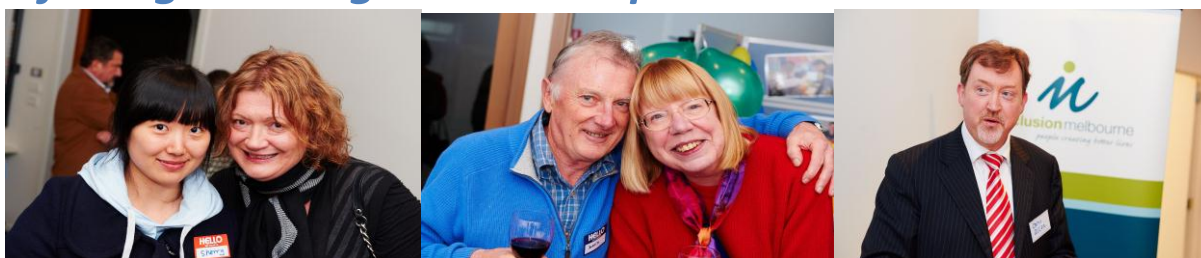




Lifelong learning – What helps us learn?



A recent discussion among staff prompted us to reflect on the topic of lifelong learning. We had fun thinking about things that we have had to learn in order to keep up with modern times such as using a GPS or the self-checkout at the supermarket (don't use it! You can't build a community talking to a machine). Learning new skills keeps us active, is interesting and leads to greater independence. This is true for everybody, including the people we support. Everyone is capable of learning throughout their lives. Everyone associated with Inclusion Melbourne has seen this first hand. People who were thought to be "unteachable" have learned to do amazing things and are often in the role of teaching others.

So what helps us learn? Some of our thoughts on this topic are:

- People need to be **motivated** to learn - A new task should be something useful and relevant to the person. We all learn best when we care about what we are doing. A young person, for example, is likely to learn how to operate a video game faster than how to operate a lawn mower
- People need **encouragement** - Whether it's a pep talk or something tangible, like money, we all learn better when we are rewarded for trying
- People need **patience** - Everyone learns differently and at different rates. Some of us need multiple tries before we get it right and we all appreciate it when someone patiently hangs in there with us. We do better when others have **high expectations** of us – when they believe in our ability to grow
- We need to really **know the person** we are trying to teach - Knowing what makes the person "tick" – like what her favourite time of day is or what makes him anxious will help set the stage for successful teaching and learning. The best way to teach is to tap into people's **interests and skills**
- Teaching somebody a new skill takes **patience, creativity, perseverance** and a belief in their ability to learn. Learning a new skill takes time and effort and requires a belief in yourself that you can learn and grow

Meet the staff...



I'm passionate about volunteering, community engagement, place making and the arts. You feel great when you volunteer because you are enacting your values and are part of creating the community you want to live in.

Jac Robinson
Volunteer Program Support Worker



I started in July 2010 volunteering at Phoenix Park. Now I am a paid worker as well as volunteering at Inclusion Melbourne. I live with my husband Nike. Away from work we both enjoy camping, movies and spending time together.

Meera Pothanattu
Volunteer Tutor & Direct Support Professional



Volunteer Spotlight...

Deborah Marcinkus

Deborah has been a leisure buddy with Lorraine McCutcheon for the past 10 years.

Why did you decide to volunteer?

Having volunteered with another organisation many years ago, and having just had my baby son in 2001, I had spare time to help out in the community. I read the request for volunteers by Gawith Villa at that time in a Leader newspaper article, so I decided to put my hand up.

What's the best thing about it?

The best thing about volunteering is being able to help out in the community, making new friends and acquaintances, broadening your understanding about others in the community and thereby gaining invaluable experience.

What have you learnt about intellectual disability?

I have learned that the heart of the person stands out, regardless of their disability. I think that we are all intellectually or emotionally challenged to some extent, which means that communication can be opened through many different doors.

How would you recommend volunteering to somebody else thinking about it?

I would explain how fulfilling it is to be part of a community that assists people, that the friendships made are wonderful, and that being selfless for a couple hours a week, ends up making you very selfish for the great feelings you gain, as it can benefit everyone.



Lindsay Bayne

Lindsay is a leisure buddy with Ken Bow for over 11 years.

What's your role at Inclusion Melbourne?

I am a leisure buddy.

Why did you decide to volunteer?

It gave me a chance to learn how to interact with people with disabilities. Also, it helped me to get out of my comfort zone to improve my confidence.

What's the best thing about it?

It forces me to get out of the house and to catch up with my leisure buddy. Also, the social events have been good where I can catch up with other volunteers and see how they are going with their leisure buddy.

