

Volunteer Nanaimo



January 2022

3148 Barons Road, Nanaimo. BC V9T 4B5

Dates to Remember

Our offices will re-open
MONDAY, January 10 at 9am

Happy New Year

In This Issue

p.1 Member of the Month:
**The Nanaimo
Brain Injury Society**

p.2 **Volunteer Nanaimo
Ongoing services**

p.3 **THANK YOU to our
Christmas Angels**

p.4 **YouthCan 20/20**

Contact Us

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V9T 4B5

Phone: 250-758-7121

Email: vn3148@gmail.com

Facebook: 'Volunteer Nanaimo'

Website:

<http://www.volunteernanaimo.ca>

Hours of Business: Mon. to Thurs.
9 a.m. to 3 p.m.



Member of the Month:

Nanaimo Brain Injury Society

***Nanaimo Brain Injury Society Peer Support Volunteers
provide an integral support
for clients navigating through Recovery***

For over 30 years, the Nanaimo Brain Injury Society (NBIS) has provided support to people and families affected by acquired brain injury (ABI), including one-to-one support, case management, community resource referrals, peer support, volunteer opportunities, education and prevention programs, all at no cost to participants.

The NBIS volunteer team is diverse and includes specialists in brain health, experts in brain injury recovery, active committee members and board of directors, practicum students from local institutions, and people with ABI who take on peer support roles.

For this issue, we wanted to give a special shout out to our Peer Volunteers. Peer support is an integral aspect of healing for individuals who have a brain injury. The NBIS peer volunteer team is made up of ABI survivors, who are committed and trained to support other ABI survivors as they navigate through their recovery. Peers provide emotional and practical support, share knowledge, experience, hopes and concerns to clients, as well as Nanaimo hospital patients.

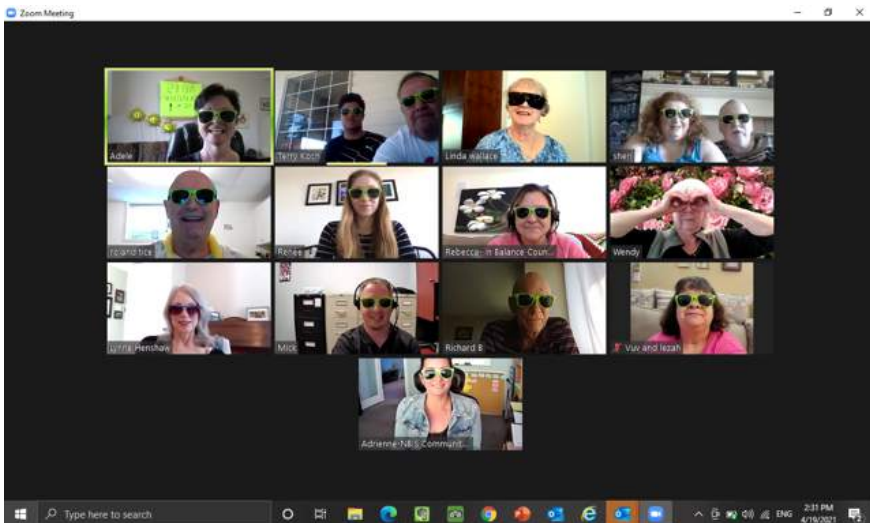
Throughout the Covid pandemic, the NBIS Peer Volunteers have remained fully committed to the organization and those we serve. They have stepped up to the challenges presented by pandemic measures by learning to navigate the virtual world, collaborating on new ways to reach the ABI community, and ultimately, inspiring us all!

Cont. over

nbis NANAIMO BRAIN INJURY SOCIETY
awareness • support • connection

Nanaimo Brain Injury Society cont.

“The majority of the volunteers are brain injury survivors themselves. It would be very difficult to highlight one volunteer as they are all amazing, however, it might be interesting to note that most of the peers have continued providing peer support throughout the pandemic embraced the ‘virtual’ aspect of providing peer support throughout the pandemic,” says Adele Rogers Volunteer Coordinator for NBIS.



We warmly thank each and every one of our volunteers for continuing to provide critical support services, and positively grow the peer support programs that are needed more now than ever. For this we are truly grateful.

