



**South East  
volunteers**

**Strengthening our Community  
through Connecting People**

# **Community Engagement: Thinking Differently and Being Bold**

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Today we gather on the Bunurong and Wurundjeri Woi-wurrung peoples land. I ask that you join me and pay respect to their elders, past and present. For Aboriginal and Torres Strait Islander people with us today, we pay our respect to you all and acknowledge the integral part you play in the region's history and it's future.

We also acknowledge that our community is made up of diverse cultures, beliefs, abilities, bodies, sexualities, ages and genders. We are committed to access equality, participation and rights for everyone; principles which empower, foster harmony and increase the wellbeing of an inclusive community will be at the centre of everything we do.

# Who we are - What we do.



 South East  
volunteers

 Monash  
Volunteer  
Resource  
Service

 Greater  
Dandenong  
Volunteer  
Resource  
Service

 Casey  
Volunteer  
Resource  
Service

 Volunteer  
Management  
Activity

 Disability  
Inclusive  
Volunteering

Learn  
With  
Purpose



**CrimCheck**<sup>™</sup> 

Learn  
With  
Purpose

*“Essential skills for every  
organisation –  
without the price barrier.”*



## OUR TRAINING



### INCLUSIVE WORKPLACES

#### Diversity & Inclusion

Understand the value in building a diverse team that promotes inclusion.

Create a workplace where every voice matters. Our Diversity & Inclusion training helps your team build awareness, challenge assumptions, and support each other.



### EVERYDAY ALLY

Our training equips your team with practical tools to support colleagues, speak up, and foster a culture of respect and inclusion.

Build confidence, challenge bias, and make a real difference every day.”



### BECOME AN INDIGENOUS ALLY

Curious about First Nations culture but unsure what to say or do? Our Indigenous Allyship Training gives you the knowledge, confidence, and skills to be a respectful, First Nations Ally.



### MENTAL HEALTH FIRST AID

Equips adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker, or another adult, experiencing a mental health problem or mental health crisis.

An accredited course to assist you in supporting your team and loved ones with mental health conditions.

# South East Volunteers

Our local community should be a place where everyone feels safe and that they belong.

Our programs will be client and community focused and will support the needs of our diverse community.

We will promote participation, inclusion, connection, and empowerment in everything we do.

**“We will live this everyday”**



# Why Community Engagement?

*We are put on this earth, not to see through each other, but to see each other through.*



# Communities Working Together

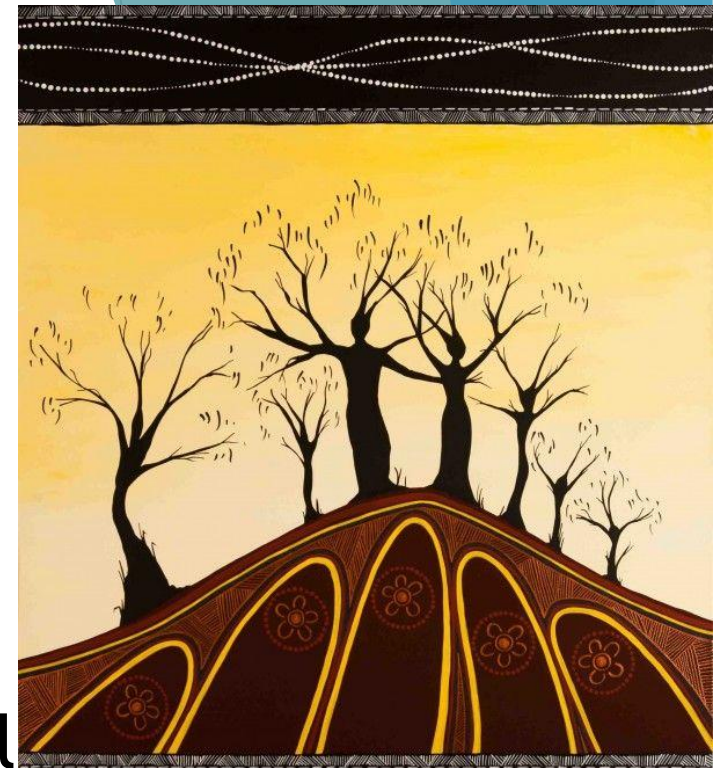
## What does it mean?

