

Volunteer Update

June has been a busy month welcoming new volunteers, following up on volunteer enquiries and sending over 20 application packs to potential new volunteers.

Over the last six months Warrigal have on-boarded over **50** new volunteers !!

This upward trend in volunteer interest has been very encouraging to see after the height of the pandemic. Our residents and staff are overjoyed to have the essential care and non-clinical support our volunteers provide.

It was a delight to meet a number of the Lifestyle Living residents from Seaside Links by Warrigal (Wollongong), and spend the morning showcasing Warrigal's Volunteer programs and presenting NEW volunteer opportunities available at the Residential Care home in Wollongong.

What this space, as we see Wollongong's volunteers return and the program grow.

Thank you to all the volunteers who completed the Volunteer Feedback Survey 2022. We received over 109 responses which provided valuable feedback and insight into your volunteer experiences and how we can improve volunteering at Warrigal.

The Warilla Residential Care Home has now officially closed its doors. Warilla staff, volunteers and management attended a farewell dinner at the home to celebrate over 40 years of operation and share special memories together.

Michelle Chate
Volunteer Coordinator



Morning Tea with Seaside Links Residents



Warilla Farewell Dinner



Warrigal Care Auxiliary volunteers



Scott & Anne Matthews, Volunteer Pastoral Carers



Are volunteers allowed back? **Yes!**

After many many months of lockdowns and restricted access into aged care facilities, the essential work our volunteers provide are needed **now more than ever**. The care and companionship you provide to our residents make a big difference to their health and wellbeing.

If you haven't visited in a while you will notice some changes when entering our homes. E.g., wearing a face mask, signing in using the electronic visitor system and performing a Rapid Antigen Test, but these become second nature after a few visits.

We encourage all volunteers to return to pre COVID activities. To discuss further, please contact your local supervisor (*Community Facilitator or Lifestyle Team Leader*). Contact list on last page of newsletter.

Can I still volunteer if there is COVID at the home? **Yes!**

Unlike earlier in the year, we **DO NOT** lock down an entire home, but rather have restrictions and extra precautions in place to ensure the safety and wellbeing of everyone.

Here are some things to be aware of if there is COVID at the home you volunteer at:

- Additional PPE is required (i.e., goggles or face shields as masks are already essential).
- Report to your supervisor (*Community Facilitator or Lifestyle Team Leader*) prior to volunteering. They will be able to advise you who is isolating.
- Residents with COVID will isolate in their room.
- Isolating residents will have a picture of a 'beetle' and an Infection Control Table outside their room. Do not enter these rooms.

Can I take Rapid Antigen Test (RAT) home for my next visit? **Yes!**

Volunteers may request a free Rapid Antigen Test (RAT) to take home with them to be used prior to their next volunteer visit. Please ask for an extra RAT at Reception.

Simply bring in your completed negative test result as evidence at your next volunteer visit.

Am I required to do a RAT test every time I volunteer? **Yes!**

Is the influenza vaccination mandatory? **No!**

Although the influenza vaccination is not mandatory, Warrigal strongly encourages you to be protected this winter against influenza. Please visit your GP or Pharmacy.

Do I need to tell anyone if I contract COVID? **Yes!**

Please advise your local supervisor immediately if you test positive to COVID. (*Contact list on back page of newsletter*).

I volunteer in the Cafe, do I have to wear PPE? **Yes!**

- All volunteers, including those working in the Cafes, are required to wear masks.
- Gloves are required while preparing food (*as per Safe Food Handling requirements*).
- If there is COVID within the home and goggles are required to be worn, goggles may be removed **ONLY WHILST WORKING WITHIN THE CAFE** and put back on if going to other areas of the home.

Long-serving Warrigal member, Brian Mackander OAM, has passed away

Brian Mackander OAM, long-serving Warrigal Volunteer, original Board Member and Chairperson, has passed away.

Brian was an integral member of the original 1967 Warrigal Board of Directors and was present for the very first board meeting on September 27 1967, which was responsible for founding Warrigal and bringing an aged care service to the Illawarra. He served on the Warrigal Board from 1967 – 1976, then returned to fill the role of Vice Chairman and Chairman of the Board from 1988 – 1996.

Of Brian's passing, Warrigal CEO Mark Sewell said "We are very sad to hear of the passing of one of our great, long-serving members, Brian Mackander. Brian was a driving force behind establishing what Warrigal is today, and we will continue to honour that by serving the older people in our community." Click [HERE](#) for full story.



BUNDANOON



STIRLING (ACT)



"you need a lot of compassion and enjoy listening to people"

Pauline started volunteering in 1985 assisting the RAO (Recreational Activity Officer) at Mt Warrigal.

Pauline went on to be employed at Warrigal in various roles including RAO at Warilla, Day Respite and Home Care Services. "I loved my job, but had to give it up for health reasons, so continued volunteering instead".

When the residents' see Pauline with her clipboard they know it's Wednesday and look forward to playing 'in-house' Powerball and Bingo.

"I've been at Warrigal for over 37 years and have seen a lot of changes. You need a lot of compassion and enjoy listening to people. I love older people and the stories they have to tell".



Meet Tom from Mt Warrigal

Tom began his volunteer journey at Warrigal Warilla six years ago assisting with activities, outings and events. "I class myself as a volunteer all-rounder and will do whatever needs to be done".

Since the closure of Warilla, Tom now volunteers at Mt Warrigal. "I enjoy the company and listening to residents' stories and what they did when they were younger".

Tom recently planted vegies in the raised garden beds and looking forward to taking the residents out to potter in the garden, watch the seedlings grow and enjoy the sunshine.



MEN'S CLOTHING NEEDED

The Warrigal Op Shop at Warilla is running very low on men's clothing.

If you have any men's clothing that no longer fits or needed, please consider donating it to Warrigal's Op Shop.

Donations can be dropped off at:

Warrigal Op Shop, George Street, Warilla
(Wed to Friday, 9am to 2.30pm) OR

Warrigal Reception, 2 Pine Street, Albion Park Rail
(Monday to Friday, 9am to 5pm)



Community Facilitators

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

Queanbeyan - Maddie Memmolo (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 - Nancy Sconce (02) 6298 5200
nsconce@warrigal.com.au

Coniston - Amanda Keys (0438 412 298)
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, Amit, Sushila, Bubita
(02) 6287 0200

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