If you are interested

in learning more about volunteering with NBIS in any capacity, please contact the Volunteer Coordinator, (250) 753-5600, Ext 2, or email volunteers@nbis.ca.

Volunteer Nanaimo Ongoing Services

TAX CLINICS

resume on Friday, March 4. Special requests dealt with on an individual basis. **Call 250-758-7121 for information.**

WATCHDOG Computer Services



Technical support for non-profit agencies and individuals within our community.

Offered by donation - plus cost if parts are purchased.

We welcome donations of used computers - **especially laptops** – which are refurbished and redistributed to members of the community.

More information: 250-758-7121.



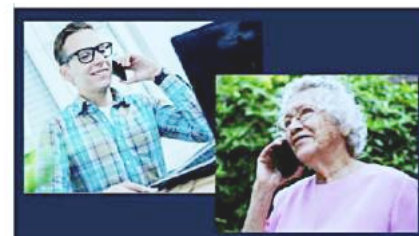
Do you, a parent, grandparent or loved one have interesting memories and life stories to share? Do you have time to visit and share stories with a senior?

If you answered ‘Yes’ to one of these questions, then our **Hand in Hand Generational Storytelling Project** is for you!

Developed by Volunteer Nanaimo with a grant from New Horizons, our vision is to engage seniors by developing personal connections and story telling opportunities with avid listener volunteers.

The volunteer creates a written and/or digital memento for the senior to share with their family and friends, connecting with seniors through phone calls, FaceTime chats, and when permitted, in-person visits.

For more information or to register, **seniors interested in participating should contact Michelle** at 250-713-9630, **potential volunteers call Gwen** at 250-667-1803 or email handinhandnanaimo@gmail.com.





*Once again,
our Christmas Angels delivered in spades,
making sure many members of our community
had a better Christmas.*

This year we served
455 households totalling 1,439 individuals
(including 134 seniors and 174 vulnerable youth).

A **huge** vote of
thanks to



Families, businesses and individuals
who 'adopted' seniors, youth and families.

Donors who contributed cash and gifts
to make sure everyone's stocking was filled.

Staff, volunteers and board members
who wrapped, organized and delivered hampers.

We could not have done it without you!



Volunteer Nanaimo Youth Making a Difference!



Youth 20/20 Can & Youth NetWork

Happy New Year!

We are excited to welcome 2022! There are so many possibilities with a new year, and our youth plan to make it amazing! Before we move on to



2022 we would like to sincerely thank everyone who donated to our **Youth 20/20 Can Coats for Christmas** event in December. Your amazing support warmed our hearts, and your donations of coats, hats, gloves & socks are warming community members who are homeless through the cold winter.



As many of you know, we have two youth programs at Volunteer Nanaimo, Youth NetWork and Youth 20/20 Can. If you are between 11-29 years old and are looking for opportunities to volunteer, give back to the community, make a difference, develop leadership skills and more, we want to hear from you.

Youth NetWork

Youth aged 11-18 are welcome to join our Youth NetWork program and volunteer with other youth at events and projects in Nanaimo. Youth volunteers go out into the community along with a leader to make a difference! The mission of Youth NetWork is to: inspire youth to challenge themselves, by addressing the needs of their community.

Youth 20/20 Can

If you are looking for a more hands-on opportunity, Youth 20/20 Can is a youth led project for ages 15-29 that connects volunteers across Vancouver Island and Powell River. In this program, volunteers share their ideas about projects, events or activities that matter to them. Then working with youth engagement workers and community partners they turn their ideas into reality. Youth also have the opportunity to participate in great workshops.

In early February we are offering a workshop on non-violent communication and on setting boundaries.

For more information

Follow our Instagram and Facebook pages
@youth2020cannanaimo and @volunteernanaimo.youthnetwork.

For more information email:

Cam at volunteernanaimo.youthnetwork@gmail.com
Gwen & Tanner at youth2020cannanaimo@gmail.com

This newsletter is published monthly by Volunteer Nanaimo, which is solely responsible for its content.

www.volunteernanaimo.ca

Editor Lois Peterson.

If you'd like to know more about anything you read here, or would like to contribute material, please email us at vn3148@gmail.ca with 'Newsletter' in the subject line.

We gratefully acknowledge the support of the Province of British Columbia – Gaming Commission

