

Welcome to this first edition of the Warrigal Volunteer Newsletter.

The staff and residents at our homes wanted to say a big “HELLO” to all our volunteers and to let you know they miss you very much. It’s just not the same without our wonderful volunteers, but during this period of isolation and restricted access to our homes, we can find other ways to keep connected.

Warilla

Sonya has been keeping busy during isolation by making paper flowers and sock kittens for our residents at Warilla. These are being delivered in stages and as you can see the residents were thrilled to receive their flowers.



Coniston

NEW volunteer Meagan made ‘goodie boxes’ for the residents at Coniston filled with puzzles, Easter eggs, colouring, magazines, note pad and pens.



New Ways to Keep Connected

During this period of isolation we can still keep connected make a difference to the residents in our homes.

Some volunteers are writing letters and calling the residents they regularly visit to see how they are and keep in contact.

If you would like to keep connected with residents you regularly visit, please email or call me and I will make the relevant arrangements.



Adopt a Village Resident

A number of our Village residents, both in the Illawarra and Southern Highlands, are extremely lonely and really struggling during this period of isolation. Living alone and not being able to have contact with their family and friends is causing a lot of anxiety and depression.

Can you help? Would you like to 'Adopt a Village Resident'? All that is required is a little of your time to give the resident you 'adopt' a phone call and have a chat. This can be once a week or as many times as you want.

If you are interested please email me mchate@warrigal.com.au or call me on 0436 806 723

Do You Have An Idea?



If you would like to keep connected with our residents and have some great ideas, please let me. I will also continue to share these GOOD NEWS stories in these newsletters and post volunteer opportunities from isolation.

Influenza Vaccination



A reminder to get your Influenza Vaccination as soon as possible and provide me with evidence (a statement from the Chemist or GP). This can be emailed to me or given to your place of volunteering to be emailed to me.

This is now a requirement for anyone entering an Aged Care home (including staff, volunteers, visitors, family members, contractors, etc) and comes into effect from 1 May 2020.

Thank
you

A huge thank you to all our volunteers for your support during this difficult period. Stay safe and keep well.

Michelle Chate, Volunteer Coordinator