

### Volunteer Update

We would like to extend a warm welcome to Darshan, Ann, Sally and Anne who recently joined our volunteer team during October.

Warrigal has a growth strategy as part of our Strategic Plan. In line with this strategy, we've recently entered into an agreement to acquire St Andrews Village in Canberra. St Andrews Village has 176 single rooms all with ensuites, along with 30 independent living units located on the site.

A friendly **reminder** to all our volunteers, please sign in using our **Electronic Visitor System**, located at reception at each of our homes. When selecting your reason for visiting, please choose **"I'm a Volunteer"**. It is a requirement to sign in and out for each visit. This helps us to keep track of who is on site for reporting purposes and in the event of an emergency.

Some of our homes are currently experiencing outbreaks. We want to assure our volunteers that you are still welcome to continue your important work. However, if a home is experiencing an outbreak, you are required to wear a facemask at all times. We have safety alert posters displayed at the front door of each home that are experiencing an outbreak.

If you are unsure what areas are affected by outbreaks, please don't hesitate to ask at reception or one of our Lifestyle team members.

Thank you to all our dedicated volunteers for your invaluable contributions and support you provide. You are all amazing!

**Michelle Chate, Volunteer Coordinator**

### Happy 90th birthday Barb

In October, the staff and residents came together to celebrate the 90th birthday of Barbara, a cherished resident and dedicated Warrigal volunteer. Barb is an incredible volunteer who tirelessly works to maintain the beauty of the APR gardens.

For her birthday celebration, Barb enjoyed her favourite Chinese lunch, received flowers, enjoyed cake, and had a glass of champagne to mark this special occasion. Happy 90th birthday Barb!



Volunteer Christmas invitation have been sent via email and via mail for those without email.

**RSVP** by 17th November for catering purposes

#### Southern Event

**Date:** Tuesday, 28th November

**Time:** 11:30 am to 2:00 pm

**Location:** Goulburn Soldiers Club

#### Illawarra Event

**Date:** Thursday, 30th November

**Time:** 11:30 AM to 2:00 PM

**Location:** Warilla Bowls & Recreation Club

We look forward to celebrating another year at Warrigal with you.



## Thank you Garry



After dedicating more than a decade to volunteering as a bus driver, Garry from Goulburn has retired from his role as a bus driver.

On behalf of the management, staff and residents, we express our heartfelt gratitude to Garry for his unwavering commitment to Goulburn. His dedication to ensuring our residents and village residents enjoyed outings, shopping trips, and special events has been truly remarkable.

While Garry has retired from his bus driver position, he will continue to contribute as a Warrigal Company Member through his volunteer work.

## Warrigal Care Auxiliary 2023 in review

This year has been a busy one with thankfully more meetings held with a small but active membership. Sadly we have also had long time members both pass away and move away. Two successful fashion parades were held, with one at Albion Park Rail seeing increased attendance. Submissions were received from a number of the Warrigal sites in the Illawarra and most, as deemed appropriate, approved for purchase. The Op Shop has been running very successfully and was nominated for a couple of awards, although unsuccessful at placing,, it was a profile raising exercise. Donations for the Op Shop has increased due to advertising in the local letter box dropped flyer and local Warrigal villages. Business in the Op Shop is increasing possibly due to the economic climate, cost of other op shops and advertising, but definitely due to word of mouth promotion and our friendly and helpful volunteers. **Sonya Ankerholz-Potts, Secretary**



## Join our team!

Volunteer Bus Driver  
Positions Available in  
Goulburn.



*Warrigal*  
Inspiring communities  
for older people

## World Mental Health Day

10 October 2023



TELUS Health

Workplaces can play a key role in maintaining positive mental health. They can promote wellbeing and productivity but can also be a source of stress that can contribute to mental health concerns and illnesses. Given most adults spend the majority of their waking hours at work, addressing issues of mental health at work and demonstrating compassion and understanding is crucial.

To mark this year's World Mental Health Day on 10 October, visit the TELUS Health microsite **Nurturing mental wellness: Cultivating compassion in the workplace** and read some helpful articles on the positive effects of kindness and positivity on both individuals and organisations.

