

Volunteer Update

Welcome to a double edition of the Volunteer Newsletter. Grab a cuppa and read all the latest news, events and activities happening across Warrigal.

After an extensive and competitive selection process, we are pleased to announce that Jenni Hutchins has been appointed as the new Warrigal CEO. Jenni comes to Warrigal with an impressive history of leadership in several not-for-profit and government roles, most recently CEO of Big Fat Smile, a not-for-profit specialising in early childhood education. Jenni is a registered psychologist and a graduate Company Director on several distinguished Boards. Jenni commences Monday, 7 November 2022.



Masks

- Staff, Volunteers and visitors can now wear surgical masks in place of the N95 masks. Masks can briefly be removed if enunciation or visibility of the persons mouth is necessary for clear communication.

Rapid Antigen Test (RAT)

- Volunteers must have completed a RAT within 72 hours of coming into the home. For example, if you volunteer consecutive days, you will only need to complete one RAT test.
- It is no longer necessary to provide evidence of the RAT, as the declaration on the Visitor Management System will be sufficient.
- School students that come into the homes to volunteer with residents can now do so, provided a RAT is undertaken and a surgical mask is worn.

Warrigal provides all volunteers with a RAT. Ask for additional RATs at Reception to take home in preparation for your next visit.

Visitor Management System

Although restrictions are easing in the community, Warrigal staff, volunteers, visitors and contractors are still required to sign in using the Visitor Management System.

When signing in, please select '**VOLUNTEER**'. You may be prompted to provide your 2022 Flu Vaccination evidence, however as this is not mandatory you can skip 'next' if you do not have evidence.

Michelle Chate
Volunteer Coordinator

Volunteer Polo Shirts

We are so excited to see our volunteers starting to wear their Volunteer polo shirts across Warrigal. They look amazing!

The purpose of the volunteer polo shirts is to ensure Warrigal volunteers feel they belong as part of the Warrigal team and can be easily identified by our residents, staff and visitors whilst working in our care homes.

Please email volunteering@warrigal.com.au or call Michelle on 0436 806 723 to order your polo.

Size	To Fit Chest (CM)	To Fit Chest (Inches)
XS	90-95	35-37
S	95-100	37-39
M	100-105	39-41
L	105-110	41-43
XL	110-115	43-45
2XL	115-120	45-47
3XL	120-125	47-49
4XL	125+	50+

(Note: Golden Angel Volunteers have their own polo).



Weary Dunlop Volunteers

VolunteeringACT partners with the Australian Defence Force Academy (ADFA) each year to deliver the Weary Dunlop Program.

The Weary Dunlop Program is a large-scale volunteering activity that sees first year Training Officers contributing their time to the Canberra community.

On Thursday, 13 October we had two groups Training Officers volunteering at Calwell (8 officers) and Stirling (8 officers) with the task of giving the outdoor garden spaces and raised gardens beds a much needed make over and planting new seedlings, herbs and flowers.

"It was a wonderful event with the Training Officers and the residents really enjoyed engaging and spending time with them".

"The residents were so excited to get involved in gardening with the Training Officers assisting them" *said Amrit from Calwell.*

After gardening, the Training Officers spent 1:1 time chatting to the residents and enjoyed a delicious lunch together. One of the Officers even played the piano and provided entertainment!

"Last week we had volunteers from the Defence Force come in to give a helping hand with our garden beds. The weather wasn't the best that morning, however some residents braved the cold and spent time with the Officers.

We now have a whole bunch of new flowers planted in the beds for everyone to enjoy".
Kimberley Harris from Stirling

A lot of organisation goes on behind the scenes to make these volunteering events happen. Thank you Warrigal Stirling and Calwell Lifestyle teams, Managers, maintenance, catering and Jason from Canberra Landscape for working as ONE TEAM to make this day such a great success.



"I joined the Auxiliary when I moved to Bundanoon as a way of meeting people and continue using my skills, as I had just retired after working 45 years in the health industry. I enjoy having contact with the residents and doing something useful. Come along and give it a try. Your suggestions will make a difference and the residents will really appreciate your efforts. We have fun organising different events and it gives you a sense of achievement when you participant in different activities".

