn weather on Sunday April 6.

Congratulations and thanks to our Chairperson Catherine Healion and her band of willing volunteers who did the shopping, catering, driving and cleaning up. Keep an eye out for our next Sunday event: **Xmas in July** – notices will be circulated in early June.



### Betty's Day Trip – Queenscliff Saturday 24 May - \$7.50pp

Betty's day trip in February was a great day – thanks to Frank for driving and to Betty for hosting and for organising afternoon tea.

Our next trip is to Queenscliff – pick-ups between 10.30am and 11am, drop offs between 3.30pm and 4pm. BYO lunch or buy it at Queenscliff.

Bookings essential: call the SPDL Office on 9646 6362 as soon as possible as the bus fills quickly.



### Wednesday Lunch Trip 21 May: Dandenong RSL \$20 including lunch

Pick-up 10-10.30am, drop-off 3.30-4pm  
Bookings SPDL office 9646 6362

### In this Newsletter...

From the Chairperson	p. 2 & p.4
Gardening Get Together	p. 3
Volunteer News	p. 3
Lord Mayor's Charitable Fund lunch	p. 4
Volunteer Profile	p. 5
Volunteering opportunities	p. 5
Advocacy Policy:	p. 6



## From the Chairperson

Welcome to winter! To me it feels as if it arrived suddenly but I'm not complaining. It's time to start thinking about pruning back the roses and planning what will go in for the spring garden. And of course, winter means football. We are up to Round 8 in the football tipping competition and as per usual, I have found myself to be nowhere near the top of the ladder. Still, I have until September to improve!

Staff and the Committee met on Saturday 3<sup>rd</sup> May to start the 2008-2009 Strategic Planning process. We discussed the issues confronting SPDL as an organisation as well as our achievements over the past 12 months. The problem of funding never goes away, but due to the support and generosity of members of the SPDL community over the last few years, we have some breathing space in regard to raising money to replace next year's car. The purchase of the gas fuelled vehicle in 2007 has paid off for DayLinks community transport. Graham Cook, our Treasurer, was able to report that we have made significant savings in our fuel expenditure over the 9 months of the 2008/09 financial year and we all feel confident that this saving can be attributed to the gas car.

We also talked about our need to develop sub-committees that can focus on specific areas in which SPDL needs to develop or improve. For example, a small working party has come together to start to plan for this year's 21<sup>st</sup> Anniversary. We are keen to develop a short film about SPDL with a focus on those who have used its services, or been involved as volunteers or family members. SPDL is a unique organisation and after 21 years, I think its time to celebrate it! We need more people to work on this sub-committee so if you are Interested in local community history or want to work on a creative project, contact Megan or myself.

We also need to form a small working group to help improve how we market and publicise SPDL. Whether it is letting people know about what we do so they can use or volunteer in the programs or encouraging local businesses to work in partnership with us, we need to focus our energy into this area. Other working group areas were discussed on the day and I will ensure the Strategic Plan is distributed with the next newsletter.

Another important outcome we discussed was the success of some of the "new" social support programs and the desire to keep this area growing. The Sunday BBQ was a great success and the next Sunday lunch will be held towards the end of July. It was decided at the BBQ that we celebrate the winter season with a *Christmas in July* theme. The idea of roasted meat and vegetables with gravy, followed by pudding and shared with others around a large table on a wintry Sunday afternoon seemed to have strong appeal! Everyone interested is invited, so let the office know if you want to attend. Cost is a gold coin donation. If you want to volunteer as a cook, driver or general 'dogs-body' just let the reception know.

We have also expanded the number of social trips available to SPDL members. Betty's Saturday trips and are complemented by a regular Wednesday social group outing. Our thanks to John Dawes who has volunteered to organise our bus trips.

(Continued page 4)

## NEWSLINK

The Quarterly Newsletter of South Port Day Links Inc.

April/May 2008



## 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.

Our **April** meeting was hosted by our very own volunteer Heather (thank you!) and our guest speaker was **Ann Callaghan** from **Friends of Port Melbourne Foreshore**.

**Our Next Gardening Get Together**  
**Thursday 15 May 2008**  
**1.30-3.30pm**

**Liardet Community Centre**

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

Afternoon tea provided.

RSVP essential: 9646 6362



## Volunteer News

As a result of a Volunteer Small Equipment Grant from the Federal Government last year, we have purchased wet weather, high visibility jackets for our volunteers, just in time for winter.

The jackets are fluoro yellow (so our volunteers can be seen easily) and have the SPDL logo on the front left hand side.

We encourage all our volunteers to work safely: to wear hats in sunny weather when the UV index is moderate to high, and to wear bright clothing when they are working for SPDL, either driving, gardening, walking, or being a pet-mate.

Please contact the SPDL office if you would like either a jacket or a hat.

## Hail and Farewell!

We are sad to report volunteer driver Debbie (right) is leaving us to live in the Netherlands for a while: Debbie has made a great contribution in her short time with us - we wish her well.



