



**NEWSLETTER**

EDITH COWAN UNIVERSITY AUSTRALIA

ECU VOL SQUAD

April 1<sup>st</sup> 2020

### Volunteering and COVID-19

The health and wellbeing of both the ECU community and external parties are at the forefront of our thoughts in these times.

It is however crucial that we as a community stay connected with those in need and actively participate in safe volunteering opportunities.

As a community we recognise the effect isolation is going to have on our society in the coming months. We are endeavouring to bring as many virtual volunteering opportunities to you so that we can continue to contribute and engage in volunteer activities, under the parameters defined by the current situation.



### How to get involved this month

We have sourced a range of fantastic volunteer opportunities that you can do during this crisis from the safety of your own lounge room:

- [Red Cross Companionship and Social Support Program](#)
- [Volunteering WA Emergency Support Register](#)
- [Aurous Plus Chat Program](#)
- [Online Volunteering with Vollie](#)

Send us a photo/video of how you are volunteering to [careers@ecu.edu.au](mailto:careers@ecu.edu.au). You could feature in the next newsletter or ECU's social media and will go in the running to win a \$25 Uber Eats Voucher!



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## ECU Volunteer of the Month

**Name:** Chrystina Acker

**Studying:** Master of HR

### Why Chrystina loves Volunteering:

*“Volunteering at ECU is lovely, as it has given me the opportunity to further my community involvement and meet wonderful people. I love volunteering because I firmly believe in helping others and transforming all our environments better than we find them. Since arriving at ECU, I’ve been able to form strong relationships with those running the programs, other passionate volunteers, and the stakeholders we attempt to assist.”*

*“As an international post-grad student, volunteering has allowed me to partake in the beautiful social aspect of ECU. I love seeing the smiles that volunteering brings to everyone’s face, including mine! Volunteering at just one event provides great opportunities to connect with others, further personal improvement, and form future possibilities.”*



## Volunteer Organisation of the Month: Warrior Mail

Children who spend a lot of time in hospital struggle with isolation and loneliness, missing large amounts of school, sports and leisure activities. Their siblings often also feel lonely and forgotten, as all the attention focuses on the child who is fighting.

[Oliver](#) is this month's warrior.

Every month, Warrior Mail features a local Perth child who is doing it tough in their fight with a serious illness or disability, or one of their siblings. Warrior Mail share their stories of bravery and hope, and encourage volunteers to send cards or letters bearing messages of support, strength and love to lift their spirits.

[Join the Warrior Volunteer Network](#) and send Oliver a smile to child today!



## Meet ECU's Vol Squad Staff

Lydia is the Coordinator of the ECU Volunteer Program (Vol Squad). After working at ECU for 4 years Lydia took over the Volunteer Program in late 2018 and has grown participation in ECU's Volunteering Program by 300%. Much of this increase has been as a result of Lydia's desire to empower volunteers to use their own passions to help others whilst gaining valuable employability skills.

Lydia also Volunteers herself and is extremely passionate about [Fairgame Australia](#), who use sport to inspire fit and healthy communities.

Lydia travels to remote Aboriginal communities to work with disadvantaged children and provide them with [sporting equipment](#), [healthy community lessons](#) and [Game On activities](#).

In her spare time Lydia loves heading to the beach, spending time with her family and friends and cuddling her miniature dachshund Frankki (picture provided for cuteness 😊).



**IMPORTANT NOTE:** If you are already engaged in volunteering activities outside of the ECU volunteer program please ensure you are aware of your rights and responsibilities as a volunteer by visiting [Volunteering Australia website](#).