

## COMMUNITY NURSE

Did you know **MarionLIFE has a Community Nurse**? This is a free service available by appointment where a Registered Nurse can discuss treatments for existing health problems and provide someone to talk to about health fears. **Carers are also welcome to make an appointment.** Matters that can be discussed include:

- Parenting Issues
- Family Relationships
- Being Homeless
- Mental Health
- Grief
- Emotional Trauma

Referrals will be made as appropriate for follow up support. **To book an appointment contact MarionLIFE** by phone 82770304, email [info@marionlife.org.au](mailto:info@marionlife.org.au) or come by in person to 887 Marion Rd, Mitchell Park.

## MARIONLIFE YOUTH

**MarionLIFE Youth is a youth drop-in space** for local 12-17 year olds in our Youth Centre building between 3-5pm on Fridays during school Terms 1 and 2, 2017. **Starts 17 February.**

This is a safe place to 'hang-out' with **fun activities, learn life skills and enjoy a healthy light meal. All free!**

It will also provide the opportunity to access information about other relevant support services. We can't wait for this to start and **look forward to seeing you there!!** 887 Marion Rd, Mitchell Park (enter at rear).

This project is funded through the City of Marion Youth Development Grants Program. If you would like promotional material emailed or posted to you/your organisation please let us know via phone 82770304 or email [info@marionlife.org.au](mailto:info@marionlife.org.au).

## STATIONERY DONATIONS

**MarionLIFE is looking for donations of stationery items** for our upcoming Money Matters Course: suggested items include 2017 diaries and calendars, exercise books, display folders, staplers, clips, pens, hole punches etc. No large 2-ring folders please.

Money Matters is a free six week course covering the following topics: how to save money, goal setting, assertiveness, getting organised, affirmations, scams and poverty traps, Centrelink issues and budgeting. **Donated stationery items will be provided to attendees** to assist in their progress of getting organised and planning ahead. Thank you for your support – donations can be dropped off in person to 887 Marion Rd, Mitchell Park.

## VOLUNTEER OPPORTUNITIES AVAILABLE

All MarionLIFE services are made possible by volunteers generously giving their time and passion – **if you would like to give back to the community, please let us know!** MarionLIFE welcomes expressions of interest for the following volunteer vacancies:

**Community Garden Volunteers** – three-six hours per week on Tuesday and/or Thursday mornings.

**Community Meal Head Cook** – two-four Thursday nights per year on a roster with other cooks.

**Community Meal Kitchen Hand** – 5:30-8:30pm on 1<sup>st</sup> and 3<sup>rd</sup> Thursday each month.

**Brekky for Blokes Kitchen Hand** – 8:00-10:00am on 2<sup>nd</sup> and 4<sup>th</sup> Friday each month.

**Volunteer Youth Workers** – 2:30-5:30pm on Fridays during school terms, Youth Work placements welcome.

Phone 8277 0304 or email [info@marionlife.org.au](mailto:info@marionlife.org.au) to express your interest.