

Your community CONNECTOR

VOLUNTEER WELLINGTON | TE PUNA TAUTOKO



→ VISIT US AT www.volunteerwellington.nz → EMAIL info@volunteerwellington.nz

Volunteer for an Inclusive future E whai wāhi ai te katoa, kia tūao te tū



'Volunteering promotes inclusion and diversity and volunteers play a key role in reducing inequalities in society,' said Regional Manager Julie Thomson at **Volunteer Wellington's** celebration of International Volunteer Day on 5 December. She thanked Wellington's volunteers for the energy, diversity and aroha they bring to our communities and the vital role they play in the achievement of the United Nations Sustainable Development Goals and an inclusive future for our wonderful city.

Inclusiveness in action was demonstrated after the formalities when, one by one, volunteers took up the microphone spontaneously, and told their stories. They were all ages, all ethnicities, some were unemployed and others were professionals. One and all talked about how much they loved their volunteering work and being connected to their communities

More than 60 people were present at this joyful celebration, sharing their experiences – plus a delicious afternoon tea provided by the Mayor's office in the ambience of St Peter's new Garden Room venue.

Guest speaker Deputy Mayor Sarah Free said 'Volunteering is one of the great unsung contributors to the New Zealand economy, and today is about acknowledging and celebrating the

people and organisations who selflessly give so much to our communities – people who volunteer their time and effort to make our city a better place'.

CE of Volunteering New Zealand, Michelle Kitney quoted from a study from Volunteering Scotland on the impact volunteering has on individuals' Health and Wellbeing: 'There is clear cut evidence that those subject to exclusion and disadvantage in society have the most to gain from volunteering in terms of Health and Wellbeing'.

In the mall and on the streets volunteers are everywhere in Porirua

For International Volunteer Day, Julia Donovan, branch manager of Volunteer Porirua, ventured out of the office to locate and thank the volunteers who keep our community ticking. In the mall, on streets and in small businesses, she found many Porirua residents who were able to talk about the voluntary work they'd done in formal and informal settings.

From a guide leader of 19 years, to a young woman making it possible for her mother to do her Christmas shop; from parents regularly helping out at their kids' schools to a guy coaching football – the people of our city are generous with their time and skills. And a "thank you" plus a Fruit Burst was appreciated.

Christmas/New Year Holidays

The festive season is fast approaching and we're sure you are all looking forward to relaxing and enjoying a well-deserved holiday with your whanau and friends. We'd like to say a huge thank you to our community organisation members and your teams of volunteers who have supported and enriched the many diverse communities of Wellington.

Thank you to our supporters, funders and partners. We are able to connect and strengthen diverse communities because of your belief and confidence in our mahi.

The **Volunteer Wellington** team are also taking a break! Our Wellington office will close on Friday 20 December and open on Monday 13 January. **Volunteer Hutt** and **Volunteer Porirua** will close on 20 December and open on 15 January.



Julia with volunteer enthusiasts she met in the streets of Porirua



Councillor Rebecca Matthews, Deputy Mayor Sarah Free and Julie Thomson

EVA KAPRINA

CHAIR'S COLUMN



The festive season is upon us which provides an opportunity for us to reflect on the year that has been and acknowledge the contributions of all

those that have made a difference in our community.

On 5 December, we celebrated International Volunteer Day (IVD) with a focus on achieving an inclusive future.

Volunteer Wellington itself is an organisation that would not be able to operate effectively without a fantastic team of hardworking volunteers. I'm grateful for their contributions. And it was great to witness so many of you taking the opportunity on IVD to thank so many of your volunteers.

This year **Volunteer Wellington** has continued to promote and support volunteering as a valued part of our society. Thank you to our members in continuing to support us in this cause; and the focus from our staff in championing volunteering across the Wellington region. I want to acknowledge our Regional Manager, Julie Thomson, for her leadership of the team as well as her contributions to the Network of Volunteer Centres across Aotearoa.

I would like to thank the dedication and support from my fellow Board colleagues throughout 2019. I'm grateful for your support over this year of change. I would also like to welcome Joy Campbell, who is a lawyer with long-standing volunteering association with us, to the **Volunteer Wellington** Board.

As the holiday period approaches, I wish all of our members, volunteers, funders, donors, supporters, staff, and friends a safe and well deserved break.

Thank you all for the difference you make each day to improve the lives of others!

Kia Kaha

Ming-chun Wu

Volunteering experiences hot topic in the Hutt

Volunteers, community organisations staff and Mayor Campbell Barry shared a happy occasion celebrating the incredible input of volunteers into the Hutt Valley community. Over delicious afternoon tea, about 60 people connected and talked about their volunteering experiences. The Long Room at the Hutt Recreation Ground Grandstand was alive with their stories.

