

HUME

Vehicle for volunteer opportunities

VOLUNTEER drivers are among the roles a not-for-profit transport group hopes to fill to keep isolated community members connected.

Last year *Hume Leader* put the call out for volunteer drivers at LINK Community Transport, an organisation helping elderly residents and those with disabilities to access social activities.

The service caters to nine municipalities, including

Hume, and recently relocated from its warehouse in Campbellfield to new premises in Thomastown.

But it also needs a helping hand behind the scenes.

Volunteer co-ordinator Briony Hamilton said while they were always on the lookout for new drivers, they also needed people to donate time in other areas.

"We're starting to expand our volunteer base,"

Ms Hamilton said. "We're adding some pretty diverse and exciting new volunteer positions."

They include client liaisons, responsible for inbound calls and taking travel requests from clients; transport and logistics support volunteers, who ensure vehicles are well maintained; data-entry positions; regional co-ordinators; and dispatch volunteers.

Ms Hamilton said the background roles were as important as the transport.

"It's also beneficial for the volunteers. We do get a lot of jobseekers now and then (and) they're able to work on their skills," she said.

All applicants must attend an interview and have reference checks.

Details: 1300 546 528 or email volunteering@lct.org.au

HADFIELD



Bloggers Lynda Cahill and Jayde Irons.

Duo's fitness fight takes to internet

BLOG A MOTIVATIONAL TOOL

Natalie Savino

TWO women are putting their efforts into a wellness blog in a bid to inspire the uninspired.

Lancefield woman Lynda Cahill and Hadfield-based niece Jayde Irons have battled weight issues for most of their lives but, after countless attempts to shed the kilos in more traditional ways, have decided to take a different approach.

Over the past year, the dedicated pair established Incited Inc., a blog inviting people to share in their journey. Ms Cahill said having their own fitness blog would not only hold them accountable but help connect with others who were feeling the same way.

"We're sort of letting people know that it is a struggle ... that they can relate to us," she said.

"This time round, we're trying to do it and have fun

at the same time and do what we like."

But she said it was important to set realistic goals and do what worked for them.

"I remember us many years ago saying, 'Tomorrow, we'll start'. We were going to get up every day at 6am and work out and do this and do that ... we weren't morning people to start with so it was never going to work," she said.

They've also got a fitness and nutrition journal to be mindful of their exercise and eating habits.

"It's been a lot slower (but) this time what we're doing is just trying to change ourselves," Ms Cahill said.

"(We want) to know that we've helped people and that we've inspired people to have fun through the process rather than them dreading it."

Check out the blog at incitedinc.com

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