



Newsletter

AUTUMN EDITION

Hi there,

Welcome to Family Life's Quarterly Volunteer Newsletter.

This publication will feature snippets from across the organisation, delivered to your inbox once every three months. We'll share the great community work being done by our staff and volunteers.

We hope you enjoy reading and learning more about the programs Family Life run and the people who make the magic happen!

Enjoy.

From the team at Family Life



Volunteer profile: Yvonne

Yvonne has been volunteering in Family Life's Op Shops for over 10 years. Starting in Chelsea, moving to Cheltenham and now in the Mordialloc store. Yvonne wanted to get out and connect with others and really enjoys volunteering in the Op Shop and teaching new volunteers (and of course chatting with customers). She'd recommend volunteering to others, especially if they are on their own.

Yvonne (on the right) is pictured with her volunteering bestie Anne Maree. 16 years of volunteering between them!



Ensuring Young Voices are Heard

Family Life's Research and Evidence Team is always on the lookout for new and innovative ways to capture the voices of our clients in relation to their experiences of the services our organisation provides.

Thanks to a Learning Systems Grant through the Centre for Excellence in Child and Family Welfare, we were able to consult with our young clients to gain their perspectives on what Family Life is all about. As well as developing user friendly tools to track their service experience, we were able to produce this fantastic video which communicates the experiences of the children and young people that we support.



Supporting the Afghan Casey Community

Recently our Connect Team hosted a community event for Afghan women, funded by the City of Casey. The event shared information on the importance of mental health, nutrition, economic participation of women for wellbeing and security and a comprehensive presentation relating to COVID19 safety and vaccinations, to build their confidence and understanding in these areas.

The women were able to spend some time gaining valuable information in a culturally appropriate way, while also looking after their own wellbeing and learning about the importance of good mental health in day to day life.

The event was very well received by the participants, many of whom had never attended an event like this.



A Circular Economy

Last Saturday the 26th of March, our Family Life Distribution Centre in Moorabbin held its monthly Warehouse Sale. These Sales are a great way to clear stock from our distribution centre at some amazing bargain prices. This ensures that our stock does not end up in land-fill, and contributes to a circular economy model. Up-cycling our warehouse stock helps to conserve our environment, reduce the costs of production and encourages creativity and innovation for second-hand uses within our community!

Join us for our next Warehouse Clearance Sale which will be held on Saturday 9th April (8:30-2pm). Our Warehouse Sales are held outside, in a COVID-safe environment and there's always good coffee.

Another diary date is the Fashion show on 30th April. Tickets are limited, so don't delay. Book your ticket [here](#)

Make sure to keep an eye out on our [Facebook](#) and [Instagram](#) pages to see when our other Op Shop sales and events are on!



Cody the Kelpie

Funded by Family Life's School Focused Youth Services program, Cody the Kelpie (once a scared, previously poorly treated puppy) has recently been trained to become a Therapy Dog at Seaford Primary School. Cody is now equipped with the skills to have a calming influence on the students. With the support of his Dog Dad (a trained therapist), Cody will support the students to develop skills in mindfulness, co-regulation, emotional literacy and non-verbal communication.