

SWIFT

Supporting Wellness in Families Together

The SWIFT program operates in the local West Ulverstone community.

The following programs operate under SWIFT:

- ❖ Reading program at West Ulverstone Primary School - requires 1 ¼ hours once a week to sit with early primary school students and listen to them read & read a story to them
- ❖ Buttons & Bows - after school craft session for students & parents or guardians - requires 2 hours, 4 times/term after school
- ❖ Kindergarten Support for students & parents - more information available later
- ❖ New Hope Garden in the back yard of the New Mornings property - assisting with setting up & maintaining the garden &/or assisting with supervision of WUPS students visiting the garden. Time commitment is flexible



OFFICE HELP & OTHER AREAS

- ❖ administration tasks available for all skill levels
- ❖ computer data entry
- ❖ word processing & other computer-based tasks
- ❖ printing & folding brochures
- ❖ printing & assembling other documents
- ❖ binding training & workshop manuals
- ❖ cleaning
- ❖ prayer support - attend weekly prayer meeting
- ❖ help in the area of finance - pays, accounts
- ❖ applying for grants
- ❖ helping with fundraising activities

N.B. Training & support provided for administration tasks

Interested in finding out more about any of these volunteering opportunities?

Contact the Volunteer Coordinator
Pam McCulloch

pam.mcculloch@newmornings.org.au

14 Amherst Street, West Ulverstone
PO Box 180, Ulverstone, 7315

www.newmornings.org.au

Phone: 03 6411 6212 (leave a message)



New Mornings
Healthy minds. Thriving communities.

VOLUNTEER OPPORTUNITIES



“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.”

Mother Teresa

New Mornings is a Christian not-for-profit organisation based in Ulverstone



STUDENT MENTORING



New Mornings provides fully trained & supported mentors for 1 school in Burnie & 3 schools in Ulverstone.

Mentoring is a caring relationship in which trust & connection are built up over time, where the mentor helps the student (mentee) to develop their potential.

The caring and stability provided by a long-term mentor can be life-changing for a mentee.

Requirements of mentors:

- ❖ attendance at training - 2 ½ days spread over 3 sessions
- ❖ 1 hour/week during school terms (40 weeks/year) spent with mentee at the school + preparation time
- ❖ some ongoing training provided

"A mentor is someone that allows you to see the hope inside yourself." Oprah Winfrey

FIRST STEPS LOUNGE

First Steps Lounge provides a safe, warm, welcoming place for women who are isolated by and living with mental ill health.

Guests enjoy coffee, crafts, games, puzzles and companionship while they take the first steps back to reconnecting with others.

Volunteers interested in assisting with the Lounge would ideally:

- ❖ have an understanding of or personal experience in living with mental ill-health
- ❖ be welcoming & friendly
- ❖ be available weekly or on a roster basis to attend Lounge sessions, assist with set up & clean up and participate in activities and conversations with participants
- ❖ be willing to attend a Mental Health First Aid course (2 full days)



FIRST STEPS LOUNGE IS OPEN

MONDAY AFTERNOONS 1pm - 4pm

FRIDAY MORNINGS 10am - 1pm

GRIEF & LOSS SUPPORT GROUPS

Grief & Loss support groups provide a safe, confidential and supportive place for people who have experienced grief to meet, share experiences and support each other. Both men's and women's groups are run up to twice a year, each group meeting for 9 or 10 weekly sessions of up to 3 hours. Groups are guided by New Mornings' volunteers who are trained facilitators.



Requirements of support group facilitators:

- ❖ willingness to attend training - there may be up to 3 full days of training
- ❖ able to meet the time commitment of 4 hours over 10 weekly sessions including preparation and debriefing

