



Volunteer Update

The countdown has begun with less than 25 days until Christmas! It's certainly been a busy year full of highs and lows as COVID continues to circulate within our communities. Despite the challenges, we have continued to shine through it all and bring plenty of joy and smiles to our residents.

With the festive season fast approaching it's important to remember that it may not be a joyous time for everyone.

You're going to come in contact with an awful lot of people who are at their absolute breaking point this season. Friends, family, co-workers, teachers, strangers in the grocery store, retail workers.

While it may be the merriest time of the year for some, it's the saddest, loneliest, most stressful, most heartbreaking for so many others.

We're all busy, but we're not too busy to be kind, caring and patient. Remember the best thing you can give someone right now is love.



The Volunteer polo shirts have been rolled out across Warrigal, and I have to say how wonderful and bright you all look. It's great to be able to easily identify and recognise our volunteers to say 'THANK YOU' for all the work you do.

Congratulations Warrigal for being **WINNER of best big business in NSW** at the prestigious 2022 State Business Awards!!! What an achievement.



Michelle Chate
Volunteer Coordinator

Polo Shirts

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+



It's not too late to get your polo shirt. Simply contact me with your size and one will be sent to you.



Don - Mt Warrigal



Peter - Albion Park Rail



International Volunteer Day is celebrated around the world on **5 December** and recognises the outstanding contribution that volunteers make in their communities.

On International Volunteer Day 2022, we celebrate the theme of **solidarity through volunteering** and how together we can achieve great things.

Aged Care Code of Conduct

A new Code of Conduct applies to Aged Care workers and volunteers from 1 December 2022.

The Code of Conduct for Aged Care describes how **you must behave and treat residents/customers**. It includes the 8 elements below.

1. Act with respect for people's rights to freedom of expression, self-determination and decision-making in accordance with applicable laws and conventions.
2. Act in a way that treats people with dignity and respect and values their diversity.
3. Act with respect for the privacy of people.
4. Provide care, supports and services in a safe and competent manner, with care and skill.
5. Act with integrity, honesty and transparency.
6. Promptly take steps to raise and act on concerns about matters that may impact the quality and safety of care, supports and services.
7. Provide care, support and services free from:
 - i. all forms of violence, discrimination, exploitation, neglect and abuse and
 - ii. sexual misconduct.
8. Take all reasonable steps to prevent and respond to:
 - i. all forms of violence, discrimination, exploitation, neglect and abuse and
 - ii. sexual misconduct.



Layla - Queanbeyan



Jan - Shell Cove



Karen - Shell Cove



Bill - Bus Driver & Entertainer, Coniston & APR

Meet Our Volunteers



Jan - Stirling



Narelle - Albion Park Rail



Layla - Queanbeyan



Farewell Narelle

After 10 years of volunteering at Warrigal, Narelle is hanging up her gardening gloves and dedicating her time to 'Nanna duties' for her beautiful grandchildren.

"Narelle will be greatly missed at Albion Park Rail and has been an amazing help for our gardening group on Mondays" *Natasha McAlister (Lifestyle APR)*

Thank you Narelle for your many years of service and the enormous contribution you have made in the lives of our residents and staff at Albion Park Rail. You will be greatly missed.

Klaus - Bus Driver Mt Warrigal



Margaret - Bundanoon





Chris - Bus Driver Stirling



Marion - Bundanoon



Russell - Bus Driver Bundanoon

Warrigal Op Shop

CLOSED over Christmas
16 December 2022 to 1 February 2023

On behalf of the Op Shop Volunteers we thank all our customers for your support during 2022 and wish you a Merry Christmas and a happy and safe New Year.



Carol & Margaret - Bundanoon

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, Coniston, Mt Terry, Calwell

- Coffee and chat (1:1 companionship visits)
- Bus Outing Assistants
- Games and Activities Assistants
- Men's Group
- Newspaper Deliveries
- Gardening Group
- Pet Therapy
- Craft, Knitting, Art

Illawarra, Bundanoon, Goulburn Auxiliaries

If you enjoy fundraising, organising events and having lots of fun, then joining one of our Auxiliaries will be perfect for you. Auxiliary meets monthly to plan and deliver fundraising events throughout the year.



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

Mt 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