Anne McCarter (Treasurer, Bundanoon)



Bundanoon Auxiliary Inc.

Thank You for donating \$46,562



Since 2019 the Bundanoon Auxiliary Inc. have funded a sensory garden, water feature, bird bath, power lift chairs, lounge chairs, syringe driver, wheelchairs, air mattresses, palliative care cushions, medication trolley, TVs and CD players. Throughout the year the Auxiliary volunteers raise money via raffles, donations, craft sales and events.

The Bundanoon Auxiliary Inc. has been operating for over 14 years and made up of a small number of dedicated volunteers with the objective of raising funds for the direct benefit of improving the quality of life or environment of the residents at Warrigal Bundanoon.

"The best things about being on the Auxiliary are the friendships you make and connect with. I personally get great enjoyment out of providing items to help the residents and give them a better quality of life. It is such a rewarding experience". Margaret Fitzpatrick (President, Bundanoon)



Warrigal Care Auxiliary Inc.

Thank You for donating \$76,559

Since 2018 the Warrigal Care Auxiliary Inc. have funded pet therapy, games and Wisdom activities, Warilla Café set up, lounges, armchairs, cushions, pressure mattresses, air fryers and carpet for the Friendship Group.

The Warrigal Care Auxiliary Inc. has been operating for over 46 years and made up of 18 dedicated volunteers. Throughout the year the Warrigal Care Auxiliary Inc. volunteers raise money via the Warrigal Op Shop sales, raffles, and events.

Volunteers Needed

to join the Bundanoon, Illawarra and Goulburn Auxiliaries

Warrigal Warilla Op Shop

George Street, Warilla

Wednesday - 9.30am to 2pm

Thursday - 9.30am to 2pm

Friday - 9.30am to 2pm

WHAT THIS SPACE!

Our November Newsletter will feature all the exciting things our Goulburn Auxiliary Inc. has been busy working on and how they are changing the lives of residents at Goulburn.



APPLY NOW

Scan the QR code to apply or contact our Volunteer Coordinator on 0436 806 723



Fiona Harris - Cawell

Fiona has become a familiar and welcome volunteer at our Calwell home, providing individual music therapy and participating in group activities.

"The staff at Calwell have been so welcoming and allowed me the autonomy to work closely with a number of residents to create a personalised music program based on their favourite music.

I visit the residents in their rooms, have a chat and talk about our favourite music. We then listen to this music on my Bluetooth speakers and basically connect via the music".

It has been absolutely wonderful!" *Fiona Harris - Calwell Volunteer*



Lily's Doll Therapy

Lily is Warrigal's youngest volunteer, but don't underestimate the impact an 8 year old can make in the lives of older people.

"I really like older people. My Nannie had MND and I use to spend a lot of time with her and I made her happy, so I want to make other older people happy too".

Lily loves to draw, do craft and paint nails. "I like talking to them about school, ask them stuff and read to them".

Lily has recently been busy recycling carefully selected dolls to be used for Doll Therapy in our Memory Support Units. Lily takes this job very seriously ensuring the dolls are cleaned and given new clothing and wraps ready for the resident to enjoy.



To read more about Doll Therapy see [Dementia Australia Helpsheet](#)

Sensing that We Matter to Others

There is growing evidence that volunteering in meaningful ways improves your sense of mattering.

Does mattering matter?

Mattering is associated with happiness and psychological well-being and "anti-mattering" can lead to symptoms of depression, social anxiety and loneliness.

Mattering may even protect our physical health as we age e.g., physiological measures such as blood pressure, cortisol and cholesterol levels.

How can we increase our own sense of mattering?

Mattering involves both having value to others, and giving value to others. You can generate feelings of mattering yourself by giving time and energy to other people, who then feel they matter to you as well.

Try to broaden your number and types of relationships and find simple ways of contributing to them and to your community.

