RedWater Montage

VOLUNTEERS... THE HEART OF OUR COMMUNITY



Foreword

When I commenced working at the Factory Community Centre in 2006 as a community development worker, I was advised by many that the community was an apathetic one. I soon discovered this perception was nothing but a myth.

Redfern, Waterloo and surrounds is a diverse community with some of the most passionate and committed Volunteers, I have ever come across. This community is a melting pot of creativity, inspiration and tenacity that leave others envious.

The RedWater Montage Project is a collection of stories and images of the community's unsung heroes - highlighting and celebrating the successes, skills, and contributions of these outstanding individuals, community groups, and organisations. The booklet aims to raise a greater awareness and give you a snap shot of the vast volume of opportunities that exist in this community.

As you read their individual and collective stories we hope you will be inspired and learn how you can also become actively involved in your community. Seven days a week, 52 weeks of the year, there are dozens of opportunities and activities that you can be involved in. We believe 'You Can Make A Difference' and if you would like support to become involved in this thriving community, then please contact any of the groups or individuals listed in the book who would be more than happy to hear from you.

To those who are currently volunteering, no matter how big or how small, your contributions are appreciated, and integral to what makes this community special. We salute you all and encourage you to keep up the great work, you are a STAR!

Michael Shreenan Executive Officer, The Factory Community Centre

I would like to acknowledge the Gadigal people who are the traditional custodians of this land in which this publication has been produced. I would also like to pay respect to the elders both past and present of the Eora Nation and extend that respect to other Aboriginals.





Favour is a weekly social group that meets on Wednesday afternoons in the community room of the Marton building. It's a chance for people in the area to come along, catch up with others over some bread rolls and a cup of coffee. A few local bakeries are kind enough to donate bread rolls and things like that. They're really nice people there... they're very generous and really look out for the local community. We're always open to for more donations of food. We also occasionally put on outdoor barbeques.

It's great when people come down, get some bread and have a coffee or tea, then stay around and have a chat with a few of their neighbours. There's no obligation or anything. We also have special brewed coffee, and a jar for donations.

Some of the people who come along treat it as a regular outing, and really look forward to seeing their friends here.

It's important for people to have regular social connection. A lot of people may have met beforehand, but it's definitely a chance for people to get to know each other over a cup of coffee and snack.

We don't just do the Wednesday afternoon bread and coffee sessions; we help some of the elderly people around here. There was a guy here that we did a lot to help him out to, but he died. When we came across him he had alot of things that needed sorting out. We put on a fundraiser to help him get a few things tended to. Things were pretty bad for him for a while, but we ended up getting things sorted. He at least got a better view of people before he died. Before that, he thought no one gave a hoot, but before he died he actually thought someone cared. It changed his outlook on life for his last 6 months. We've also helped a few younger people with homelessness issues, and helped them out with some other issues they might have.

Last year we did this thing where... it normally costs over 100 dollars to vaccinate your dog or cat, so we arranged for a guy to come in to vaccinate a lot of local people's pets for just the cost of the vaccine. So we try a range of different things.

We put posters up if we're having a barbeque or something like that, but mostly it's just word of mouth. We're not a registered charity or anything; we're completely off our own backs. No one gets payed or anything, but that doesn't matter - we're dedicated to keeping it going now.

Favour Tenants Group meets each Wednesday from 12pm-3pm in the Marton Building's community room (ground floor). Cope St, Waterloo. Tribal Warriors Young Spirit Mentoring Program at NCIE is on every Mon-Wed morning. Tribal Warrior Association Ph: 9699 3491 www.tribalwarrior.org



L to R: David, Nahdia, Izaac

The Tribal Warriors mentoring programme is all about sharing wisdom and knowledge with our community. For us, the volunteers, it is also about family and connecting with people. *We try to build trust with the*

families we work with and want to break down barriers and encourage young people to get involved, especially with our morning programme. We think it's really important for the younger generation to spend time outdoors in a healthy environment and our cardio workouts at 5.30am on Mondays, Tuesdays & Wednesdays at NCIE are a good way to get this happening. A lot of the mentoring volunteers had a difficult time when they were younger and we've had a lot of support from the senior mentors in Tribal Warriors-they inspire us to be role models for the future and we want to give back to the community that helped us through in hard times.



I was approached to volunteer because they knew I could knit. I like to help people, and the knitting group gives me a chance to pass on what I've learnt myself. I started knitting when I was 5, so it's been about 65 years now! My mum knitted too, and it helped me a lot. I've made a lot of different things. I've taught a lot of people from a wide variety of backgrounds and it's great

- I get a thrill out of it!

There's always been a friendly atmosphere here. It's something to look forward to, and it helps your morale. It helps to do something; you can't just sit inside all day! I've been volunteering for 7 years now; I've got a lot of certificates at home. It definitely gives you a sense of pride.

The knitting group meets on Monday Mornings at South Sydney Community Aid. Located at 73 Garden St, Alexandria. For more information please phone 9319 4073 or visit WWW - SSCA - Org - a U



It's great to do something to get out of the house. The group is great for new immigrants. I've made lots of friends in the community. I feel really good about it! Sometimes we get sidetracked & it gets pretty talkative... We all look forward to it every Monday! *Volunteering is a great way to meet people* and tell them what you do. There are a lot of lonely people who stay at home; it'd be great for more people to get involved!





I was selling furniture in Surry Hills, and was asked if I'd lend a hand selling furniture here, so I came along here. People bring furniture out from the units and flats, and we repair it in our workshop. People will bring in old bits of timber and we'll recycle it into a bookcase or coffee table, or something like that. Between Russell, and myself we repair all the furniture, and the ladies here do the varnishing and glass cutting. We come here every Friday morning, and have a market out the front. We also take furniture down to the Redfern markets on the 3rd Saturday of the month.

It's the whole community's workshop. We've put together a pretty good workshop with lots of tools, oils, paints, extra parts and bits and pieces. We constructed all the benches and racks out of recycled timber, and just built it up from there.

We reassemble bits of furniture, make up or add any necessary additions. Some chairs have had legs that have snapped off, and we use recycled timber and fix them right up. We varnish them up nicely and they end up in pretty good shape. There are a lot of people that come in; we're usually out in the back workshop so we don't always get a chance to talk to everyone... we just get the jobs done!

