



## Dave Kavanagh

Daniel Kavanagh a resident in West Parkville shares his thoughts on retirement and giving back! After a long and stimulating career in Government and the Community Sector, I retired a deal later than most of my contemporaries. In Government, I was the Director of the Commonwealth Employment Service in Victoria, and then became Regional Coordinator of AQIS (Australian Quarantine Inspection Service) Victoria and Tasmania.

In my Community career I managed organisations delivering Employment, Education and Training programs to disadvantaged people. On retirement, I sought a volunteer opportunity that might suit my own interests whilst making a meaningful contribution to Community.

I came across The Biography Program - Beyond Words and was selected for the next Training Course. For me, this initiative was the perfect fit, with my interests being history - general and family and also writing.

I completed three Biographies for extraordinary ladies before Covid struck and shut down our program along with everything else. We are really writing Autobiographies, as we capture the narrative of our client and present it as a first-person account of their life. We're the conduit for their memories and story.

The Program was successfully managed by two very dedicated women for around 12 years, but after Number 1 Lock-down they were daunted by the work involved in re-booting Beyond Words and commenced the wind-up of the organisation. I joined a group of Volunteers who stepped up to salvage the organisation and to take it forward, embracing new ideas and technology.

My skills have since been employed pretty much full-time as Coordinator of Volunteers & Aged Care Residences Liaison. In this role I receive referrals of prospective clients, mainly from Lifestyle Coordinators across Melbourne. I assess their suitability to participate and then match them with a Volunteer in their vicinity.

More detail of how we deliver the service can be found on [www.beyondwords.org.au](http://www.beyondwords.org.au). We trained 16 new Volunteers last year and currently have a further 16 in training as I write. It's a wonderful Volunteer experience and we are always pleased to receive expressions of interest from people who believe they have the skills, interest, and time the role requires.

Of course, we also welcome donations to help us continue and expand this valuable service to our Living Treasures residing in Aged Care. We don't receive any funding and rely on donations and sponsorships. Daniel can be contacted 0403 771571 and [info@thebiographyprogram.org.au](mailto:info@thebiographyprogram.org.au)



## Melbourne Metro

On 22nd August a group from the Parkville Association was given a tour of the Parkville Station which is currently under construction. As a member of the Community Support Group since the development started some 5 years ago I have been fortunate to have been "down" the hole several times. It was thrilling to let members see the amazing size of the station and also how near it is to completion. The latest news is that works are about to commence on Grattan Street to reinstate the road and also to create a wonderful garden alongside the University. Peter Doherty was also able to see what all the noise had been about adjacent to his building!