



GOWNS & MASKS FOR TRAINING

Some of our volunteers have been busy sewing gowns and masks for staff training purposes. This will save Warrigal from having to utilise our disposable resources which are really hard to get at the moment. All staff are undergoing refresher training on the correct use of PPE (personal protective equipment) to ensure everyone is safe and healthy at Warrigal.

SPECIAL CARE UNIT (SCU)

Warrigal has developed a SCU for residents who test positive for COVID-19 as part of our COVID-19 action plan. The SCU is located at our Warilla home and will operate separately to the rest of the home. The SCU will provide care and isolation to anyone living in Warrigal's care homes, villages and home services who are unable to go to Hospital. The SCU has been supported by the Department of Health. To date Warrigal have no positive cases in residents or staff.

FLU VACCINATION

A reminder that anyone entering Aged Care homes must have their flu vaccination. Please provide me with a Statement of Immunisation (or similar). The statement can be emailed, texted or given to your place of volunteering

Please do not hesitate to contact me if you have any concerns regarding this.

COVIDSAFE

Keep you and your family safe

Download now

Download on the **App Store** | **ANDROID APP ON Google play**

Help stop the spread and save lives.

The advertisement features a green background. At the top right, the word 'COVIDSAFE' is written in white on a dark green rectangular background. Below this, the text 'Keep you and your family safe' is written in a large, bold, dark green font. Underneath, 'Download now' is written in a smaller, bold, dark green font. At the bottom, there are two logos: the Apple App Store logo and the Google Play logo, both in white on dark green backgrounds. To the right of these logos is a graphic of a hand holding a smartphone. The phone screen displays the COVIDSAFE app interface, which includes a circular logo with the word 'COVIDSAFE' and a green checkmark, and the text 'Help stop the spread and save lives.' below it.



VOLUNTEERING DURING COVID-19

together we can make a positive impact on the wellbeing of our residents/customers

Due to current restricted access to aged care homes, our volunteer programs have been put on hold. But this doesn't mean we still can't connect with our residents/customers.

A number of Warrigal volunteers have been busy behind the scenes staying connected with residents/customers. These simple connections below have made such a difference to their wellbeing.

- Keeping in touch with residents via telephone calls
- Writing letters and words of comfort
- Making special craft (paper flowers, sock kittens, trauma teddies, blankets, knitting for doll therapy, care/activity boxes, sewing for staff training.

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Warrigal celebrates National Volunteers Week 2020

Last week Warrigal celebrated National Volunteers Week 2020 by sending Certificates and engraved pens to all volunteers, Waves of Thanks video from staff and residents, virtual lucky door prizes and Volunteers in Action video.

Even though we couldn't celebrate face to face, the staff and residents had lots of fun thanking Warrigal volunteers for all the wonderful things you do for our staff and the joy and happiness you give to our residents and customers.

If you were unable to view the videos, we will arrange for all volunteers to view them when restrictions are lifted.



SOCIAL ISOLATION & LONLINESS

Aged care providers are prioritising social connection as a means of boosting mental health and reducing feelings of separation from friends and family.

Warrigal are looking into developing a telephone call program that will combat social isolation and loneliness for people in our care and the local community over the next six months.

The program will allow people to call a dedicated telephone number and have a social chat with a volunteer. Volunteers can also make calls to residents/customers at Warrigal who are feeling lonely.

Research has shown that telephone support reduces feelings of social isolation, loneliness and depression and improves quality of life.

Volunteer Help Needed

During this period, we are seeking Expressions of Interest from our current volunteers who will be available during the week for social telephone chats. This will be at no expense to you.

If this sounds like you, please email me your availability i.e., day/time.



STAY COVID FREE



Warm up for WINTER AT WARRIGAL



Hats for Health

CAN YOU KNIT OR CROCHET?

Warrigal is focused on keeping everyone safe during this Winter period.

As part of Warm up for WINTER AT WARRIGAL, I am calling on any volunteers who would like to make some beanies to keep our residents warm during winter.

All completed beanies can be dropped off at a Warrigal Reception closest to you (Attention: Michelle Chate, Volunteer Coordinator).

Beanies will then be distributed to our residents to keep them warm this winter.

We will be taking photos of residents at each home parading their Hats for Health #hatsforhealth





Latest update on COVID-19

summary from Craig Smith letter to families and carers

This week restrictions in the community have been relaxed even further with social distancing guidelines being followed. Despite the changes being made in the community, there have been outbreaks in 25 homes throughout Australia and eight active cases in residential care homes throughout NSW.

As we head into winter, which is the most challenging season for influenza outbreaks, we need to ensure our focus remains on protecting those in our care. Over 120 staff and residents have been tested for COVID-19, and fortunately, there remain no positive COVID-19 results at Warrigal.

The COVID-19 Working Group meet weekly to review preparations and actions in the event of an outbreak in one of our homes.

We now have safe visiting areas installed at most of our homes and have received a lot of positive feedback via the homes and social media. Families make an appointment to visit their loved one, after which, areas are thoroughly sanitised by staff for the next visiting family.

You can read the full letter on our website warrigal.com.au on latest communication to families.

THANK YOU

I want to express my thanks to all our volunteers at Warrigal for your patience and understanding during this difficult time.

Thank you for the many emails, messages, calls of hope and ongoing willingness to provide assistance during restricted access.

I will continue to keep you informed of updates, volunteer opportunities during restrictions, and when we can return to our regular volunteering roles within the homes.

We miss you all and look forward to seeing you all soon.

Michelle Chate, Volunteer Coordinator