I've been doing it for about 3 years just as a hobby, to keep my sanity. I don't mind doing it because I've done my time as a cabinetmaker, and I've been into woodwork all my life. I don't mind doing it because I'd otherwise just be working by myself in my own little workshop at home. Coming here's something I look forward to. It's only for a couple of hours, so it's no big deal to come along - and I get to meet people all the time!

It gets you out, you can meet different people, and you're doing something constructive. A lot of people - especially blokes - ...you've got to a certain age and you've got to accept that you're not 21 anymore, but you've got to do something to use your talents and show them to somebody.



If you've got time I'd definitely recommend getting involved in a volunteer project. Especially if you've got a trade background, there are always things to do where that could come in handy.

If people realize that there are places to go to, and they think they'd be interested, give it a go - at least you tried.

It's something to keep your mind occupied; getting involved was the best thing that ever happened to me - I don't know what I'd be doing now otherwise!





I guess I'm a bit creative and I like to do things with tools. In our units over in the high rise, you can't really do things like that without disturbing everyone; you can't really go banging away loudly with tools. There's not a lot of space, so this is ideal. All the tools and equipment are here, and there's space so you can make noise. But part of the reason I come here is for recreation- it's this hands-on aspect that's just really enjoyable!

Coming here also gives me a chance to pick up some handy tips. If there's a piece of furniture that needs an intricate bit of work done to it, I can ask Jon here how to do it and he'll teach me how to do it... just little tradesmen's tricks that not too many people know of, except tradesmen. It would've helped hugely to know tricks like these years ago!

A lot of the time when people throw bits of furniture out, it's definitely had it. But sometimes you can strip things down and use parts to restore other pieces. Returning something to usefulness, it' really satisfying. I've always wanted to do that when I was just at home, but you might end up not having the right tools or equipment to do it. But here, you've got it all. There might be an old tea trolley or something that's seen the best part of its days. It might come in as a wreck, with things falling of it, but it can be restored and we can give it a new life.

I started here in June 2008. I've never got up in the morning and thought 'oh no, I have to go to recycling today'. It's always

been fun to come, and never seems like it goes long enough - I could spend all day here, it's just really enjoyable! I think it's really important for places like this to exist.

I'm also involved in a weekly afternoon for tenants called 'Favour'. We run it in the community room on the ground floor of the Marton building, and offer people tea and coffee, as well as donations of bread from some of the local bakeries. It's a chance for neighbours form the buildings in the area to come down and catch up with other, get to know people from the community and just have a friendly chat.

Waterloo Recycling workshop is open on Fridays, located in the car park at 1 Phillip St (near the corner of Phillip & Cope Streets), Waterloo. For more information, please contact The Factory Community Centre, 67 Raglan Street, Waterloo. Phone 9698 9569 or visit www.thefactorycommunitycentre. blogspot.com I've been volunteering for a very long time - over 20 years. We started a new Chinese cooking show this year. The group started 15 years ago, initially just with volunteers' contributions, but now we've moved on and have been able to get some other assistance.

We run community events once a month, and a cooking show twice a month. We meet lots of different people, all types of groups, most of them are older people, and we're all friends in the cooking class. After we have cooked for people, we see them in the street or around local areas, everyone knows each other. Now when I'm in the street, everyone comes up and says hello, they're very happy with the food. Before we ran the events, there were many people who were neighbours who might have known one another, but didn't really talk to each other. Since they've been coming to the events, they now sit here and chat to each other. Most of the people now know each other. There's a lot less crime in the area these days, people help each other and are friendly to each other.

It's great to say hello to everyone in the street, they always thank us for the meals.





I've volunteered for a long time now. I am part of the Chinese dance group; we do some singing as well. I also do some volunteer work at the Factory Community Centre, where we have a cooking group twice a month.We've got six volunteers there.

I do get to meet a lot of new people, but sometimes they come and go (because there's free food!). The cooking group is on twice a month. I feel like I'm helping, going back and forth between the two places.

Lok Wan Cantonese Opera and Dancing group meets on Monday Mornings at South Sydney Community Aid. Located at 73 Garden St, Alexandria. For more information please phone 9319 4073 or visit WWW SSCASOP . a U

Healthy & Happy Food Cooking Shows meet at Waterloo Neighbourhood Centre, located at the Waterloo shops on Wellington Street. For more information contact the Factory Community Centre on 9698 9569



I finished high school last year and wasn't doing anything this year, so I thought I may as well volunteer my time and do something. I've been volunteering for about 2 months, my mum brings a lot up here, and I just thought volunteering here would be something that's good to do. It's close to home and easy to do.

I help out in the shop one day a week. I just tag things, clean up... lots of different things. I get to meet lots of interesting people from the area, and get to have a chat with some of the regulars, which is always good. It gives me an idea of what it's like if I was to go and get a job in another retail setting. You get to meet new people from throughout the community. I enjoy coming in and talking to the ladies and stuff. I'll definitely continue volunteering into the future. It's something to do and it's helping people, and even if it is just working in the shop, you're still doing something for the community.

I'd recommend volunteering to anyone, it could be a great new experience and feel really rewarding.



The Salvation Army Waterloo Neighbourhood Centre is located on the corner of Philip & Cope Streets, Waterloo. Please phone 9698 3586 or visit www.salvos.org.au for more information.





I'm an engineering student, and I do some volunteering with a group called Connectivity NSW. We go around to different community centres helping people learn new skills. At South Sydney Community Aid, we show people how to use computers.

It can be hard work to teach computers for first timers, but it feels like we're being really helpful, helping to assist with people's difficulties. It's good to see the other volunteers here taking initiative; it makes them realise that not everyone has great computer skills. *It's a great feeling for me to be able to pass on skills from a different level.* I've really enjoyed volunteering, and as the structure of the classes is always improving, the classes will continue to get better.





Volunteering hasn't been entirely what I expected. I appreciate that I can help people who don't understand. It's a good setting to be very positive. The drop in/ drop out environment tends to get good responses. I definitely look forward to coming here, and trying to help people solve any issues with technology that they may have.

