



We're thrilled to announce that our newly re-vamped website is now live.

Check us out at www.volcan.org.nz

(If you get the old website, press F5 or Refresh)

A million thanks to Karla Osmer, our web designer who has given us so many hours and done such a superb job, and to Cindy Carmichael, who worked on the early re-development of the website.

Grateful thanks also to Terri Ashworth, our wonderful graphic designer.

Awards for volunteers

Volunteers have continued to provide services despite facing many challenges during this extraordinary year. Now is your chance to recognize that special volunteer (or group) who has gone above and beyond to help at a time when so many have been needy. The annual Volunteer Recognition Awards (postponed in June) have been amalgamated with the Youth Volunteer Awards, and will be presented on International Volunteer Day 5 December. A nomination form is enclosed with this Newsletter. Nominations close on October 21st.

Please be sure to nominate someone from your organisation.

Caring for yourself post-earthquake:

To prevent burnout & stress it's important that we take care of ourselves. The information below was shared at a self care training for volunteers, and could also apply to Volunteer Co-ordinators.

Strategies for self care and building resilience

- Be selfish – you are important!
Take time each day for yourself
- Flexibility – situations change so you might need to adjust a little
- Set priorities – where are you going to spend your energy
- Learn the power of relaxation – breathing, music, massage, hobbies, exercise, meditation etc.
- Positive self talk - believe in your own value and worth
- Talk to others – about feelings, issues etc.
- Humour

Stress reduction commandments

- Thou shalt not be perfect, nor even try to be
- Thou shalt not try to be all things to all people
- Thou shalt not spread thyself too thin
- Thou shalt learn to say “no”
- Thou shalt schedule time for thyself and thy supportive network
- Thou shalt switch off and do nothing regularly
- Thou shalt be boring, untidy, inelegant and unattractive when you feel like it
- Thou shalt not feel guilty
- Thou shalt not be thine own worst enemy but be thy best friend



New VolCan Board Member—Linda Mace

Linda is a lifelong Christchurch resident, married to Ian, and a mother and Nana. After 17 years as distribution manager for Lion Breweries, she is used to dealing with people from all walks of life. She now works with volunteers at Nurse Maude, and finds that very rewarding. She says they are a great bunch of people who give up their time for others.

Thanks to some special volunteers

We acknowledge the generosity of the photographers who allowed us to use their images on our Annual Report and our Volunteer Awareness Week posters. Most of the images were taken by Velikiy Knyiaz Demjin of the Student Volunteer Army, and one was by Anne Herbison.

Thanks to funders

Our grateful thanks for recent grants go to the Christchurch City Council and the Government Support for Volunteering Fund.

Why Involve Volunteers?

• Volunteer involvement allows members of the community to come into your agency, as volunteers (and, therefore, with no financial stake in the agency), to see for themselves the work your organisation does.

• Involving volunteers can help your organisation reach particular groups – people of a particular age, in a particular neighbourhood, of a particular economic level, etc., especially groups who might not be involved with your organisation otherwise.

• Involving volunteers can create partnerships with other organisations (nonprofits, government, business). Involving volunteers from a corporation might spur that corporation to give your agency a grant. Volunteer involvement can garner good PR (in media reports, government reports, blogs, etc.) regarding your community involvement.

The above reasons for involving volunteers come from Jayne Cravens/ Coyote Communications Blog. More of Jayne's writing can be found at <http://coyoteblog.posterous.com> where she promotes resources and opinions relating to volunteer management/community involvement and the use of technology.

Forward to 'Normal'

This is the first time we've been able to produce our Newsletter in coloured hard copy since February, and we are thrilled to return to this part of normal.

All our usual services are available, so please contact us if we can help you.

We'd also love to hear from you if you would like to contribute to our research on the role of volunteers following disasters.

International Volunteer Managers' Day

This special day (5 November) will be celebrated on Friday 4 November in Christchurch, when there will be a scrumptious lunch (provided by volunteers), with fun and games. This will be a free treat for Volunteer Managers/ Co-ordinators.

Time: 12.30—2.30pm

Venue: St Barnabas', Fendalton Road

It is **essential that you RSVP** to VolCan. Numbers are limited, first come, first served.

"Voluntary Agencies are of immense value. They tend to have virtually no power; they can offer no security of tenure to their staff. Hence they tend to attract people imbued with a genuine desire to help their fellow men and women and not lord it over them. The government machine is generally very efficient in raising money and relatively inefficient at spending it.

Voluntary Agencies, on the other hand, have many people genuinely anxious to serve, which means they are very efficient in spending money; but they have great trouble raising it. This seems to be an ideal situation for some kind of active symbiosis; let the government raise the money and let the Voluntary Agencies spend it." *E.F. Schumacher, 1911-1977, author of 'Small is Beautiful'.*

EVENTS CALENDAR SEPTEMBER 2011

*For more details of any event or for registration forms for VolCan workshops,
go to our website or phone us.*

Learning to Lead Volunteers

Thursday 8 September, 10am-12noon

This two hour workshop will introduce you to essential strategies you need to effectively manage volunteers.

Volunteer Co-ordinators' Network

Thursday 15 September 12-30-2.00pm

'Post Disaster – what do we now do differently?' Facilitated by Ruth Gardner. Since the earthquakes we've learned to cope with displacement, difficulties in communication, and many challenges. This will be an opportunity to discuss how we've changed our services and how that has affected our volunteers and clients.

Venue is Avon Loop Community Cottage,
28 Hurley Street.
RSVP to VolCan.

Not-for-profit

Managers' Peer Support Group

Friday 16 September 8.30-9.30am

Topic: Programme for rest of year & Group aims & effectiveness

Venue: English Language Partners,
Level One, 69 Moorhouse Ave.
RSVP to VolCan

VC's Social Hour

Thursday 29 September, 9-10am

Volunteer Co-ordinators meet informally for coffee at 277 Barbadoes Street.

RSVP to VolCan.

Chairs' Peer Group meeting

Thursday 13 October, 7pm-9pm

Jan Harrison, VolCan Chair, will present a session on distinguishing between Governance and Management.

Venue: Aspire Canterbury, 314 Worcester St.



A 'Girls Day Out' in Timaru made a welcome break for our staff. Here are some of us with our shopping

CONTACT DETAILS

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