In the meantime we welcome Beryl, Alison, Megan and Maria to the driving team.

And a HUGE "thank you" to Les who has letterboxed large parts of Port on our behalf.

## Volunteer Dinner

to celebrate National Volunteer Week -  
Tuesday May 13, 6pm Port Melbourne  
Bowling Club – separate notice circulating

## NEWSLINK

The Quarterly Newsletter of South Port Day Links Inc.

April/May 2008



Finally, some of our long-standing Committee members have decided to 'retire' at the next AGM. The need to recruit new committee members is a priority issue for SPDL over the next 6 – 12 months. We're not a bad bunch of people and we work together well as a group, so if you or someone you know is interested in participating, please come and talk to me or Megan.

Hope this newsletter finds you happy and well.

Kind regards,  
Catherine Healion  
Chairperson

# Volunteers



# change our world!

National Volunteer Week 12 - 18 May 2008

## Invitation to be in the draw for a 'Christmas in July' Function



SPDL has been invited to have a table at a Christmas in July function run by the Lord Mayor's Charitable Fund for recipients of their grants to celebrate their 85<sup>th</sup> Anniversary this year.

We have 7 places available for this free event on Tuesday 1 July, from 11.45am to 2.30pm. It is lunch with entertainment, sharing a table with SPDL staff and an identity from the world of entertainment, sport and media or similar. SPDL will provide transport to and from the venue (the Royal Exhibition Building in Carlton).

Please ring the office if you are interested – if we have more than 7 people wanting to attend we will conduct a draw – you will be advised early June if you are successful. Good luck!

## Volunteer News

As a result of a Volunteer Small Equipment Grant from the Federal Government last year, we have purchased wet weather, high visibility jackets for our volunteers, just in time for winter.

The jackets are fluoro yellow (so our volunteers can be seen easily) and have the SPDL logo on the front left hand side.

We encourage all our volunteers to work safely: to wear hats in sunny weather when the UV index is moderate to high, and to wear bright clothing when they are working for SPDL, either driving, gardening, walking, or being a pet-mate.

Please contact the SPDL office if you would like either a jacket or a hat.

## Volunteer Profile - Melanie Topsom

*Birthplace:* New Zealand – Aussie resident

*Favourite things:* Ferns, teddy bears, and mini licorice all-sorts

*Interests:* Catering, stunt kite flying, reading, poetry writing, and photography.

*Passions:* Walking along the beach and collecting shells.  
Watching the sunrise or sunset. Staying 'well'.



*Where and how long have you been a volunteer?* SPDL – about 2 years.

*What volunteering do you do with SPDL?* Driving and reception when necessary.

*Why do you volunteer with us?* It is a great community service and a privilege to be part of a team enabling transport for so many in the community.

*What do you enjoy about volunteering with us?* Catching up with my regular clients. The original '3 wise monkey Wednesday pm team' – Doug, Ray and myself – continually stirring and challenging the office team!

*What don't you like about volunteering with us?* Traffic cameras and the psychedelic shocking hat option, and the jackets to come!

(Editor's Note: the jackets have arrived, and of course Mel asked if she could have one...)

## 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)



## **Advocacy Policy and Procedure**

### **PRINCIPLE**

SPDL Inc. recognises the importance of our clients and volunteers being able to freely choose to use an advocate where needed.

### **POLICY**

SPDL Inc. will accept and encourage the use of advocates by the volunteers and clients.

### **PROCEDURE**

#### Accessing an Advocate

All volunteers and clients will be made aware that SPDL Inc. accepts the use of advocates, and / or encourages their use, where elected, both in accessing SPDL and other relevant services

SPDL Inc. will assist volunteers and clients to find the correct advocate for the purpose that is needed.

To facilitate advocacy SPDL will develop a register of appropriate available advocates

#### Advocacy Information

All volunteers and clients will be given the advocacy information sheet, in their induction to the service, which includes a list of advocacy agencies.

The Information sheet will also be available from the service office, and on request at all times.

The Information sheet will be reviewed and updated regularly to ensure appropriateness

### **Advocacy information**

#### *What is an advocate?*

An advocate is a person who may be a friend, a relative or from a person from an agency who represents the interests of an individual needing support when discussing and negotiating services. Advocacy means standing alongside an individual and speaking out on their behalf in a way that represents the best interests of the person.

#### *How would an advocate help you?*

An advocate:

- Could be present during the assessment visit to discuss services.

- Could support and encourage you to exercise your rights as a client or volunteer.

- Could speak, act or write on your behalf to SPDL Inc.

- Is not impartial because they work entirely from the personal interests of the person for whom they are advocating.

#### *Aims of Advocacy*

The common aims of advocacy are to:

- Ensure appropriate community and service delivery responses.

- Be responsive to and emphasise individual needs and wishes.

- Aim for empowerment of disadvantaged individuals and groups.

- Overcome barriers that restrict opportunities.