

Port Melbourne Life Saving Club's Monthly Newsletter

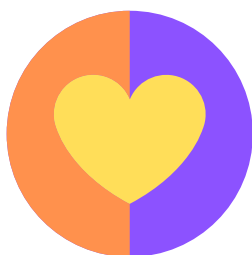
THE PORT POST



THE HEART OF PORT MELBOURNE

With the importance of mental health being so prevalent this past month, R U OK? Day brought the topic to many people's attention. Here at Port Melbourne Life Saving Club, we make the patroller's, nipper's and community member's health and wellbeing our top priority. So for us the conversation is continuously rolling, on the mental wellbeing of our members.

To keep the conversation rolling, we are setting a few wellbeing strategies for all members! See more on page 4!



3, 2, 1, TAKEOFF!

In this year's Youth Innovation Challenge, Team Port Melbourne (Charlotte, Zoe, Siena and Imogen) created 'Operation Nippers.' - A youth wellbeing program designed to connect inspire and empower the nippers before their first season as SRCs!

A big congratulations to Woolamai Beach SLSC's innovation team for coming 1st overall with their virtual reality program! Although team Port Melbourne did not place 1st overall we did manage to score a people's choice win!

With an incredible amount of support from Life Saving Victoria and the community, we are able to run this program starting THIS SUMMER! A big thank you to LSV for this incredible opportunity and ongoing support, to the PMLSC Committee for endorsing and supporting the program and a HUGE thank you to anyone who voted and/or followed the challenge!



A RADIO CALL TO ALL UPCOMING SRCs!

GET READY TO LAUNCH INTO THE EMPOWERING
WORLD OF OPERATION NIPPERS AND KEEP AN EYE
OUT ON ALL PLATFORMS FOR THIS SEASON'S
EXPERIENCE!

Keep up to date with us on social media!



@portmelbournelsc



Port Melbourne Life Saving Club



<http://www.portmelblsc.com.au>

Download and connect with PMLSC on SportsBag
for more information and updates

TRIVIA QUESTION

What is club member Maps' real name?

- a. Map Smith
- b. Paul Mapley
- c. Maps Passon

Answer on our Instagram story this Saturday -
STAY TUNED!

MEMBER PROFILE: MICHAEL MALLIAROS

SRC

Get to know a new member each month by reading member profiles! This month our long time nipper and new SRC Michael, shares his experience in Life Saving.

How long have you been at PMLSC?

I have been at PMLSC since Under 6's Nippers in 2011. I have worked my way through the entire Nippers Program and became an SRC in the summer of 2019/2020.

Why do you volunteer?

I volunteer because it has so many benefits. Firstly, it's fun. I enjoy going down to the beach on weekends and hanging out with the other members while learning and keeping the community safe. I also enjoy the beach in general and love going out in the water, regardless of the weather or what I'm doing.

Can you give a brief outline of your achievements throughout your time volunteering.

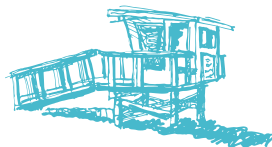
I have only been volunteering as an SRC for 1 season so far, however, I achieved more than 100 patrol hours in that season and I rescued one person. For me, the 100 hours is a huge achievement and I look forward to volunteering again next summer.

How has Life Saving helped you grow as a person?

Life Saving has helped me grow as a person because it has made me more selfless in some ways and has helped me become more attentive to people's needs. Volunteering has taught me new skills which are amazing to have and has overall made me a better person.

What does PMLSC mean to you?

To me, PMLSC has been a big part of my life since I was 5 years old. I have grown up in and around the club from being the only kid in Under 6's to stand up on the waves to being an SRC, more than 8 years later. Being a part of the club has inspired me to be a better person and has broadened my skill sets in multiple different fields. It has made me a better version of myself and I am overall happy with being a part of the club.



CLUB COMMUNITY SURVEY

Help us make the club community in this upcoming season, the best we can be! Answer some short and simple questions by following this link. The results from this survey will anonymously be compiled and your feedback will be used so we can make this Summer the best yet!

<https://www.surveymonkey.com/r/LK78P3F>

MENTAL HEALTH STRATEGIES AND AWARENESS



Here are some ways that us as lifesavers like to destress!

"The way I cope with tough situations is to surround myself with positive outlets for those emotions. Whether that being in an activity or supportive people, it enables me to have a clear mind so i can overcome the situation in an efficient and effective way."

"I think the best way for me to destress and chill out is to talk to someone about how I'm going and what is worrying me. They may be able to provide some advice and help me out. In some other cases, I like to pop on some music or have a nap to chill out or calm me down."

"A couple of ways I like to do destress and calm down when I am in a difficult situation is doing something that I love and have a passion for! Also, make sure that you surround yourself with positive and supportive people that can help you get through anything just like you will be there for them too!"

"Personally when in a panicked state, I like to follow this breathing method as it helps me relax and regroup. This strategy is especially helpful before a big exam or an interview! This is also a child friendly strategy which I believe should be taught more in schools!"

Please also keep in mind that our team at Port Melbourne Life Saving Club are always here to chat! We may not be professionals but we are always here to listen and offer our help and assistance!

Deep breathing
using your hand.



FOR THE NIPPERS!

Hey Nippers! I light of the importance of wellbeing throughout this lockdown, the below space is for you to draw your favourite place in the world! Whether it be the beach, a friends house, a holiday destination or a magical realm, draw it below and share it with PMLSC on social media!



MY HAPPY PLACE



Thanks for reading the second edition of The Port Post - a newsletter to keep you up to date with everything Port Melbourne Life Saving Club. Keep practicing your teddy bear CPR and top class aerobics! Catch you all on the next wave!