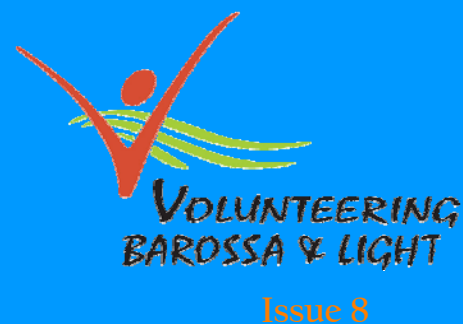


# Volunteering Barossa & Light



# Your Community Needs You!



Volunteering Barossa & Light is a free service for volunteers and community organisations who engage volunteers.

We match volunteers to positions and provide help and advice on all aspects of volunteering.

Tel: 8563 8495    email [volunteering@barossa.sa.gov.au](mailto:volunteering@barossa.sa.gov.au)    visit us at [www.barossa.sa.gov.au](http://www.barossa.sa.gov.au)

Our office in Nuri Library (43-51 Tanunda Rd, Nuriootpa) is open Monday-Friday 9 till 12:30

Our Kapunda service (81 Main Street, Kapunda) is available Thursdays by appointment.



## The No Time Guide to Volunteering

- ◆ Volunteer with family and friends, that way you'll spend quality time with them and help your community at the same time
- ◆ Ask your employer about a corporate volunteering scheme - volunteering could double up as a work team-building activity
- ◆ Replace some of your exercise time with an active volunteer role so you keep fit while helping out
- ◆ Review how you spend your time, could an hour of TV watching or Facebooking a week be swapped for an hour of volunteering?
- ◆ Seek out volunteering roles that require low time commitment - even 30 minutes each week could make a difference
- ◆ Volunteer from home, look online for home based opportunities that will save you travel time - Google 'volunteer online' for ideas

Dear Reader

Welcome to the 8th issue of the Volunteering Barossa & Light newsletter. Our focus this issue is on recruitment (you may have noticed our not too subtle message on the front page!) Over the last few weeks we've been talking to people that don't yet volunteer and asking them why that is. Interestingly not a single one, young or old, working or retired, has said that it's because they're not interested in volunteering. Lots of them, however, said they just don't have the time. There is no doubt that we are all leading busier and busier lives as we squeeze

work and family commitments, plus the 1,001 other things we need to get done, into the same 24 hours! If you are one of these people I would urge you to have a look at the section to the left and work out if multi-tasking your volunteering or looking at things a bit differently could free up some time to enable you to volunteer. I know that when you experience the glow of personal satisfaction that volunteering brings you'll be glad you made the time!

*Jo Parker Phillips, Co-ordinator*



## Riding for the Disabled

You can't help getting caught up in the passion Sally McKenzie has for Riding for the Disabled. Sally is Secretary of the Barossa and Light centre which began operation in 2008. Since this time Riding for the Disabled has been able to offer horse riding opportunities for around forty people each year, none of which would be possible without their loyal band of volunteers.

The centre, based between Nuriootpa and Angaston, is one of fourteen RDA centres across South Australia. It owns four horses; Tosca, Blackie, Fuzzy and Chook and has the use of several other horses of varying shapes and sizes.

"The riders are of various ages and abilities" Sally enthused "and it's very satisfying to see them progress from hardly having the nerve to even touch a horse to being able to ride with a huge smile."

One success story that they are particularly proud of is that of Natalie Mellor. Natalie first went to Riding for the Disabled as a participant with someone leading the horse and two side walkers to ensure her safety. She gradually progressed to solo riding and eventually went on to be a dressage competitor, representing South Australia at the National Championships. Natalie has

returned the favour and now uses her expertise in the role of Coach for Barossa and Light Riding for the Disabled.

"Riding for the Disabled is more than a ride on a horse," Natalie insists. "It helps with balance, co-ordination and self esteem building. It's a great social activity and muscle workout, all while having fun," she said.