What have you learnt about intellectual disability?

I've learnt to be patient with people with an intellectual disability and to treat everybody the same.

How would you recommend volunteering to somebody else thinking about it?

If you want to be involved with the community, get out of your comfort zone, or meet new people or gain some confidence, then this would be a good program to do.



Mayor Esakoff Glen Eira City Council presenting a Special Award to Deborah Marcinkus – photo left, and Lindsay Bayne – photo above



Gary Cameron, working at Irwin Consulting

Gary helps out at Irwin Consulting every fortnight. His work revolves around helping out with social club activities as well as general office management tasks.

Gary's main job is to count The Social Clubs drinks and lolly money. He thinks we drink a lot of coke which he also loves. The Social Club have a regular raffle unfortunately we have not had a raffle when Gary has been in however he visits all the staff members when he and Faye sell tickets. Gary helps our Typist by organising paper when she is doing our invoices. He supports recycling practices by cutting scrap paper into small sheets which we use as note pads and sorts coloured dividers which Faye uses in our filing department. A favourite job of Gary's is using the shredder where he must make sure there are no staples or paperclips on the paper before he shreds. He now has a new job. Faye is showing him how to fill the printers. These are situated around the office and he has to get the paper and fill the drawers. Kate sometimes asks him to wipe the large leaf plants in our area but this is not a regular job.

At 11.00 am he stops for a break when I pay him and write in his book what he has done for the day. He has a coke and a read of my paper. He knows where I keep the paper and where to put it back. He always asks if he can read it. Gary still seems enthusiastic about being here. He is friendly and speaks to everyone, particularly if you are talking football. He has a few staff who regularly discuss the game with him. He is part of our team!



Volunteer anniversaries & commencements: March, April & May

New volunteers

Linda Cain
Suzanne Esposito
Domenico Tellatin
Peter Nguyen
Julie James
Sarah Dozortseva
Toneya Chin
Jacqui Allen
Kimberley Chow
Miranda Leckey
Georgina Smith
John McKenna
Sarah Ge
Anna Mostovaia
Beatriz Andres-Marino
Kristy Major
Belinda Meyer

Gemma White
Georgina Davie

1 year

Kristy Nicola
Emma Barnett
Holly Li
Elizabeth Baratto

Niko Drakou
Julia Trybala

2 years

Tess McCarthy
Juan Liu
Shirley Cui
Violet Koh

3 years

Sophie Balchim
Merril Bennett

4 years

Susan McMahon

5 years

Teresa Bolster
Anshu Sinha
Karen Henschke

6 years

Melanie Smith
Daniel Caporale
Barb Lawrence

7 years

Heather Little
Frances Wheeler

10 years

Deborah Marcinkus

11 years

Lindsay Bayne
Maureen Russell

12 years

Lucy Palmer

14 years

Faye Fairley



Volunteer Vacancies

Role	Particulars	Day / time
Literacy & Numeracy Tutors	Assisting the teacher to support a person with emerging literacy in a small classroom setting	Mondays & Tuesdays: one full or half day per week
Drivers	Transporting a person between activities. Use your own car or an Inclusion Melbourne vehicle	Choice of weekdays and times
Community Connector	Urgently required for Eltham area to provide support to a lovely, friendly lady	Details from Tess or Janna
Swimming Buddies	Monash Aquatic Centre	Wednesday or Thursday 10 am – 12 pm
Fishing Volunteer	Support for two men interested in fishing	Flexible day/time/place
Garden Volunteer	Great activities & friendly people	Details on application
Crafts Volunteer	Mosaics or beading classes	Various days/ times

For additional information regarding any role, please contact Tess Lynch Volunteer Coordinator on 9509 4266 or email volunteer@im.org.au. Training, support & supervision are provided for all volunteers. **Please mention these opportunities to family & friends.**

We need your support

Yes, I want to support Inclusion Melbourne. I'd like to donate:

- \$18: Supporting an artist for with a volunteer art mentor for one session
- \$36: Processing one volunteer application & pre-employment check
- \$65: A day of literacy and numeracy for a person with a disability
- \$75: Weekly transport to community activities for a person with a disability
- \$140: Individual support coordination for a week
- Other: \$ _____

My details:

Mr Mrs Ms Dr Other: _____

Given name _____ Surname _____

Address _____

Suburb _____ Postcode _____

Email _____

Phone (h): _____ (w): _____

Phone (m): _____

Credit card MasterCard Visa

Card number _____

Expiry date _____ Signature _____

*Donations greater than \$2 are tax deductible.
If paying by cheque, please make payable to Inclusion Melbourne Inc.*