GILLIAN

We have a computer class that's held every 6 weeks, where we get people to come in and teach community members some basic computer skills. We explain things like how to us the internet, Microsoft word... there's a lot of people who don't really know how to do things like that. I've been doing this for about a year now. The people who run the classes here are part of an organisation called Engineers Without Borders. We look for projects within the community to volunteer in, and this is one of them. This a branch of the group called the Connectivity Project. There's a whole bunch of people that come in and help out. We usually have busy time tables so we rotate around every once in a while.

It's been a chance to get to know a great group of people, and hear about what's been going on with people, not just in the computer classes but in general. It's been a great thing to be involved with. *I've developed a few sets of skills;* learnt how to go at the other person's pace and be patient. I've also learnt how to explain things clearly, in bite-sized pieces, about how to do something. It's been good for confidence too, and I'd recommend it to others if they were thinking about giving it a go.



Connectivity Now Engineers Without Borders Australia

For more information on Connectivity NSW – Engineers Without Borders Australia, please visit www.ewb. org.au/nswconnectivity, or phone South Sydney Community Aid on 9319 4073





MAVIS

I've been volunteering at the Salvation Army for nearly 16 years now. I've lived around the area all my life. We sort through all the donations that come in, and we have markets out the front here on a Friday. We've got our little office, but we still get to go outside and talk to a whole lot of people, help out at the shop and just try to work together.

I came down here one day years ago to get some books, and the Captain asked me if I'd like to volunteer.

I came down one day and tried it, liked it, and I've been here ever since!

We all live around here, lots of us are pensioners. We come down here, mix with other people... it's like one big family down here. It's great when people stick at it when helping out here. You've got to be dedicated here, and really want to do it for other people and help.





I'm just newcomer to volunteering... I still haven't got my learner plates! I had a caseworker from the Salvation Army who used to come and see me, and early last year she asked if I'd mind coming down and helping out, so I did. It's sort of grown from that, from a couple of hours a week to three days a week. It just evolved.

It gets me out of the house, and we socialize and stay busy. We don't have too many arguments here!

We look after each other, and keep track of each other. If anyone's sick we all know, so that's important. I'd say it's worth giving it a go. You've got to be very tolerant, we see some really weird things in here, you've just got to smile and enjoy it.

The Salvation Army Waterloo Neighbourhood Centre is located on the corner of Philip & Cope Streets, Waterloo. Please phone 9698 3586 or visit www.salvos.org.au for more information.



On this course I'm volunteering as a mentor. It's part of a TAFE outreach course, we work on basic carpentry and upholstery skills. Volunteering here has a number of enjoyable aspects - it's great to be helping people, but it's also good to be looking at your own development and what you want to do in the future.

For a couple of years I was a volunteer for an organization that provided community housing, food and outreach for people considered in need or at risk, but I've now moved on from that. Some friends and I are also in the embryonic stage of setting up a social enterprise called Hobo Gro, which is centered at delivering basic pathway to employment courses for people who are considered in need or at risk.



A range of people have given us their expertise in upholstery, carpentering, polishing and stuff like that. There are people here that can help participants identify further, perhaps related courses that they could enroll in at mainstream TAFE. We've had a few participants here who've had no education since they left early at high school. They've participated in this program and it's made them deicide that they want to pursue this, and that they're capable of doing it. We'll have relevant information here regarding further TAFE courses, so sometimes we'll sit down with people individually and go through and have a look at what courses are available, where they're being run from, and whether people might be interested in getting involved.

Since I started this particular journey a couple of years ago, I've come into contact with people that I would never have imagined I'd be sitting in the same room as. I've had the chance to attend conferences with some well-recognized public figures, people with multiple masters degrees, and just some intelligent minds, and to actually sit down and have conversations with these people, to be exposed and be able to contribute positively towards that, it's been great!

Volunteers can come from all works of life, and I think it's important not to pre-judge people by their backgrounds; simply look at their motives, and their willingness to help.

Everybody has a skill they can offer, even if they don't know what it is yet. In some cases it's just a matter of walking through the door and saying "I love what you guys do, what can I do?" We've got a really wide range of people from different backgrounds that participate in the program. What I'm looking to do as a

mentor is not to do work for people, but encourage them to help each other and take ownership of what they're doing, facilitating in that way... It's working well!

Curb Collective is located at 107 Redfern St, Redfern (entry via Turner St). For more information, please visit www.bower.org. au/curb-collective.html For more information about Hobo Gro, please visit www.hobogro.com

I'm a part of Curb Collective, which is furniture reuse project based in Redfern. We started off halfway through last year, beginning with woodwork, and then we did upholstery, finishing up and graduating at the end of the year. I really liked the upholstery, and when we took our furniture to the markets, we saw that people took an interest in it. There are a whole lot of people out there who are into recycling. We restore stuff we've found on the roadside, or thrown out from people's houses at council clean-up. Then we just redo the springing, and fix things up a bit. We're partnered with the Bower Reuse & Repair Centre; they restore second hand furniture, sometimes people will have things that they don't need anymore, and ask us to clean it up and maybe resell it ...



I really believe in volunteering, and I also think it can definitely get you a job position - it has got me as position as number of times. It's led to things; I've applied for jobs, and in the interview process I've said that I've volunteered in the same type of work, and it's actually got me the job. I think people think in the back of their minds that if you can do it without having a wage, then you will be a reliable person in the workforce. It shows that you're getting involved for the right reasons, because you enjoy the work.

JEANETTE

Through Curb Collective, I've met a lot of people that are passionate about doing upholstery. We're all on the same page with that sort of thing. We enjoy doing it, and the recycling part of it is a bonus. I thought I'd try it out, because I've done a couple of TAFE courses, and I've always liked the trades, and being able to use your hands. You can see the effort in the work you've done, so there's an instant sense of satisfaction that you get from working with your hands.

What I've realized, is that with furniture, people really do like quality. There are a whole lot of people out there interested in quality furniture, and my pitch to them would be that we could remake your grandma's chair; we could reupholster it, and it could really become an heirloom! And in this day and age when a lot of furniture goes to landfill, and we're living in a 'disposable world', it's nice to have something that can be handed down a couple of generations.

If people are thinking about volunteering, it should be doing something that they enjoy. It doesn't matter where you do it, as long as you enjoy being with the people who are interested in being there and wanting to do it. At the end of the day, it's a great way to meet people, and it's a good way for people to experience working with each other, learning to become a 'team player'. I think a lot of young people would get a lot out of volunteering, because even if they're not in the workforce, it's somewhere where you could get the stable work ethic that will help you later on in life.

