

### Volunteer Update

Welcome to the February edition of our volunteer newsletter! We are excited to share what is happening across Warrigal and the significant impact our volunteers are making to support older people to live their best lives.

During February, we celebrated the reopening of the Bundanoon Café. The Café is now operating every Wednesday for 'Pancake Wednesday' and Fridays for morning tea and light lunch.

It remains a requirement to undertake a **Rapid Antigen Test (RAT)** every **72 hours** when entering a Residential Aged Care home. Tests are provided by Warrigal and can be obtained from Reception at your place of volunteering.

**Masks** are also required whilst volunteering at all Warrigal locations.

If/when you receive your COVID booster or 2023 Influenza vaccinations, please email your evidence to [volunteering@warrigal.com.au](mailto:volunteering@warrigal.com.au). This information will be added to your volunteer records.

Please remember to 'check in/out' at the beginning/end of each volunteer shift using the **Electronic Visitor System** at all locations. When prompted to select your purpose of visit, please choose '**VOLUNTEER**'. This data is used for monthly volunteer reporting.

Whether you've been a volunteer with us over many years or just starting your volunteer journey, we hope you will find something in this newsletter that resonates with you and reminds you of the difference you make at Warrigal.

Thank you for your time, energy and dedication to volunteering at Warrigal.

**Michelle Chate, Volunteer Coordinator**



### Mt Warrigal

The volunteers are an integral part of the residents everyday life at Mt Warrigal.

The residents really look forward to seeing our volunteers and it is truly heart warming to witness the trusting and caring relationships that have developed between them.

Throughout the year the volunteers are involved in assisting the lifestyle team in preparing and decorating theme days and special events, gardening, individual room visits, floor games and of course bingo.

The volunteers also provide support during bus outings by serving morning tea and helping residents fully enjoy the great outdoors. We value and appreciate every one of them.

*Stella Banks (Lifestyle Officer) Mt Warrigal*



Don as Santa



Tom



Tom

## Volunteering and its surprising benefits



Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

### Benefit 1 - volunteering connects you to others

- Allows you to connect to your community and make it a better place.
- Make new friends and contacts.
- Increases your social and relationship skills.

### Benefit 2 - volunteering is good for your mind and body

- Helps counteract the effects of stress.
- Combats depression.
- Makes you happy.
- Increases self-confidence.
- Improves a sense of purpose.
- Helps you stay physically healthy.

### Benefit 3 - volunteering can advance your career

- Teaching you valuable job skills.
- Gaining career experience.

### Benefit 4 - volunteering brings fun and fulfilment to your life

- Fun and easy way to explore your interests and passions.
- Can be a relaxing, energising escape from your day-to-day routine.
- Provides you with renewed creativity, motivation, and vision.

taken from [helpguide.org/articles/healthy-living](https://helpguide.org/articles/healthy-living)



**Chris** is a Volunteer bus driver at Stirling. "He is so helpful, always smiling and positive. Chris gives 100% and is invaluable to the team at Stirling. He is loved by all the residents and greatly appreciated by all the staff. We are very lucky to have him. Thank you Chris".

*Babita, Lifestyle Officer*

## Bundanoon's trivia showdown



The Warrigal Bundanoon Auxiliary recently held two Trivia Nights on 1st and 15th February at the Bundanoon Hotel. The night was run by 'Matt Will Sort It' who directs donations from the evening to local organisations.

The players enjoyed a lovely dinner and improved our standing as Trivia Players from equal last to way up the ladder! We had lots of fun across both nights and look forward to participating again later in the year.

A big thank you to Matt and the community who supported the Warrigal Bundanoon Auxiliary and donated **\$420.00** towards equipment for the residents at Bundanoon.

*Ann McCarter, Bundanoon Auxiliary Treasurer*

## Volunteer Education

### NEW Aged Care Code of Conduct

As of 1 December 2022, the Code of Conduct for Aged Care (the Code) was introduced to improve the safety, health, wellbeing and quality of life for people receiving aged care, and to boost trust in services

This week all volunteers were sent an email with a link to acknowledge that you have read and understood the Aged Care Code of Conduct.