Of course this doesn't happen all by itself and Riding for the Disabled are always on the look out for new volunteers, "Volunteers can help in many different ways" says Sally "preparing horses, leading horses, side walking. Of course training is provided. There are also other tasks such as preparing equipment, working on our committee, horse transport, fundraising and

upkeep of our centre. "

If you would like more information or are interested in joining the dynamic volunteer team please contact :

Sally McKenzie on 0410 296 869 or email [sallym60@bigpond.net.au](mailto:sallym60@bigpond.net.au)

Go to [www.rdasa.org.au](http://www.rdasa.org.au) for more information about Riding for the Disabled.



# Save the Date

**4 March - Clean Up Australia Day** - [www.cleanup.org.au](http://www.cleanup.org.au)

**25 March - Neighbour Day** - [www.neighbourday.org](http://www.neighbourday.org)

**3 April , 5 Jun, 7 Aug, 2 Oct, 4 Dec - Local Volunteer Managers Forum** - Jo Parker Phillips 8563 8444 for info

**26 April - International Pay It Forward Day** - [payitforwardday.com](http://payitforwardday.com)

**14 - 20 May - National Volunteer Week** - [www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)

**11 June - Volunteer's Day (South Australia)**

**29 July - National Tree Day** - [www.treeday.planetark.org](http://www.treeday.planetark.org)

**25 October - Seniors Expo** - Barossa Mall Nuriootpa

**5 November - International Volunteer Managers Day** [www.volunteermanagersday.org](http://www.volunteermanagersday.org)

**5 December - International Volunteers Day**

**Need some clarification on how the new workplace health and safety legislation affects your organisation? Safe Work Australia has established a dedicated helpline to assist volunteers and volunteer organisations with the new WHS laws. The number is 02 6240 4990.**



For those of you with your finger on the pulse of new technology - why not scan our QR Code and see where it takes you!

## Volunteer Training Grants...

are now available for the delivery of free training to support local volunteers. Free Volunteer Training Grants 2012 recognises the value of providing free training for volunteers, which increases their skills and experience and helps to meet the needs of local communities.

Funding from the \$80,000 program is available to eligible South Australian volunteer resource centres, councils, training providers and not-for-profit community groups.

Recipients will receive volunteer training grants to deliver either:

**An individual training course** that meets the needs of a local community; or

**A suite of training courses** that addresses a range of needs of a local community and/or covers a wider geographic area of South Australia. Application forms and guidelines are available from the Office for Volunteers website at

[www.ofv.sa.gov.au/traininggrants.htm](http://www.ofv.sa.gov.au/traininggrants.htm) or

by phoning 08 8463 4490.

Applications close Friday 23 March 2012.

## On the Buses

“What a wonderful service these volunteers provide” these are the words of one of the regular passengers of the Kapunda Community bus and never a truer word has been spoken! You may not have realised that the twice monthly bus is driven by a dedicated team of volunteers such as Ron Kubisch (pictured right). Without the dedication of the volunteer drivers and driver's assistants the service would not be possible. The bus is owned jointly by Light Regional Council and Eudunda and Kapunda Health and runs on the first and third Tuesday of every month. It has been in operation for over ten years and Ron has had his crucial place on the roster since 2003. “It's a fantastic service” said Ron “and I really enjoy being a part of it” .



Volunteer Bus Driver Ron Kubisch

volunteers, “we are always keen to recruit new drivers” said John Peake of the Barossa Regional Community Transport Scheme who administer the service “we handle all the accreditation side of things so all a prospective volunteer needs is to have is an HR driving licence and a friendly outlook.”

For more information on becoming a volunteer driver or driver's assistant please contact Community Transport on 8563 8411 or email [transport@barossa.sa.gov.au](mailto:transport@barossa.sa.gov.au)

The community bus door to door service runs from Kapunda and Freeling to Gawler, Munno Para and Elizabeth twice a month. \$10.00 return. Booking is essential. The bus is also available for hire to community groups.

