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BIG STEPS
united voice
Voice, 303 Cleveland Street, Redfern NSW 2016.

Freya with the items she donated to the Blue Cross Animal Shelter.

BIRTHDAY DONATIONS AID CAUSE

LITTLE Freya Cobb was jumping for joy after her birthday party.

The Warrandyte girl decided a couple of weeks ago supporting the welfare of vulnerable animals was more important than getting presents for turning seven.

So she asked guests to her party to donate items to the Blue Cross Animal Shelter in Wonga Park, rather than shower her with gifts.

Blankets, soft toys, and even a stethoscope were among the items guests donated.

DONVALE

World of knowledge

International students share culture

NEXT year's group of international students at Whitefriars College will be represented by ambassadors who'll promote understanding of their home countries to local students.

The new program has been set up to complement existing initiatives to help overseas students settle into life on the Donvale campus.

About 60 international students are expected to make their way to Donvale from mostly South-East Asian countries.

Emilia Fields, director of the school's international students' program, said the school had been educating international students for 20 years.

Emilia Fields.

BOX HILL

Volunteer to help patients

EASTERN Health is on the lookout for more volunteers who are able to help support patients during their time in hospital.

Eastern Health runs a Falls Prevention and Wellbeing Program at a number of its sites including Box Hill Hospital, the Peter James Centre, Wantirna Health and Maroondah Hospital.

As part of the program, volunteers provide support to patients in a range of different ways.

These include helping patients get to know the hospital surrounds, assistance at mealtimes, and ensuring items patients require are in reach.

Falls Prevention and Wellbeing Volunteer Program nurse Lisa Street said volunteers played an important part in a patient's rehabilitation and recovery.

Phone 9895 4658 or email volunteers@easternhealth.org.au for more details.

DTVE01Z01MA - V1

gasping for air.

"I describe it like I'm always breathing through a straw," she said. "I just can't breathe properly. I'm always coughing and wheezing."

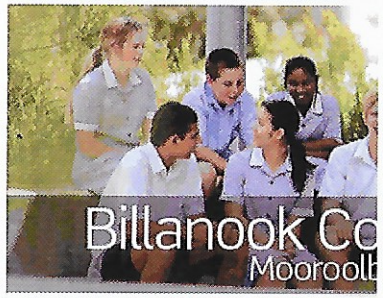
The former nurse and mother-of-two was

control, even thou
five or six medicat
morning and even
Cairnduff said.

"I force myself t
every day, but can
manage the flat su
my home in Warra

"My husband go
with our dogs and

Rachel Cairnduff.
Picture: ANDREW TAUBER



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