- Involvement and partnerships among members of a community to achieve common objectives
- These partnerships can be with businesses, non profit organisations, job networks, schools, residents of the community, local government, etc.



# Why is it So Important?

- Communities have a role to play in our lives.
- Young families, teenagers, disabled, new migrants and seniors all need support.
- Community centres, agencies, businesses, local government AND YOU, need to work together to provide the support the community needs, particularly in this economic climate.
- Strong Community ties promotes health & wellbeing - and a positive future



# Who Benefits? We ALL Do!!

## DHS Survey -

### People with strong community and social networks:

- Have a greater sense of safety
- Have improved health status
- Have improved sense of control over their life
- Feel more valued
- Have more involvement within the community



# Other Benefits

- We all get stronger.
- We do not need to do this alone.
- By working together within our community we can build on each other's strengths and help others in areas they are not so strong or are facing issues.
- Gives you an outlet for your talents & time.



**No one  
is an island!**

## It Reduces Stress

3



76%

of people say that  
volunteering lowers  
their stress levels!

Volunteers also report higher levels of self-esteem and richer interpersonal relationships than non-volunteers.





4

## It Keeps You Healthy

Good Mood + Less Stress = Better Health



76%

of people report feeling physically healthier after volunteering.



Volunteering can help those dealing with health issues. About 1 in 4 volunteers say that it helps them manage a chronic illness.

# How Does It Start?



**An idea**

**A need in the community**

**BE**

**BOLD**

**THINK  
OUTSIDE**

X	O	X
X	<del>O</del>	O
O	X	<del>O</del>

**THE BOX**

“

Your  
imagination  
has power,  
use it  
constructively!

**ESTHER APOUSSIDIS**



# How Does it Work?

- Identify the Community Need
- Bring it to the attention of the community, council - or whoever will listen
- Form Partnerships to make it happen

**Focus on the community need!**



# Form Partnerships within the Community

- Partnerships need a common goal
- The goal must be first and foremost
  - ✓ No politics
  - ✓ No Empire Building
  - ✓ No room for egos

**Focus on the community need!**



# Partnerships that Work

## Community Safety Register



# Partnerships that Work

## Australian Men's Shed Association



australian  
energy  
producers



**LGA's**



# Partnerships that Work

## South East Volunteers



# Partnerships that Work

## L2P Program (Learner 2 Probation/Driver)



# Opportunities your Community

***Board Member***

***Driver***

***Events***

***Social Support***

***Food Service***

***Mentor***

***Administration***

***Disability Support***

***Special Projects***

***Conservation***

***Sustainable Gardens***

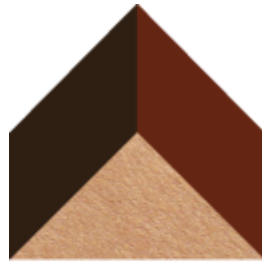
***Homelessness***

***Animal Welfare***

# Opportunities in your Community



SouthPort  
Community  
Centre Inc.



Australian  
Men's Shed  
Association  
SHOULDER TO SHOULDER



IT'S TIME TO END  
HOMELESSNESS




Nourishing Our Country



**Seek Volunteer**  
**[www.volunteer.com.au](http://www.volunteer.com.au)**



# YOUR Challenge

- Look around YOUR community and see if there is a need to be met
- Take that first step – Ignite the Spark! 
- Get involved – be a part of the process

**BE BOLD!**

**“We make a living by what we get,  
but we make a life by what we  
give.”**

**Winston Churchill**

# Questions/Comments