To find out more about this and also The Barossa bus services call 8563 8411 or email [transport@barossa.sa.gov.au](mailto:transport@barossa.sa.gov.au)

# Volunteer Vacancies



**Tanunda Lifeline Pre-Loved Boutique**  
A flexible workplace and a worthwhile community service. Duties include greeting customers and helping them with their purchases.



**Volunteer Youth Mentors** - aged 18 and over. A Lutheran Community Care Program that identifies young people's interests and builds on them through new experiences and opportunities.



**Northern Barossa CFS** - Volunteer Admin Co-Ordinator needed. Excellent communication & literacy skills required. Your chance to be part of this iconic organisation!



**BBBfm - Love Music?** volunteer to be a radio presenter! This is your chance to be involved in a valuable community venture, hosting your own radio show. Training provided, various shifts available.



**Do you have skills in woodwork or leathercraft?**  
Carers Link are seeking volunteers to support the craft leader and interact with members of a memory loss group. Nuriootpa.



**Kapunda Museum** - Enthusiastic Volunteer Guides required. Training provided. Duties include meeting and greeting visitors, collecting entrance fee. An interest in local history is desirable.



**Tanunda Lutheran Home** - require a volunteer instructor/personal trainer for a resident with special needs. This position could provide valuable work experience. Flexible hours to suit you.



**Connections Coffee Shop** require volunteers who have an interest with working with people and an ability to communicate and listen effectively. Tasks include preparing drinks, and taking food orders.



**Barossa Regional Gallery - Love Art?** If you would like to be part of this community based organisation, we would love to hear from you. Varied tasks & flexible hours. No experience required.



**The Cottage Christian Bookshop** require volunteers to carry out retail duties within the store in Nuriootpa. Various time shifts are available.



**Barossa & Light Riding for the Disabled** - A knowledge of horses is appreciated but not necessary. A great way to keep fit! Appropriate training provided.



**Volunteer Drivers** are required for the Barossa Community Transport Scheme, taking transport disadvantaged people to medical appointments, primarily in Adelaide.



**The G0od Seed Christian Bookshop** - Do you enjoy books? Meeting & chatting with people? Join the friendly team of volunteers and gain retail experience. Various time-shifts available.



**Dodderidge Blacksmith Shop** in Angaston require volunteer tour guides. Enthusiasm & good customer service skills needed. Hours to suit - weekends & public holidays.



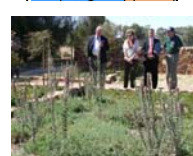
**Volunteer Yoga Instructor** - Leisure Options is looking for an experienced, community minded yoga instructor to conduct a series of weekly sessions at Eden Valley.



**Lutheran Community Care Emergency Relief Counsellor** - required to assist clients with food material and/or information on Monday or Friday mornings. A training course is provided.



**South Para Nursery** - Are you interested in Environment & Conservation? Tasks include transplanting seedlings, sowing seeds, and general nursery work.



**Barossa Bushgardens** - Learn about our native plants and trees while helping out in these magnificent native gardens. Nuriootpa.



**Tanunda Lutheran Home 'Welcome' Program** - The role includes visitation, sharing info about the Home and activities available, and promoting connections between new & existing residents.



**Visiting Program** - Various health centres are looking for volunteers to make ward visits to hospital patients in Angaston, Eudunda, Kapunda and Tanunda. Choose the hours to suit you.

**For information on any of these positions or if you would like to see your vacancy advertised here, contact Volunteering Barossa & Light on 8563 8495 email [volunteering@barossa.sa.gov.au](mailto:volunteering@barossa.sa.gov.au) [www.barossa.sa.gov.au](http://www.barossa.sa.gov.au) (listed under Council Services)**

**This is just a small sample of positions available, get in touch for a full list**