The Mayor enjoyed the opportunity to meet volunteers who contribute to the wellbeing of the community. He spoke about his experiences volunteering as a young boy and as a student with Camp America working with young people who had a level of disability.

Two other speakers talked about how the organisations they work for provide



Hutt volunteers enjoy the celebratory meet-up.

an opportunity for inclusiveness and personal growth. Lorraine Dick from Moera Community House works with a diverse community with more than 2000 people accessing the facility and courses that they run.

Carolyn Stobbs from Thumbs Up is passionate about ensuring that their clients, many of whom have a high level of physical and intellectual disability, are treated in the same way that all of us consider to be our Birthright – as equals.

Quality, relevant workshops hit the mark!

More than 465 people attended our 2019 professional development programme of 16 workshops covering a wide range of topics relevant to the community and voluntary sector.

'Brilliant training – the process was simple and well explained and I feel confident to implement this', 'Great training – kept focused the whole time and took lots of notes. Excited to go over content from today again!', 'I'll definitely be using what I learnt on the next volunteer's performance review'. 'The facilitator was brilliant and thoroughly engaging'.

Congratulations: Lorraine Dick of Moera Community House won a free place on one of **Volunteer Wellington's** 2020 workshops for completing our training survey.

Growing great volunteer teams was a hot topic from our training survey. Make sure you start the New Year well equipped to attract and engage volunteers by registering for our first 2020 workshop in partnership with Exult ...

THURSDAY 20 FEBRUARY

Growing great volunteer teams

Do you wish you had more people helping out, more often? Do you attract a steady stream of volunteers but find they never stick around for long?

When it comes to volunteering, people are spoiled for choice. There is no shortage of organisations to get involved with, so in order to attract volunteers and keep them on-board, you need to offer them the best possible experience. Learn what drives people to volunteer and discover simple strategies for ensuring your volunteers get what they need to stay involved.

To find out more and register [click here](#)

→ THANK YOU FOR FUNDING AND SUPPORT

Betty Campbell Trust, Christine Taylor Foundation, COGS, Department of Internal Affairs Support for Volunteering Fund, Roy Ferguson, Four Winds Foundation, Hutt City Council, Hutt Mana Charitable Trust, Infinity Foundation, John Ilott Charitable Trust, Lion Foundation, Lottery Community, Ministry of Social Development – Work and Income, One Foundation, Pelorus Trust, Sargood Bequest, Tai Shan Foundation, T G McCarthy Trust, Trust House Porirua, Victoria University Wellington, Wellington City Council, Wellington Community Trust **IN-KIND SUPPORTERS:** CSG Technology, Kapi-Mana News, minimum graphics, New World Metro St John's in the City Presbyterian Church, Southern Cross Garden Bar, Sushi B, Vertia

Changing the tune – 20th anniversary of IVMD



On Tuesday 5 November more than 50 Managers of Volunteers gathered at KPMG for breakfast to celebrate International Volunteer

Managers Day (IVMD). The 20th anniversary of IVMD's theme was *Changing the Tune*.

Professor Karen Smith led the event with her husky Bonnie Tyler voice (thanks to a virus) and spoke about the tunes we have experienced at work, like "Help" or "All on my own". In small groups we discussed what the theme for the future could be, with many laughs along the way.

An IVMD playlist was created for the coming year with a variety of uplifting songs including "I'm so excited", "Change the World" and "Heros". The playlist is available to share on Spotify under International Volunteer Managers Day 2019 Playlist. Spot prizes with treats from Spruce Goose, Goldmine Café, Slowboat Records, Southern Cross Bar, and Good Housekeeping added to the fun. Everyone left with a Whittakers's chocolate and handmade musical rose. It was an uplifting way to start our day! #IVMD2019

Creating a positive image

Our colleagues at Work and Income have been creative with an initiative whereby clients were tasked with designing promotional material for our Engagement in the Community Programme. Both Harry and Dion have graphic design expertise and developed a range of posters that we can use throughout Work and Income Service Centres. They produced quite different products and their case manager said "it put them



Julie Thomson, Harry Sproat, Tracy Ward, Dion Fowler

behind the wheel and gave them motivation".

This type of real work experience from volunteering develops practical skills in both pitching their work, and in developing a tangible product to use in their portfolios. If you

are interested in doing something similar to promote your organisation get in touch with Jo Nixon to discuss the type of roles we can advertise for you. jo@volunteerwellington.nz

Employee Volunteering Programme 2019 – A bumper year!

As 2019 draws to a close we are celebrating a record year with our Employee Volunteering Programme (EV). By the time we break for Christmas we will have brokered 117 projects involving 1107 corporate and public servant volunteers.

Recently we've seen an upsurge in membership with government departments joining as well as new businesses. There is a great willingness in these sectors to step away from their offices and move out into the community to bring their skills and people power through volunteering.