Read full article at [COTA News](#)



COMMUNITY HELPING HANDS

IRT Residential Aged Care Centre



Warrigal



To register your interest please email:
community.engagement@disabilitytrust.org.au



We're excited to be partnering with The Disability Trust on the Community Helping Hands program. This will see between 4-6 participants attend Warrigal and volunteer (with a Support Worker) in a capacity that will assist the staff and engage with residents in a way that will enhance their day.

This innovative new program will be piloted at Warrigal Mt Terry and APR and gives participants the opportunity to get out in the community, volunteer at an aged care home and earn qualifications at the same time.

Volunteer Activities will include:

- **Laundry** - folding/handing clothes and delivering laundry.
- **Kitchen** - assisting with morning/afternoon tea and lunch.
- **Care** - transporting residents to and from activities.
- **Leisure/Lifestyle** - newspaper delivery, room visits to inform residents of activities, assisting with fun activities and craft.
- **Concierge/Admin** - assisting with family/visit sign in and giving directions, putting up posters, sorting and storage of supplies.

If you know anybody who would be a great fit for the Community Helping Hands program - please see above for more information on how to get involved.

[Photos show planning sessions with Warrigal, The Disability Trust and WEA and participants visiting APR to meet the residents and join in activities]



Ageism Awareness Day - 7 October

In recognition of Ageism Awareness Day, Warrigal held a special gallery event featuring portraits, inspiring stories, and wisdom from some of our residents, villagers and home services customers.

The 'Wisdom in their Words' exhibition included eight centenarians and showcased each person's individuality as well as advice they'd like to pass on to future generations.

"Ageism Awareness Day is a chance to highlight the existence and impacts of ageism across the country. This is absolutely essential to changing attitudes, and forming a community where people of all ages feel valued and respected, and their contributions are acknowledged" *Mark Sewell (Warrigal CEO)*.

You can view 'Wisdom in Their Words' online art gallery [HERE](#)



Volunteer Positions

APR Café

This busy little Café is located within Warrigal's APR care home and looking for volunteers to make coffees/tea, sandwiches etc. The café is the hub of the home and we are wanting to expand our days of operation for residents, families and staff to enjoy. Training and support provided.

Wollongong Coffee Shop

Our 'pop up' Coffee Shop is located within Warrigal's Wollongong care home and provides a central meeting place for residents and families to enjoy a cuppa, cake and chat. Coffee Shop operates in the mornings only and we are wanting to reopen three mornings a week. Training and support provided.

Wollongong, Coniston, Mt Terry and Calwell (ACT)

- Coffee and chat (1:1 companionship visits)
- Bus Outing Assistants
- Games and Activities Assistants
- Men's Group
- Newspaper Deliveries

Warrigal Social

- Bus Driver (Class C licence)
- Bus Outing Assistant



APPLY NOW

Scan the QR code to apply or contact our Volunteer Coordinator on 0436 806 723

Community Facilitators

Shell Cove - Lexy Varshawsky (0476 858 872)
avarshawsky@warrigal.com.au

Queanbeyan - Maddie Memmolo (02) 5110 3500
mmemmolo@warrigal.com.au

Lifestyle Team Leaders

APR - Natasha McAlister (0476 858 870)
nmcAlister@warrigal.com.au

Bundanoon - Stacey Plain (02) 4884 6100
splain@warrigal.com.au

Calwell - Amrit Adhikari (02) 6298 5200
aadhikari@warrigal.com.au

Coniston - Sarah Sainsbury (02) 4229 4433
akeys@warrigal.com.au

Goulburn - Rachael Edwards (0476 858 871)
redwards@warrigal.com.au

Mount Warrigal - Stella Banks (0458 110 571)
sbanks@warrigal.com.au

Mt Terry - Linda Winter (0436 631 170)
lwinter@warrigal.com.au

Queanbeyan - Kathleen Thompson (0408 486 016)
kthompson@warrigal.com.au

Stirling - Kimberley, Sushila, Bubita (02) 6287 0200

Wollongong - Wendy McKnight (02) 4222 0930
wmcknight@warrigal.com.au

For all volunteer enquiries please contact Warrigal's Volunteer Coordinator

Tel: 0436 806 723 | Email: volunteering@warrigal.com.au