



NORTHERN PASSENGER TRANSPORT NETWORK VOLUNTEER NEWSLETTER

MARCH EDITION

Funding Agreement has been extended until 30 June 2016.

NPTN cars can now be used for

- Medical
- Dental
- Hospital visits
- Centre Link
- Banking
- Red Cross
- Housing trust
- Services SA
- Shopping



Thank you to all volunteers for your continued support in this valuable community service.

FEE FOR SERVICE ENVELOPES

A reminder for all drivers to never leave any envelopes with money in the cars. This creates issues for other volunteers and clients who use the cars.

Some drivers feel that this creates an extra responsibility for them. All monies collected should be handed in to :-

- Jamestown - Council
- Quorn - Council
- Orroroo - Council
- Peterborough - Council
- Gladstone - Medical Centre
- Melrose - NPTN Office

WHY IS DRIVER FATIGUE SO IMPORTANT?

Driver fatigue is a serious road safety concern and can happen at any time. Take at least a 20 minute break from driving every two hours. This is a requirement of all volunteer drivers, even if you are near your destination, as fatigue crashes can occur near journey's end, when your attention is at its lowest.



When planning your next trip, spend some time calculating how long it will take to drive between destinations and include rest stops, be realistic about how far you can drive in a day. Keep fresh air coming into the vehicle and carry water with you at all times.

If it's a long day stop twice, your clients, would rather you take extra time for a break and reach your destination safely.

Remember to report all incidents FIRST to the Office before trying to fix the problem yourself.



ROYAL ADELAIDE HOSPITAL

For those volunteer drivers taking people to RAH it may be useful to be aware of the assistance available.

Volunteer services available in the RAH main foyer entrance include:

- Enquiries centre / service
- Interactive navigation screen can also be found in the main entrance of the Hospital.
- Hospital Lavender Lads and Ladies are available to assist clients in getting to appointments and can stay with the client until the volunteer driver returns. This service must be booked in advanced.
- Volunteer Guide Service is available to assist clients to access hospital services. There are wheelchairs and walkers available with the volunteers assisting to push clients. Clients can be taken to the Frome Road Dental Clinic or across North Terrace to the Adelaide heart specialist. This service is available between 8.30am and 5pm with no booking needed.



Northern Passenger Transport Network

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VOLUNTEER MEETINGS

Orroroo - 9am
18 March

Jamestown - 1pm
18 March

Quorn - There will be no
March Meeting

Peterborough - 10:40am
18 March

Gladstone - 2:40pm
18 March

Melrose - There will be no
March Meeting

VOLUNTEER MEETINGS QUORN & MELROSE

There will be no volunteer meetings held in Quorn or Melrose during March due to Easter Holidays. If any issues arise the office will contact the volunteers individually.

Don't forget to take note of the dates for the next Volunteer Meeting in your town

VOLUNTEER FUN FACTS

- Volunteers are happier, healthier and sleep better than those who don't volunteer – doctors should recommend it.
- 96% of volunteers say that it "makes people happier".
- 95% of volunteers say that volunteering is related to feelings of wellbeing.
- Volunteering results in a "helper's high", a powerful physical and emotional feeling experienced when directly helping others.
- Just a few hours of volunteer work makes a difference in happiness and mood.
- Sustained volunteering is associated with better mental health.
- Altruistic emotions and behaviours are associated with greater well-being,

health, and longevity.

- A strong correlation exists between the well-being, happiness, health, and longevity of people who are emotionally kind and compassionate in their charitable helping activities.
- The experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement.
- Volunteering is highly associated with greater health and happiness.
- Volunteers contribute \$200 billion to the Australian economy annually.
- The number of volunteers in Australia has doubled from 1995 (3.2 million) to 2010 (6.1 million).
- The rate of volunteering by young people in Australia increased from 16% in 1995 to 27.1% in 2010.

- Of the 600,000 not for profit organisations in Australia only 60,000 have paid staff.

Condolences

For all the volunteers and clients who had the privilege of meeting and knowing Bob Currie, a former Volunteer Driver from Melrose for 13 years and part time admin assistant, it was a sad day when Bob passed away on 02/03/2016

Our sympathies go to his wife Pat and family.

Cheers Bob

FIGURES—JANUARY

Trips:	32
Kilometres:	9,437
Hours:	237

SUPPORTING BODIES

Thank you to the following Councils and Government departments for the work and assistance throughout each year. We appreciate it.



“Volunteers don't get paid because their worthless, but because they're priceless.”