Wellington Electricity Corporation have instigated an HR strategy based on the '5 ways to well-being'

framework recommended by the Mental Health Foundation. They identified volunteering as a way to action this, in particular: connect – me whakawhanaunga and give – tukua. Our EV programme offers businesses the opportunity to connect with our Community Member organisations. They are an incredibly valuable resource that can be harnessed in a variety of ways to help with the work that you do.

We are currently organizing a volunteering programme for MBIE – Capability Services that will see 250 volunteers go to 10 of our member organisations across three weeks at the start of the new year.

So 2020 looks to be as full and as

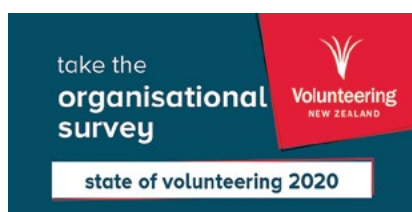


Wellington Electricity Corporation volunteers at Earthlink

exciting as this year.

There are already a large number of requests coming in for 2020. We are always on the look-out for projects so please get in touch if you have something in mind or you would like one of our staff to visit to brainstorm possible team volunteering projects., including any that might involve specialist skills or strategic thinking.

Please contact Lyne Pringle
ev@volunteerwellington.nz



identify key issues and trends arising in the sector and enables VNZ to be your voice on volunteering. The report on their findings will be published in 2020.

Complete the survey now.

Volunteering New Zealand

(VNZ) is surveying volunteer-involving organisations to gain a national snapshot of the current state of volunteering in New Zealand.

This survey is aimed at organisations. Your input will help VNZ

VOLUNTEER PROFILE

Feeling part of the local community

Arathy Nair (pictured left) came to Wellington from South India, an accounting graduate and a new bride. She aimed to find work quickly and continue her career in finance and administration.

'I could handle my first few rejections easily,' she said. 'But as the number grew I began to feel disheartened and depressed. Always the response was "you need two to three years of New Zealand experience".'

Catch 22! Her husband had studied in New Zealand so had had no problem finding employment and being absorbed into the local workforce. Arathy was alone all day with no family and few friends. A sociable, vivacious person, loneliness set in.

As she kept exploring possibilities via a government website, the idea of volunteering appeared. Arathy went into **Volunteer Hutt** and took part in an interview. The options which came up surprised her. And she felt that by talking face-to-face with the staff, 'inside knowledge' would help her.

She was right. Manager Katie Terris immediately spotted her as a potential interviewer. This role requires sensitivity, articulacy and a warm personality. Arathy was ideal.

After so many hurdles during her first few weeks in this country (she lives in Petone Lower Hutt) – 'rejections, no one to mentor me or understand my feelings of isolation' – she was beginning a journey towards being more confident and acquiring peace of mind.

'There were some bumps mind you,' she says, now with a grin. 'But the training and mentoring was good – I was learning a lot and loving my volunteering role so much that I wanted more.'



That's when the community opened up. She began to feel 'really part' of her new home by working with enough volunteering positions to take her out every day of the week.

These included email administrator at Plunket, data entry administrator for Hutt City Council's archives, reception at Lower Hutt's CAB and a stint as area co-ordinator for Mary Potter Hospice's annual fundraising event. Promotional roles with **Volunteer Hutt** were added to the mix.

'At first I was intent on receiving work experience. As time went on I found there was great satisfaction and enjoyment from just the doing of the work. Being acknowledged for my contribution to the community through the Volunteer Connect Awards for new migrants also meant a lot to me.'

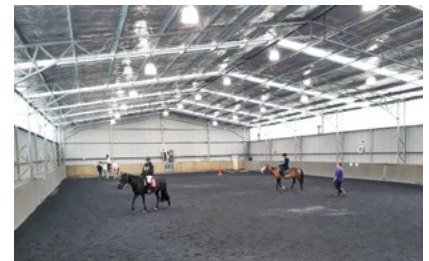
At the time of this interview Arathy had been in full-time employment for a few months, working in the credit department of Dulux in Gracefield. She keeps in touch with **Volunteer Hutt** and is always on the look-out for volunteering roles she can do from home during the weekend.

She has good friends now, met in the course of her volunteering. 'I am not an outsider – bur rather an involved participant in community life. I have a voice.'

Changing the Tune in the Hutt

A group of Managers of Volunteers met at the Hutt Valley Riding for the Disabled premises in Silverstream for a delicious morning tea to celebrate the work they do. Discussion on the theme – *Changing the Tune* – sparked ideas on changes they wished to see. These included updating their means of communication and their venues, looking at the value of young people in the volunteer force and challenging 'old ways'.

Bronwyn Hussey, manager of RDA, talked about the work they do supporting young people with health difficulties, and gave us a tour of the premises including seeing several riders in action.



Hutt Valley Riding for the Disabled premises in Silverstream.



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<https://www.facebook.com/volunteer.wellington>
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