Curb Collective is located at 107 Redfern St, Redfern (entry via Turner St). For more information, please visit www.bower.org. au/curb-collective.html GEOFF and REDWatch Co-ord Group

Volunteering for me is about the community and doing your bit as part of it. I grew up in the bush and the social life of the community was built around voluntary committees for halls, schools, churches and sporting clubs. That was just the way it was and I have been doing it or working with volunteers in one way or another ever since.

My current Redfern Waterloo involvement started back in 2003 when it became apparent the NSW Government had plans to re-develop the area. I tried to get local organisations to pick up the issues and when no one did, Lyn (my wife) and I started doing email updates to keep interested people and agencies up to date with what was happening in Redfern Waterloo. We have done this ever since although less in the last couple of years.

In 2004 South Sydney Greens and local ALP branches met following the unrest after the death of an Aboriginal youth and formed a group which they called REDWatch. They wanted someone who knew what was happening in the community and who was not a member of either the Greens or the ALP to be spokesperson. I have done the voluntary job ever since. Within twelve months REDWatch also included people connected to Clover Moore's Independents, the Liberal Party and with no party affiliations. We have tried to maintain this political mix ever since and it has been very useful in some of our campaigns.

REDWatch exists to keep an eye on what is happening in Redfern Eveleigh Darlington and Waterloo (the REDW capitalised in REDWatch) and to inform people about what is happening so they can have a greater say in what is happening. We have monitored a number of Government initiatives, organised campaigns and in general tried to get outcomes that work for the community as well as the Government.





L to R : Geoff Turnbull. Lyn Turnbull, Irene Doutney, Wendi McCaffley, Desley Hass, Ross Smith. Michael Shreenan & the late Trevor Davies.

REDWatch runs a large website that makes available information about what is happening in the area you can see it at www.redwatch.org.au.

We are incorporated and have active members who elect a Co-ordinating Group. We also have lots of supporters on our email lists. Everything REDWatch does is done by volunteers committed to making a difference. Anyone who lives in the area can join REDWatch or become involved in helping doing things with us. We have monthly open meetings on the first Thursday of the month (except January) at 6pm at the Factory Community Centre.

REDWatch is about building community not just through our actions and advocacy but also within the group itself. In doing things together people of often divergent views build up common understandings and even close friendships.

One of the great things about volunteering and working with others around common concerns is that you get to know people and barriers come down and you strengthen community.

REDWatch meets at 6:00pm on the 1st Thursday of the month at the Factory Community Centre, 67 Raglan Street Waterloo. For further information please visit www.redwatch.org.au or call 9698 9569



The bike club started off over in Newtown, in the backyard of sort of an activist household. I've got an activist background myself, so that's where it started – this is going back about 5 years. It's been going here in Waterloo for a bit over 2 years now. The group was looking for to get people involved, and I rode a bike, so I at least knew a bit about bicycles.

Basically I just kept coming. For me, it's not a big social thing, I just like helping people with their bikes just helping people with maintenance tips, helping with repairs and stuff like that. You get a core group of people that keep coming back, but we do get lots of others coming through. On a Monday we might get 80 people coming through over the course of the evening, so it does get quite busy. It also gives me a chance to keep my own bike going quite well, and cheaply.

People here tend to have an expertise in a particular type or style of bicycle, and they tend to focus on that. People come from all over the place to become involved. The general idea is that someone might come and learn something new in regards to fixing or maintaining their bike, and then come back and impart that on to someone else down the track. The good thing about bike club is that no one makes any money out of it, so you don't feel like you're being exploited by being involved.

With groups like this, you feel as though you're actually contributing to the community and helping others out. It can be really satisfying.





Cycle Re-Cycle is a community bike club. We're based in Waterloo in the car park near the corner of Cope and Phillip Streets. We grew out of the Waterloo Recycling Workshop, which has a furniture and bric a brac stall. We have a workshop with lots of tools, bike parts, and bits and pieces in there. People bring in, or we might find broken old bicycles. We strip down the bikes and use the parts, and can usually rebuild a bike altogether. We get the regulars who build multiple bikes; they come back and do their maintenance here. There's a refugee bike project here as well.

I've been involved for 3 years. Volunteering is good to do if you've got the free time. You learn to deal with people better, and learn to assert yourself, which is really important. There's a sense of accomplishment if you've been involved in a successful project.

The Cycle Re-Cycle workshop is open Mondays & Wednesdays 5pm-8:30pm in the car park of 1Phillip St, (Corner of Phillip & Cope) Waterloo.

For more information please visit www.bikeclub.wordpress.com or www.thefactorycommunitycentre. blogspot.com.au



HEATH

Before I volunteered at Redfern Legal Centre, I used the tenancy service once, and it really helped me a lot. When I became a law student, I felt that volunteering here was something that I can do that would help contribute to the community, which I think a lot of people should do. I've lived in Redfern for a long time, and I'm committed to this neighbourhood. I have a small child too, so anything I can do to improve the neighbourhood is going to benefit me and my child, and it just makes me feel good. It's great to see lots of people volunteering. They put on a few annual events for the volunteers, so we can get to know and hang out with the other volunteers here. I enjoy interviewing clients, making sure we get the right information...

From another point of view, I get a good reference, which is good when it comes to looking for work in the future. But more importantly than that, I definitely get a sense of satisfaction that I'm helping people in our community who are in need of legal assistance. Not all of the volunteers are law students; they come Redfern Legal Centre

from a variety of backgrounds. I definitely enjoy it and think I'll continue to volunteer in one aspect or another once I become a solicitor.

You're not signing your life away by volunteering; if you feel like you might get something out of it, just have a go!

Redfern Legal Centre is located at 73 Pitt St, Redfern. Please phone 9698 7277 or visit www.rlc.org.au for more information.

AMBER

Volunteering here is something I decided to do outside of my degree. I was kind of tired of being in class and just reading law out of a textbook, I really wanted to get a sense of what it was like providing legal assistance and services to people. It's awesome to get that really practical experience, and get a feel of the environment. It's great to feel like you're doing something with your degree. I'm one of the newer volunteers.

