



Northern Beaches Interchange

Respite Recreation Support

May 2008 - Issue 2

Volunteers



change our world!

National Volunteer Week 12 - 18 May 2008

NBI would like to take this opportunity to acknowledge and thank each and everyone of our wonderful team of volunteers. We are lucky to have volunteers who help us in a whole range of ways - on the recreation programs; as Hosts; Board members - with fundraising initiatives and practical support when needed in the office. This newsletter features just a few of the many wonderful people who, in total, number more than 50.

Thank you all. Your support is central to NBI being able to assist families with a child or young adult with a disability.

Volunteers Change Our World - by Ruwandi Perera and Vivienne Law

Volunteers change our World. This is the theme of 2008 National Volunteer Week. As volunteers of the NBI Saturday Program we are proud to be part of the national campaign to help change the world.

Offering your free time one Saturday a month is all it takes to support children in our local community to enjoy all kinds of fun-filled activities.

Letting go of your inhibitions and kicking up your heels. It's not hard to enjoy a day out at a park or beach with sunshine and fun.

Under cover at the Arranounbai Centre can be lots of fun too - cooking, dress ups, break dancing, acting games and much much more.

Never a dull moment. The kids always keep us active!

Thanks to the kids for letting us into their lives. We feel very privileged to have met and got to know the kids over the time we have been volunteering.

Entertaining best describes a belly dancing workshop with the kids. Dress ups a must; all colours of the rainbow; shyness aside; tummies out as we started shakin' to Shakira. It was fun to see everyone become belly dancers for the day.

Energetic and happy kids are what make the Saturday Program such a pleasure to be a part of.

Really a worthwhile thing to do - volunteering only takes such a small part of our lives yet it means so much more . . . it changes the world.



Contributors Ruwandi Perera and Vivienne Law volunteer on the Saturday Program.

The Host Program

Besides the Coordinator, the Host Program is run solely by individuals, couples and families in the community who volunteer their time and offer support to a child with a disability. An enormous 'Thank You' to all the Hosts who volunteer on behalf of NBI. Your contribution is invaluable!

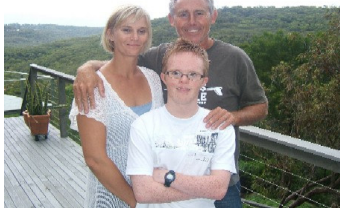


Kim (centre back) with Shelby on her lap and Kim's sisters Yindi (front left) and Nyah (front right)

"Hi, I'm Kim and I'm part of a host family. I am eight years old. Me and Shelby have appreciated being together. Shelby and me enjoy running in circles around the house and playing with some instruments. I have learnt a lot from Shelby like I must give Shelby a lot of attention or she might do something she is not supposed to. I like being a host family because you get to make new friends like I did with Shelby."

By Kim Verduyn

A Special Thank You!



Kim and Bob Buckingham (*pictured with Mark Jensen*) along with their 3 children have been Host family to Mark for 13 years. Their contribution as volunteers has been outstanding and we would like to say a special thank you for their support for this role.

Welcome to New Hosts

In March we held training for new Host volunteers. Sincere thanks to Nigel and Joyce Jones and Kerry Dean for their role as guest presenters during the training.

Welcome to our new Hosts : Ken and Jennifer Sky, Melinda Davies, Victoria Bergin and Emma Pattison.

Bec Isaacs - Volunteer Extraordinaire!

Four years ago Bec Isaacs began as a volunteer on the Peer Support Program and since then she has helped our young peer members go out and have fun doing everything from horse riding to some very wild things with hair gel . . . Putting in nearly 400 hours of her own leisure time to go out with our crew is a fantastic contribution in itself but Bec has consistently put her hand up to do even more than the average Peer volunteer. Since 2006 she has been actively involved with fundraising for the organisation through her work in the banking industry. In 2007 she became a volunteer member on the NBI Board of Management and has taken on the important role of Treasurer. Bec's volunteering with NBI is unique in the breadth of areas in which she has worked and she has made a tremendous contribution to NBI. She is a person of great generosity, modesty and kindness. She is one of the unacknowledged heroes of our community.



Loosely Woven Concert

The Loosely Woven concert was a thoroughly entertaining evening of music and song at the Manly Presbyterian Church and was greatly enjoyed by all who attended.

NBI would like to take this opportunity to thank Loosely Woven for not only donating their time and providing us with a wonderful evening but also for the generous donation they have made to the organisation.

We thoroughly recommend seeing Loosely Woven next time they tour and we look forward to catching them again.

Akuna Bay Houseboat Camp 2008 by Jess Kristevic

On the weekend of 11-13 April 2008, a small group of 5 Peer Support members and 5 Saturday Program members set off for the annual Cruising Akuna Camp. This was the first year we had hired 2 houseboats and had a joint camp between the 2 programs and it was a resounding success.

All participants thoroughly enjoyed their experience on the water and got a lot out of the weekend. We spent our time relaxing on the houseboats and doing activities such as driving the tinnies, swimming, cooking, playing cards and board games, driving the houseboat, fishing, going ashore for picnics, kicking the ball around, partying at the Boat Disco and fighting off goannas who were trying to steal our food.

All in all a great weekend which will be remembered by all for years to come.

Bring on next year!!!



NBI Holiday Programs by Micaela Becattini

Hello to everyone. I am please to be able to tell you that the recent school holiday programs (Tag and Seaguslls) were a great success. We were able to overcome the problem of locating a suitable venue. It was also my first time organising the program.

I have received a lot of positive comments from staff and families about the Tramshed Community Centre as a venue. The location allowed us to take the children shopping, walking, fishing, etc in a lovely natural environment. We were also able to utilise the enclosed playground. I have confirmed the Tramshed for the July school holidays.

In a few weeks some of you will receive the new school holiday program activities roster for July. Please remember to reply within/prior to the date specified.

I conclude with a big thank you to all staff and especially Carly for working everyday on the program and for sharing her passion and patience.