[CLICK HERE](https://go.telushealth.com/en-au/microsite) or visit  
<https://go.telushealth.com/en-au/microsite>

## Contact Details



If you have recently changed your address, acquired a new email address, or updated your mobile number, please let us know to ensure that your contact details are up-to-date and you continue to receive volunteer information and updates.

## Queanbeyan Volunteers

Rikma Basnet, Lifestyle Team Leader will be on leave from 3 November until the first week in January 2024. During this time Belinda Huntly will be stepping into the role of Acting Lifestyle Team Leader and providing guidance and support for the volunteers at Queanbeyan. For our volunteers at Queanbeyan, if you need to contact Belinda, you can reach her on (02) 5110 3500 or email [bhuntly@warrigal.com.au](mailto:bhuntly@warrigal.com.au)



## Bundanoon Volunteers

Corae Marx has been appointed as the Lifestyle Team Leader for Bundanoon. Corae has been a valued member of the Warrigal team for over five years and will be providing guidance and support to the Bundanoon volunteers. For our volunteers at Bundanoon, if you need to contact Corae, you can reach her on (02) 4884 6100 or [cmarx@warrigal.com.au](mailto:cmarx@warrigal.com.au)



## Why do you volunteer?



"Volunteering is a very rewarding experience. It has given me the opportunity to make a difference in my community, meet new people and hopefully make a positive impact in people's lives.

I started volunteering at Warrigal soon after I'd retired from paid employment. I was immediately struck by the appreciation and gratitude from both staff and residents. I realised that volunteering was more than just giving back; it was about connecting with others and building community. One of the most important things I have learned from volunteering is the power of compassion.

When we volunteer, we are not just giving our time and energy; we are giving something of ourselves. We are showing others that we care, and that we are willing to help in their time of need.

I encourage everyone to consider volunteering. It is a truly life-changing experience." *Chris from Warrigal Stirling (ACT)*

## Grandparents' Day

29 October 2023



### Community Facilitators

**Shell Cove** - Scott Rayner 0476 858 872  
[srayner@warrigal.com.au](mailto:srayner@warrigal.com.au)

### Lifestyle Team Leaders

**APR** - Natasha McAlister 0476 858 870  
[nmcaster@warrigal.com.au](mailto:nmcaster@warrigal.com.au)

**Bundanoon** - Corae Marx (02) 4884 6100  
[cmarx@warrigal.com.au](mailto:cmarx@warrigal.com.au)

**Calwell** - Thanga Vaiphei (02) 6298 5200  
[tvaipei@warrigal.com.au](mailto:tvaipei@warrigal.com.au)

**Coniston** - Kylie O'Brien (02) 4229 4433  
[kobrien@warrigal.com.au](mailto:kobrien@warrigal.com.au)

**Goulburn** - Rachael Edwards 0476 858 871  
[redwards@warrigal.com.au](mailto:redwards@warrigal.com.au)

**Mt Warrigal** - Stella Banks 0458 110 571  
[sbanks@warrigal.com.au](mailto:sbanks@warrigal.com.au)

**Mt Terry** - Kim Lillie (02) 4235 7600  
[klillie@warrigal.com.au](mailto:klillie@warrigal.com.au)

**Multicultural Village** - Robyn Lyons  
0488 100 086 [rlyons@warrigal.com.au](mailto:rlyons@warrigal.com.au)

**Queanbeyan** - Rikma Basnet 0448 586 928  
[rbasnet@warrigal.com.au](mailto:rbasnet@warrigal.com.au)

**Stirling** - Sushila Subedi (02) 6287 0200  
[ssubedi@warrigal.com.au](mailto:ssubedi@warrigal.com.au)

**Wollongong** - Wendy McKnight 0458 068 486  
[wmcknight@warrigal.com.au](mailto:wmcknight@warrigal.com.au)

For all volunteer enquiries please contact Warrigal's Volunteer Coordinator

Tel: 0436 806 723 | Email: [volunteering@warrigal.com.au](mailto:volunteering@warrigal.com.au)