I started at the beginning of the year, so I'm still learning lots of things here, including stuff that I can take back to my course. I think you get a really good feel for what's going on in the community, and for me, understanding the various legal issues people face. It's important to learn about them because these are the things that need to be fixed, through law reform. I can really take the stuff I experience here and synthesize it, and work out how to act as an advocate for the people in the community when there's a need for justice.

It's always lovely when people come in and they have been provided legal advice, or some kind of assistance form a solicitor, and they're really grateful. It's really nice to see people have their legal problems resolved, and they're getting on with their lives, they're really happy and appreciative, and it's really lovely to have that, I think it says something really beautiful about the community and about people.

I really just enjoy helping people (I know that sounds schmoozy)... it's really nice to just talk to people, and know that people are assisting each other and I really love building a rapport with clients (especially older clients, they're so sweet). I definitely recommend law students to volunteer at community legal centres, because it's really good to use your skills in a practical way, you actually learn so much stuff that you can use to help people, and I feel that law students should be doing that - it's going to be their job. I feel like everyone should volunteer, it's not only a CV building thing,

it's just a really great experience, you learn so much from it. It's a great way to meet people, to do something with your life and feel a part of the community.



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Redfern Legal Centre

SOPHIE

I started volunteering at a legal centre in 2007 as part of my social work degree, and ended up getting paid work as a result of that. I'm now the communications and volunteer manager at Redfern Legal Centre. We get a lot of law students who come and help out at the front desk, they do our client intake stuff, client interviewing, answering the phone and doing referrals. We have a lot of volunteer solicitors who come in at night after they've finished their other jobs, and give advice to our clients. Those are the main two groups of volunteers.

Our volunteers usually work the same shift every week with the same people, so those groups get quite close. One of the things we are trying to address is helping those groups meet up, so we've been having some social events during the year to help them socialize with each other more.

A lot of students apply to be volunteers with us because it gives them practical experience to the theory that they're learning.

It also starts to give them some of the workplace skills that they'll need when they go into employment. But a lot of them have a strong interest in social justice as well, which motivates them. I think it's a really good way to check whether your skills are a good match for a certain type of work, and whether you want to pursue that type of work later on. I loved volunteering; it helped me get to the job that I've got now. I think it's great!



We have always been aware that Redfern station needs lifts, not only for those who are disabled, but also for the elderly, for mothers with prams, and people who have been shopping or have luggage. Without the lifts, you must either rely on the kindness of others to help you, or otherwise you must do it yourself, so the lift is important. In meetings with various bodies and authorities, we have been asked what the things we would most like changed are, and the top of the list has always been lifts for Redfern Station. We have mentioned that several times at meetings. When they finally picked it up and started gaining momentum, we volunteered to be there, collecting signatures, going to the platform, informing our neighbours and friends that it's important to get behind this particular petition.

I've become involved out of my own free will. I really see the need for this, and now it's starting to get a bit of publicity. Many of my friends are volunteers, collecting signatures for petitions, in our neighbourhoods, parks, and at the station itself.

There are some people who do not realise there is no lift at Redfern; they're not aware, so bringing their attention to it and educating them is important, I think. But once they're aware, everyone agrees that we need it - some aggressively agree in fact - and others even ask for forms so they can go around collecting signatures themselves. Networking is important in this, including friends, neighbours and relatives.

I'm also advocating for the people in public housing. Every time there is a rise in our pension, the rent in our public housing also rises; essentially going from one hand to the other. So we're asking the government not to increase public housing rents. If they increase our rent, what are the pensioners to do? It's a very fixed budget



that they're on. What we're trying to do is: disseminating petitions forms to our community of friends, and then we go from one building to another, distributing forms. We do this at gatherings, at meetings and workshops... some of the churches are on board too, helping us collect signatures.

Most residents in the public housing are on very low income. Raising the rent every time there is a little bit of an increase is just unfair. We are asking the government to listen to this petition, but we need 10 000 signatures. By volunteering with these campaigns, we have built up networks, as well as increased our confidence. This helps us to help educate others. People who want to start volunteering are always welcome to participate. There are lots of great organizations out there. We share our experiences and skills that we have, which can help build capacity for change within the community.

It's important to become involved!

For more information about the Lift Redfern campaign, please visit www.liftredfernstation. wordpress.com

XIU DUO & ANNA



Lok Wan Cantonese Opera and Dancing group meets on Monday Mornings at South Sydney Community Aid. Located at 73 Garden St, Alexandria. For more information please phone 9319 4073 or visit www.ssca.org.au

We organize a traditional Chinese dance group. We perform at community centres and also retirement homes, so if people aren't mobile, they still see the performances. We want to give people a chance to see aspects of other cultures. Elderly people especially tend to enjoy the performances, and there's definitely an increased feeling of community when we visit.

We enjoy volunteering - it keeps us busy. We practice on Mondays, Wednesdays and Fridays, and always look forward to rehearsing, as well as performing. We always encourage more people to become involved and interact, but it's hard to get volunteers. We're always open to more people!



I've been volunteering for about 15 months now. My husband Gary and I have been living in Alexandria for about 7 years now and although relatively new to the area (compared to many residents) we simply love the area and the great sense of community - it's unlike anything we've ever experienced before. When ARAG was forming we began attending meetings and soon got caught up in the whirl of activity.

ARAG was established to provide the residents with a collective voice and the opportunity to participate in issues that matter to them. We're not only about dealing with some of the negative issues, but seek also to find ways to celebrate the rich heritage of the area and the diverse population in our community. We are planning a Summer Fair in February 2013 and hope to get many of our residents together for a day of fun. Gary and I are members of the ARAG Coordination Group, so in many ways we work behind the scenes although I am frequently asked to chair the meetings, which can be challenging at times. The forum on parking where representatives of the Council and ATP (Australian Technology Park) attended as well as many residents was very interactive! I certainly know and have been able to work with a wider group, more than just my neighbours.

To anyone thinking about volunteering around the area, I'd say "Jump in"!

Volunteering can take as much or as little of your time as you have available and can be lots of fun. It's a bonus to give something back and to feel that you have contributed something.

For more information on the Alexandria Residents Action Group, please visit www.arag.org.au



I've recently started up a weekly chess group at South Sydney Community Aid, it's still in its early stages. We hope to give people who are interested in playing chess somewhere to play, somewhere to meet their friends and new people, there's definitely a social aspect to it. I've tried to find a club in the Sydney area, and you've got to travel a bit to find a chess club, I thought it'd be great to have something local. There's a great opportunity to meet locals while doing something enjoyable...

