

meet volunteer

**VICKY
PARANOMOS:**



Vicky the Volunteer – Since 1998, Vicky Paranomos has been volunteering her valuable time to assist the team at Kidsafe NSW with a range of activities. One of Vicky’s favourite projects is the annual Pregnancy, Babies and Children’s Expo. She also assists the team with newsletter mail outs, restocking items in the demonstration house and provides us with the odd laugh or two. Vicky will ensure the team has their daily fix of caffeine! The team at Kidsafe NSW thanks Vicky P (we affectionately refer to her as Vicky P and sometimes Possum) for her support and dedication and we look forward to sharing many more cappuccinos and chocolates with her!

Extract from Kids Safe newsletter

INTERVIEW: ANNA ARSENIS

Being a VOLUNTEER is the most rewarding and selfless deed you could do in life

Vicky, tell me a few things about yourself.

Bubbly, friendly, outgoing, like to socialise, like to go to Greek functions, dances, love coming to The Children’s hospital at Westmead. I Love to watch sport like...Rugby league, swimming.

I like Tenpin Bowling.

What made you decide to work at the Children’s Hospital?

When I was a child I was a patient at Royal Alexander Hospital (now CHW)I had Epilepsy and Later diagnosed with hydrocephalus which was the cause of my Epilepsy. I decided since I couldn’t become a nurse I was going to help kids by volunteering instead.

What do you do?

Volunteer at the Children’s at Westmead. I work in various departments and do a variety of jobs for example mail outs, bandaged bear day, teddy bears picnic and selling raffle tickets, helping out at clinics for example taking back the previous day medical records back to medical record and collecting the medical records for the next clinic.

I also volunteer outside of Children’s Hospital for example The Greek festival of Sydney, Swimming Australia, and Hockey Australia.

The Next Event that I plan to Volunteer at is the Geek Peloponnesian Festival on the October long weekend.

How well do you deal with different personalities?

I love dealing with people from all walks of life and love meeting new people which I do on a daily basis.

Do you consider yourself a people person?

Definitely you have to be in order to volunteer.

Do you enjoy helping others, especially those who may need extra help because of illness?

I thoroughly enjoy helping people especially dealing with families and sick kids who face so many challenges on a daily basis. Having gone through several surgeries I am more aware of what people with medical conditions go through.

Any favourite moments?

Where do I begin? Being told I was accepted as a volunteer for the Athens 2004 Olympics and Paralympics, it was my dream come true! I will never forget that amazing experience.

What are the good points about your job?

Meeting new people, having a variety of different jobs and roles. Having somewhere to go to everyday which means so much to me.

How do you cope not earning any money?

I have a disability support benefit.

Why would you recommend volunteering to others?

I think it’s one of the most rewarding and selfless deed you could do in life.

Vicky would like to dedicate this article in honor of her late father Haralambos Paranomos



With qualifications in education, Vicki has worked for many years in the public sector across a range of portfolios including administration, management and public education. Vicki’s main area of focus at Kidsafe NSW is with the Road Safety Unit, providing information to parents and carers on correct choice and usage of child restraints in vehicles.
Extract from Kids Safe Newsletter