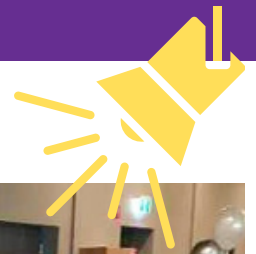
Volunteers who do not have an email have been sent the relevant information via post, to complete the acknowledgement and return via a REPLY Paid Envelope.

This education will take approximately 10 minutes to complete and is an essential aspect of Warrigal's dedication to provide ongoing education for volunteers and ensure compliance under the Aged Care Quality and Safety Commission.





# Meet the Volunteers at Warrigal Social



Volunteers **Fran and Jan** are helping set up for Warrigal Social's 30th Anniversary celebrations. They give of their time every Friday to assist at our Friendship Group. These two really know how to show our customers a good time, providing laughs, stories, and more importantly the time to just listen to our customers and help with games and activities.

They are also known for their great moves on the dancefloor at our various events and they even manage to find the time to make amazing scones and slices.

Fran and Jan also volunteer on the Warrigal Care Auxiliary Inc. as President (Fran) and Treasurer (Jan).



Jan and Fran



Lydae, Shaz and Fran

**Shaz** (above centre) is our little pocket rocket who just can't do enough for the customers! Shaz has been volunteering with us for several years and is loved by staff and customers alike. She works every Friday at our Friendship Group and also goes out on the bus to assist staff with customer pickups.

**Lydae** (above left) has been volunteering with us for nearly 10 years. Nothing is ever a problem and is so kind and caring towards our customers. Lydae is our quiet achiever and loved by all.



Alan dancing with June

**Alan** has been driving buses for the Warrigal Social team for several years, after coming over to us from Council transport.

The customers all love Alan and as you can see, he loves having a boogie at our social events.

Alan is a wonderful driver and asset to our team.



Wayne

The above photo features **Wayne** (Volunteer Bus Driver) nestled in amongst our Wednesday Group at Shoalhaven Heads Bowling Club. Wednesday is a fun, boisterous and outgoing group of all ladies and Wayne handles being the only rooster in the henhouse really well.



Lee

Volunteer **Lee** is a newer addition to our team and goes on outings with Warrigal Social twice a week. Lee is fantastic with our customers on the buses. She loves a good laugh and is loved by everyone.



# Meet the Volunteers at Calwell (ACT)



Janine



Fiona



Simon (CVS)



'Banjo' Delta Dog and Susan



Brett

Delta dog **'Banjo'** brings so much joy and happiness to residents during his fortnightly visits. During these visits, the residents gather around Banjo and give him lots of love, while owner, Susan, enjoys chatting with the residents. The Delta Dog Program provides pet therapy to residents, which makes them feel more at home, reminisce and provide social interactions.

**Janine** is another volunteer who loves to engage with the residents. During the Chinese New Year celebration, she danced with the residents, making the occasion even more special. Janine enjoys chatting with the residents about anything and everything.

It is wonderful to have a musically talented volunteer, **Fiona**, who spends her Fridays with the residents, chatting over a cup of tea and playing music together. They can be heard singing to the music, making it a fun and engaging experience.

**Brett** enjoys spending one-on-one time with residents over a cuppa and sharing life experiences together. Brett's friendly demeanour and genuine interest in the residents makes them feel valued and appreciated.

**Simon** is a Community Visitors Scheme (CVS) volunteer and also sees residents for one-on-one conversation and companionship, reading books, outdoor walks and enjoying afternoon tea. These visits are a great way to develop meaningful friendships and help the residents stay connected with their community.



## Community Facilitators

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

**Queanbeyan** - Maddie Memmolo 0448 586 928  
mmemmolo@warrigal.com.au

## Lifestyle Team Leaders

**APR** - Natasha McAlister (0476 858 870)  
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**Bundanoon** - Stacy Plain (02) 4884 6100  
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**Calwell** - Amrit Adhikari (02) 6298 5200  
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**Coniston** - Sarah Sainsbury (02) 4229 4433  
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**Goulburn** - Rachael Edwards (0476 858 871)  
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**Mt Warrigal** - Stella Banks (0458 110 571)  
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**Mt Terry** - Linda Winter (0436 631 170)  
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**Queanbeyan** - Kathleen Thompson (0408 486 016)  
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**Stirling** - Kimberley, Sushila, Bubita (02) 6287 0200

**Wollongong** - Wendy McKnight (02) 4222 0930  
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