I've been at the Food Distribution Network since 2008. Twice a week, someone goes to the markets in the morning, and then a bunch of us are involved in unloading the trucks, weighing and sorting the fruits and vegetables. We then assemble a few different types of boxes (vegetables / fruit / mixed), which are then distributed by the FDN drivers.

I learnt about FDN through a nearby volunteer service. There's a group of 10-15 volunteers from the area at FDN, and we come in 2 days a week. There's a wide variety of people volunteering, some of the volunteers are there for years and years. Many of us have become friends. It's great for elderly people to be involved. Basically the idea is to help more elderly people, who have mobility problems, with their shopping. The produce is delivered to their doorstep; we also have a group assisting people with H.I.V./AIDS.

I also participate in a biweekly men's group at SSCA. It's basically a wide-ranging discussion group; the topics change from week to week. It's great to be able to just turn up and have a chat about some interesting topics, and get to have a cup of tea and some biscuits. If one of the guys have a local issue that's affecting them, it's good to find out if it's affecting others similarly, and it's nice to able to enjoy each other's company and hear about what's going on...

I think the major thing with volunteering is that it gives you something enjoyable to do. Volunteering, whatever it is, tends to connect you to the local people.

One of the major advantages for the people who do volunteering is the social connections and networks, and getting to know people in similar situations to yourself s great.

I'm actually surprised by the amount of different organizations within the Redfern/ Waterloo area that do volunteer-type activities. There's a wide range of activities that are going on. The Chess Club meets from 1pm-3pm on Mondays at South Sydney Community Aid. Located at 73 Garden St, Alexandria. For more information please phone 9319 4073 or visit WWW SSCAOPGOU

For more information on the Food Distribution Network, please visit www.fdn.org.au or phone 9699 1614

I've been volunteering at the Food Distribution Network since 2000. My late mother found out about FDN and suggested it to me. I didn't want to spend my time as a non-worker. When I first set foot in the FDN it felt like I'd "come home" - that I'd found the job of all jobs. I feel like I'm involved in a wonderful process by



SHAUN

helping food get delivered to families and sick people. I put the food into boxes. There are quite a number of volunteers, and I sure have met a lot of people. It's two days a week; I look forward to the socialising as well.

Volunteering here gives me a feeling of fulfillment and stimulation, and it feels great to be contributing. I feel like a humanitarian doing this work.

Volunteering gives you a chance to be something more than just being yourself.

You feel as if you're part of a team and as if you're contributing. It helps gives meaning to your life... It's a wonderful thing!





The Food Distribution network provides delivery of fresh food and vegetables to aged and frail, people with disabilities and their carers, and H.I.V positive members of the community. The organization has been running in the local area for about 28 years now. It's primarily designed to help people remain in their homes who might otherwise be placed in a residential setting. The idea is to help them stay more independent. We have customers referred to us by doctors and nutritionists, by caseworkers, and other word of mouth referrals to us.



On any given day we might have up to 15 volunteers in here. We have some guys go out to the markets and do the shopping on Tuesday and Thursday mornings. We buy in bulk, and our volunteers pack the boxes. We have fruit boxes, vegetable boxes and mixed boxes. It works out to be about 7-8 kilos of fresh food for 8 dollars.

I've been here at FDN for about six months, and I got involved because I really like what the Food Distribution Network does; it's not a charity - people pay for their boxes. They're involved; they have ownership; and I think that's really important.

The volunteers are mostly from Redfern and Waterloo, but we have a few guys who come down from the Central Coast one day a week. They do some of the cutting and things like that, because they're friends with some of the guys here. A lot of the volunteers have been here for 15 years, so they seem to love it- they stick with it! There's absolutely a social element. These guys hang out together outside of here, and throw birthday parties for each other ... it seems like we're having a birthday party for someone every 2 weeks! They have real ownership too. We provide lunch for the volunteers; we have some volunteer cooks... It's always a really friendly atmosphere.

For anyone who's thinking about volunteering somewhere, I'd say volunteer at a place that meets your politics - somewhere where you think they're doing good work, not necessarily just doing something that just keeps you busy. Find some place that fulfils you, that gives you something. I think that's why people keep coming back; because you feel like you're making a change in the world. I think that's a huge reason for doing it.

The social aspects are wonderful, and it's nice to have friends and get out of the house... but if you realise that whatever effort you do, every day changes the world for someone else, that's hugely important.

Food Distribution Network volunteer sessions run on Tuesdays and Thursdays, 10am-12pm. For more information, please visit www.fdn.org.au



Playgroups in the Park, Food Co-op, Live & Learn After School Sing & Play, Multilit & Our Lady of Mount Carmele Breakfast Club

> I've been volunteering since I was 5 years old, participating in the Salvation Army Red Shield Appeal with my mother. Since then, I've continued to help out with many other programs. I can't believe that I've done this for so long as now I am a mother myself!

> I like to work with young people, and I found it really rewarding to be part of great programs. It is important to think less about yourself, and thinking about what you can do for others. Also, giving back to my community makes my daily life feel more fulfilling. Looking back, I feel more useful now that I'm doing volunteering;

> It gives me a good feeling to take some time out of my daily life...

For more information about Playgroups in The Park please phone South Sydney Community Aid on 9319 4073 or Connect Redfern on 9319 3207

Our Lady Mount Carmel Breakfast Club meets every Monday and Friday at 8am



South Sydney Community Aid, the Factory Community Centre, the Central Sydney Region Public Tenants Council, Waterloo Neighbourhood Advisory Board, Social Housing Tenant Advisory Committee, REDWatch, Kings Cross Community Centre



For many years I used to be on the board of management at South Sydney Community Aid, as well as retaining an active interest. Also I've had similar roles at the Factory Community Centre; The Central Sydney Region Public Tenants Council; Waterloo Neighbourhood Advisory Board; Social Housing Tenant Advisory Committee; and others, going back 30-40 years, since I started to live in the area.

When you live in an area, you get to know people and you get involved in the area. I've associated with different organisations over that period... and you sort of get kidnapped! You become involved in the direction of them, the policies, where they're going and what they attempt to do. Also, through other associations you can get involved in policy issues, with local, state and federal government, and that sort of flows into other volunteering. In my case, I'm on the management of Kings Cross Community Centre. I was also one of the founding members of REDWatch, which is a resident action group for Redfern, Eveleigh, Darlington & Waterloo. So my experience is not entirely focussed on just one organisation, but across the broader local community.

There are some skills sets come with the course, they develop over a period of time – you can't pick a book up and become an overnight expert. What do I get out of it? It's

a community; it's a family; you're part of a structure. Call it what you like, you're part of the area that you live in. When people ask why I become involved in community work like this, I tell them that it's because I'd like to think that one day someone would help me. And why be scared? It's a community - if you have any concern for the people around you, if you'd like to have friends, be able to nod to people as you go down the street and say hello to them... it's only a small extension from that to ask them how they're feeling today and having a brief conversation with them. It's about being friendly; talking to people and relating to people. In the inner city in particular, it can be a very lonely place if you don't want to talk to people.

So don't be scared it can't bite you!

Volunteering is your choice, as far as what you get involved in, and the degree to which you become involved...

For more information about any of these organizations, please contact South Sydney Community Aid on 9319 4073, or The Factory Community Centre on 9698 9569



I started opening my eyes about volunteering when I did my work experience with South Sydney Community Aid. At the moment I volunteer as a Bingo caller and community bus driver in the area. I have made friends with people who are welcoming and caring. It feels great to know that some very familiar faces will welcome you with warmth at least once a week.

I've regained workplace confidence by doing this, and subsequently I decided to do a vocational study in Occupational Health and Safety.

Being a volunteer has been very rewarding, and has helped me gain opportunities to do college and study. Now I feel fully prepared to go to a workplace without feeling alienated, because I have been training myself in my community by volunteering regularly (once a week). I'm ready to go back to work, and hopefully by doing this volunteering activity I will get a job soon.



For more information about Bingo for Housing NSW tenants in Redfern, please phone South Sydney Community Aid on 9319 4073





I volunteer at the Surry Hills Community Centre, near Ward Park. It's the only community centre in Housing that's run by tenants. We run the centre Mondays through Fridays, and sometimes we also have parties on weekends if any of the tenants want to book the hall.

We have a lot of trouble trying to get volunteers. It's so rewarding to be a volunteer.

You don't want to reap the benefits of glory or anything, but just being a volunteer makes you so happy. It's great to go in there every day and have a chat with everyone. We play scrabble, people come in for tea and coffee... there's always a mixture of things going on.

I'm in there 5 days a week from, from 9:30 in the morning 'til 5:30 in the afternoon. You meet new people all the time. I'm mainly there to help the tenants; if we can do anything to help the tenants, such as reporting any issues, we will.

The Northcott Community Centre is located at 31 Belvoir St, Surry Hills, adjacent to Ward Park.

BRIAN

Redfern Waterloo Community Drug Action Redfern Neighbourhood Advisory Board

It all started 30 odd years ago... I had a massive problem with alcohol, and I reached out for help and got it. Through that whole process, I was given back my life. I was in a bad way; I was very sick... but I had some great people get me back on track. For many years I just worked doing regular jobs, and then I retired and thought about what I was going to do, so now I'm involved in helping people with drug and alcohol triggered problems.

Eventually I got into a housing unit, and the guy who was the representative for this building asked me to nominate to be the rep for this building. The reason I agreed to do that is because I love my home. I love the fact that I've been given something; I'd be on the streets otherwise. So I nominated and became chair for this building. From there, I started going to the Neighbourhood Advisory Board meetings, and became involved with other groups of people. I've been involved with the N.A.B. for about 6 years. It's good for your brain to be involved and doing stuff. I do other stuff to keep my brain active, play bridge a few times a week and stuff like that. I try to live life to the fullest. I also do some coordinating for an office that supplies information and literature, and runs a 24hour line to help people with certain issues.

I just love helping people - that's the biggest reason I do volunteering, it's because I love being out there with people. You're meeting new people all the time; you see people get help and get their life together again, get married and have kids... There are some people around here that all they care about is themselves. But there are lots of people in the community, both volunteers and paid workers, who really care and want to help people; that's why they get involved.

I think for me, volunteering in the community has kept me young, and it's kept my spirit alive.

It's a reason to get up in the morning. I see it all the time, where people just sit up in their rooms and whinge about things they don't like or don't have... I think by getting involved and giving back to other people, you end up getting everything you want. I've been given so much due to other people's kindness, so I feel like you've got to give back. If you help people, you see results.

I'd just say to people, don't sit at home and get old... There are lots of people out there who need help. If you're healthy enough to get out there and help, do it. Because when you see other people get well, it makes you feel well. There are tones of services helping people out there. We all share our experiences, strengths and hope. You make a lot of friends too, and get to know people. It's good to be part of a community, and say that you are part of a community. You walk down the street and talk to people - it's great!

For more information about these organizations, please contact South Sydney Community Aid on 9319 4073, or The Factory Community Centre on 9698 9569



I volunteer with the Multicultural Playgroup. I help take care of kids at the playgroup, and also at a local Public School. There are before and after school shifts during the week, but I also do it full-time in the school holidays. It's mainly preschool aged kids that we take care of.

I've been doing it for one year. I enjoy working with kids; it's a lot of fun. I want to keep doing this into the future I really look forward to the playgroups.

I've met a bunch of great people volunteering here, and I'd really recommend others giving something a go. It's awesome helping here! Plus, I feel like I'm developing professional skills. I wasn't always a social person, but this has helped me heaps. It's great to see the kids being happy and having fun! That's the most rewarding part of it.



The Multicultural Playgroups gather every Thursday Mornings at Alexandria Park Community Centre Located at Cnr Power Ave and Alexandria Park Rd, Alexandria. For more information please phone Connect Redfern on 9319 3207



I have been volunteering for South Sydney Community Aid in their Playgroups in The Park event since September 2010 and I also had the opportunity in volunteering once a week regularly since February 2011 in Multicultural Playgroup.

As a childcare worker, I found it really rewarding to be able to give something back to the community through applying my knowledge in Children Services. Multicultural Playgroup is a great place to be for families with English as a second language. I really enjoy being able to meet families with various background from all over the world with different stories.

Unfortunately, due to my work and study commitment, I have to take a long break in volunteering in Multicultural Playgroup, but I will still come for Playgroups in the Park to do the face painting. I love to volunteer in this event because I can enjoy a great day playing with the children, spending time in the animal farm, gain knowledge about the services around South Sydney area and meet the local families especially those who came to Multicultural Playgroups, to see them having a great time with their children. Multicultural Playgroup

Playgroups in the Park.

I found that these events bring out the positive environment and happiness in the community.



For more information on Multicultural Playgroup or Playgroups in the park, please contact South Sydney Community Aid, located at 73 Garden St, Alexandria. Phone 9319 4073 or visit WWW • SSCa • 0 rg • a U

South Sydney Community Aid

ELLOUISE

I started with MTC work placement in 2011 and continue to be the admin worker for the community centre on voluntary basis until today. I was a very shy and quiet person but as time passed I've gain confidence. I've met really great people, learned a lot about community services and my community as I live in Redfern, which I feel really good at being able to give back to. Volunteering gave me more insight about where want to go for the future, Ι in regards of community work. I have studied the Intro of Community Services but I haven't finished it and by doing the volunteering it makes me want to finish my study in Community Services. I think everyone should get into volunteering because you will learn new skills and gain more confidence by doing it

NICK

South Sydney Community Aid

I started volunteering at South Sydney Community Aid as part of an internship program related to my uni studies. Helping out at the community centre has been a hugely rewarding experience, and I've had the chance to meet some wonderful people who are really dedicated to their local community. I've realized that there are so many organizations in the South Sydney area for people to get involved with, and it's been great to see the diverse range of activities that are available to participate in. Volunteering here has also given me the chance to gain some useful workplace experience and develop skills, which will be useful in the future. I feel much more connected to my local community.



It's a really good feeling to walk around in everyday life and bump into people I've met while volunteering.

South Sydney Community Aid is located at 73 Garden St, Alexandria. For more information, please phone 9319 4073 or visit www.ssca.org.au

CHARMAINE



Volunteering is a great way to meet friends or people who are like-minded.

I think by being a volunteer, you can receive and develop a lot, besides giving in every shape or form. For me, it's great to have a role in the community, and to assist those who cannot stand up and to contribute to the NAB. Volunteering is also a great gateway to a paid work, as I started as a volunteer myself.

> For more information about the Surry Hills Neighbourhood Advisory Board, please contact South Sydney Community Aid on 9319 4073, or The Factory Community Centre on 9698 9569



I teach English classes at South Sydney Community Aid. There are 2 groups; a beginners group, and an intermediate group. I've been volunteering here for a bit over a year now. I started as part of a work for the dole program, and I really enjoyed working here, and thought that it was a really worthwhile thing to keep doing.

It's given me the chance to develop a range of skills. Generally in the ESL industry, we don't get a lot of absolute beginners. But in this program I've had people who have absolutely no English, so I've had to learn how to communicate with them and how to teach them, which has been a challenge, but very useful. It's something I can take into other positions.

There's definitely a sense of community in the classes, especially in the Russian community. It's as much about meeting their friends every week as it is about learning English - it's important for them to get together each week. It's definitely about the social engagement, coming together, and learning a bit of English. They're really appreciative because migrants have to do 800 hours of English, but it's not always enough for them. Often they need more chances to practice. The thing is that certain groups tend to disappear into their own communities, so it's good when there are people out there who decide "yes, I do want to try to learn English", and come along to classes.

I'm moving out of Sydney soon, but I'd certainly consider volunteering again. It's a really worthwhile thing to do, and you get so much back from the communities you work with.

I think however you decide to volunteer, you end up getting a lot out of it.



South Sydney Community Aid is located at 73 Garden St, Alexandria. For more information on The English classes, please phone 9319 4073 or visit www.ssca.org.au For more information on how become involved in volunteering, please contact the organizations below:

The Factory Community Centre 67 Raglan St, Waterloo www.thefactorycommunitycentre.blogspot.com.au Ph: 9698 9569

South Sydney Community Aid 73 Garden St, Alexandria www.ssca.org.au Ph: 9319 4073

Babana Aboriginal Men's Group 72 Renwick St Redfern www.babana.org.au Ph: 8068 2113

Connect Redfern (Info about Children and Family services in Redfern/Waterloo) connectredfern@yahoo.com.au

Connectivity NSW Engineers Without Borders Australia www.ewb.org.au/nswconnectivity,

Curb Collective 107 Redfern St, Redfern (entry via Turner St) www.bower.org.au/curb-collective.html

Cycle Re-Cycle workshop 1 Phillip St, (Corner of Phillip & Cope) Waterloo Mondays & Wednesdays 5pm-8:30pm www.bikeclub.wordpress.com

Favour Tenants Group Marton Building's community room Cope St, Waterloo (ground floor) Wednesdays 12pm-3pm

Food Distribution Network www.fdn.org.au Ph: 9699 1614

This is not at exclusive list, however each of these agencies will be able to assist you contact other opportunities in your area. National Centre of Indigenous Excellence 180 George Street, Redfern www.ncie.org.au/ Ph: 8094 2500

Northcott Community Centre 31 Belvoir St, Surry Hills (adjacent to Ward Park)

PCYC South Sydney 638 Elizabeth Street, Redfern www.pcycnsw.org/southsydney Ph: 9319 4240

Salvation Army Waterloo Neighbourhood Centre Corner of Philip & Cope Streets, Waterloo. www.salvos.org.au Ph: 9698 3586

The Settlement Community Centre 7 Edward Street, Darlington www.thesettlement.org.au Ph: 9698 3087

South Sydney Herald www.southsydneyherald.com.au editor@ssh.com.au

Tribal Warrior Association www.tribalwarrior.org Ph: 9699 3491

Volunteering Australia www.volunteeringaustralia.org

Waterloo Recycling workshop

Fridays only 1 Phillip St, (Corner of Phillip & Cope) Waterloo www.thefactorycommunitycentre.blogspot.com.au

WEAVE Family, Youth & Community Centre

Corner of Elizabeth & Allen Streets, Waterloo www.weave.org.au Ph: 02 9318 0539



CITYOFSYDNEY



Multicultural Neighbourhood Centre



The RedWater Montage is a project of the Factory Community Centre's Housing Communities Program which is funded by Housing NSW

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