



## OVERVIEW:

- Events
- Opportunities to volunteer
- More

This newsletter will bring updates and opportunities for volunteers and organisations as well as keep communities informed about what's going on!!

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## It's so good to be back!

After some challenging months, it's refreshing to be back to our new normal. Volunteers are able to resume their roles, organisations are able to fully support their clients and communities are getting together enjoying the precious opportunity that is being alive, healthy, and among whanau.

It's time to be grateful but also hit the ground running as we are all full of energy, ideas, and projects we had the time to create, improve, or develop during our "time out".

It might be a personal, professional, or community orientated project, just go there and make it happen. Now it's time to do the changes we want to see in the world as we have the willing, the freedom and the safety to do it.

Don't forget to follow us on Social Media to have access to our weekly news and info:

## National Volunteer Week!

June 2020

NVW runned from 21 -27 June. This year's theme was Te Hua o te Mahi Tahī | The benefit of working together. We couldn't think of a better theme for 2020, after all a team of 5 million proved that by working together we can achieve the impossible.

That's the volunteering spirit, identifying problems and getting together to solve it. Organisations supporting those who need a friendly hand, sometimes providing their services without enough money or resources, but making it happened by never giving up. And individuals who offer their time and skills for free to help others and elevating their communities.

### What is the benefit of working together?

As a collective, we are able to do more, to do better, to do faster, to add value, to dream higher, to be stronger and to achieve the impossible.



## Salvation Army Thank you lunch!

June 2020

SA hosted a lunch in appreciation for the essential welfare services provided by volunteers in Palmerston North, in response to the COVID 19 pandemic.

Individuals who wanted to help and were able to do it safely (age and health conditions considered) have stepped up doing the warehouse activities and driving.

Well done Salvation Army for the amazing work during the crisis but also for recognising those who made it possible.



"National Volunteer Week honours the collective energies and mana of volunteers in Aotearoa. They grow our people, open minds, open hearts and create joy." VNZ

# Volunteer Central 10th Birthday!

June 2020

We were proud to celebrate our 10th Birthday and look forward with joy and excitement to the many years to come. We couldn't thank enough our amazing volunteers, organisations, supporters and funders for making these ten years possible and for believing in the value of our work.



## INFORMATION

### Volunteering and your career

Volunteering has proved to have wide outcomes for those who volunteer: Improves mental and physical health, ends loneliness and increase socialisation, creates new bonds and friends, boosts confidence and self-esteem, is a great way to have fun.

However, we sometimes forget that volunteering can assist the career path not only for students, but also from those who want to change jobs or in recent times, those who have been made redundant and are now looking for new opportunities.

Volunteering allows people to develop and refine skills, gain experience, and showcase their interests as persons and citizens. Employers do take into consideration volunteer work as it reveals relevant characteristics: openness to teamwork, social awareness, creativity, commitment, leadership, positive attitude. Therefore, including volunteer activities in your CV is highly recommended.

Thinking as an employer: Would you be more impressed by a candidate that while between jobs stayed at home or a candidate that used this "free" time to help others and actively use their skills and knowledge?

Now imagine you are employed, yet looking for a career change or a different position within your company. You can build new skills targeting the new career, so when you are ready to do the transition you have some experience and contacts in this new niche. You can acquire leadership skills, for example, showcasing you are capable to be head of a team or have experience managing a group or a project.

Volunteering has the potential to change the lives of those who receive help, but also the lives of those helping. Therefore, recognise the complete chain of value created when you volunteer, as a person, as citizen and a professional.



## Volunteer Recognition Event 2020!

November 2020

Nominations were closed on 30th June 2020. Thank you to all the organisations for putting their nominations forward. Nominees were announced during National Volunteer Week (you can also check on our website). The celebration will be on the 13th November 2020. We can't wait to share great moments with extraordinary people.

## Volunteering Expo - Palmerston North!

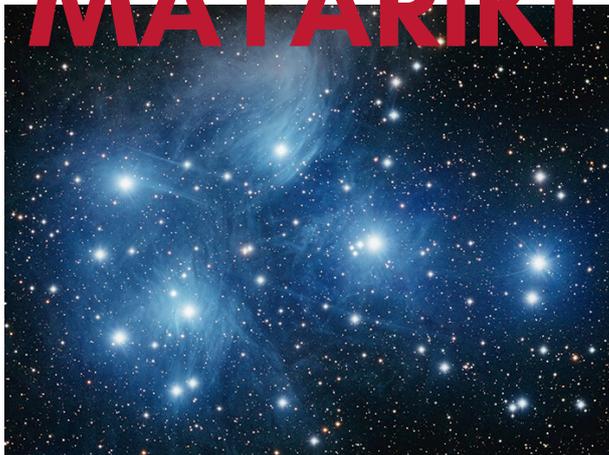
September 2020

Originally scheduled for April 2020, this event will now be hosted in September 2020. Organisations: keep an eye on our social media and website to know more. You don't want to miss the opportunity to meet other organisations, talk to potential volunteers and showcase your services to the community.



## INFORMATION

# MATARIKI



"Matariki signals the Māori New Year. It is a time of renewal and celebration in New Zealand that begins with the rising of the Matariki star cluster.

Matariki is a star cluster which appears in the night sky during mid-winter. According to the Maramataka (the Māori lunar calendar), the reappearance of Matariki brings the old lunar year to a close and marks the beginning of the new year. Hence, Matariki is associated with the Māori New Year.

Traditionally, festivities were conducted to celebrate Matariki. They followed the harvesting of crops when the pātakapātaka food storehouses were full, freeing up time for family and leisure. These festivities included the lighting of ritual fires, the making of offerings, and celebrations of various kinds to farewell the dead, to honour ancestors, and to celebrate life."

source: <https://www.tepapa.govt.nz/discover-collections/read-watch-play/maori/matariki-maori-new-year/what-matariki>

## ROLES AVAILABLE

### DRIVER!

Driving/supporting driver in a minibus  
#01188

### CALLER!

Calling elders that have had to self-isolate  
#01181

### MENTOR!

Mentor to a primary school aged child  
#01179

### GARDENING!

Assisting children to garden and cooking  
FEILDING - #01177  
PALMY - #01176

### DIGITAL!

Digital Inclusion Tutor to assist families with school aged children  
#01174

### MENTOR!

supporting kids to access an after School  
#01173

### OFFICE!

variety of administrative and office support tasks  
#01168

### POLICY!

Update/rewrite policies  
#01169

### SECRETARY!

Admin tasks, meeting organisation, agenda and minutes  
#01170

### REFUGEE!

Work in teams to help a former refugee family settle  
#01165

### HOUSIE!

Club coordinator for an afternoon club for older people (housie, games, and crafts) #01163

### SUPPORT!

Volunteer to meet and support clients who visit the centre.  
#01160

**INTERESTED? CONTACT VOLUNTEER CENTRAL FOR FURTHER INFORMATION:**

[info@volunteercentral.nz](mailto:info@volunteercentral.nz) or 06 354 6027

Hancock Community House, 77 King Street, PN, 4410

Don't forget to follow us on Social Media to have access to our weekly news and info:

