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Issue 7

# VOLUNTEER NEWSLETTER

## Welcome

What an exciting time as our new volunteers completed their training and we celebrated their graduation. Thank you to our existing volunteers, Board members and dignitaries who attended and showed their support to our new cohort.

Congratulations to: **Sue Black, Pat and Peter Dalton, Shirley Dawe, Kez Everlyn, Bev Kaiser, Carole and Stan Thomson** for their dedication to complete the training.

We also had the presentation of a cheque from the Masonic Charities on Wednesday 4th May. Their generous support will enable Glenny Tiller to provide grief, loss and bereavement counselling and education to our clients, volunteers and the general community.

We look forward to working closely with Glenny and the Freemasons in the future.

### This Month we celebrate

**National Volunteers Week 16th May to 22nd May 2022  
and National Palliative Care Week 22nd May to 28th May 2022**

To acknowledge these important weeks we have organised:

A Volunteer 'Morning Cuppa' on Tuesday, 24th May from 10.30am - 12.00 noon.

Bernie Tichbon and Jane Shepherd will attend the Victorian Palliative Care Volunteer Conference - One Step - One Word - One Heart in Melbourne on the 18th May.

Hold our first fundraising event with local band 'Back Room Panic' on Saturday, 28th May.

## DATES TO REMEMBER



Office Closed	Tuesday 17th May from 12.00 noon
Volunteers Conference for Jane and Bernie	Wednesday, 18th May Melbourne
Virtual Conference - Palliative Care for All	Friday, 20th May 8.30am - 4.30pm
Next Volunteers Get Together	Tuesday, 24th May - 10.30am
Fund Raiser 'Back Room Panic'	Saturday, 28th May 7.30 pm - 12.00 midnight
Volunteers Get Together	Wednesday 15th June 1.00pm

## **Our Next Get Together**

Our next Get Together will be a morning tea on Tuesday 24th May to celebrate our wonderful volunteers and their dedication to our clients. It will be held during National Palliative Care week. Please make every effort to attend, as this is your day and our turn to show our appreciation for all the hard work and commitment you make to our program and the community.

## **Fundraising Event - Backroom Panic**

Grab a group of friends to make up a table for a fun night of music, singing and dancing with the band Backroom Panic on Saturday 28th May, 7.30pm at the Glenburnie Hall. Tickets will be presold at \$30.00 each which includes nibbles and snacks and a raffle ticket. BYO drinks and alcohol. This is also a great way to promote our service. Please help us make this a successful event.

## **RAT Tests**

A reminder that with the increasing numbers of COVID Cases in our community we have RAT tests available. These are free to our volunteers and will provide an extra level of safety to our volunteers and clients.

## **Evaluation**

The Department of Health and Wellbeing are conducting an evaluation of our programs and care service. Thank you to the volunteers who responded to the survey about our care program and the impact we have in our community and local palliative needs.

## **New Volunteers Graduation**

Welcome to our new volunteers: Sue Black, Pat and Peter Dalton, Shirley Dawe, Kez Everlyn, Bev Kaiser, Carole and Stan Thomson.

## **Volunteer Conference - One Step - One Word - One Heart Wednesday 18th May**

This has been offered to us by Palliative Care SA as an opportunity to learn and network with other services. Topics are: Grief and Loss, Caring for Diverse Communities, New Volunteer Programs/Roles, Dementia, Self-Care and Wellbeing. Jane Shepherd and Bernie Tichbon will be our representatives.

## **Nurture Packs**

Liz Fallas from the Palliative Care Team has asked for assistance to put together some Nurture Packs under the DONNA project. She would like to do a presentation along with an explanation about the service. Liz would also appreciate your feedback and suggestions on what else could be included in the packs. Once we have dates from Liz, we will be back in touch to ask for your help in compiling the packs and attending the information session.

## **Mindfulness USB's**

At the last volunteers get together we had Virginia Hill present a 20 minute session on mindfulness. As there was a lot of interest, we have obtained 3 USB's for anyone who would like to try out some mindfulness techniques for themselves. If you are interested, please come into the office and collect one.

## **Community Engagement**

Sandi and Glenny spoke at the mixed Probus meeting and at the Senior Citizens and U3A.

## **COVID-19 Booster Updates**

All volunteers are required to have full COVID-19 and flu vaccinations. Please bring in your vaccination certificates asap so we can keep your records up-to-date.

## **Wills - Nick Kidman**

If you, or someone you know would like to update or make a new will Nick Kidman has offered to assist at a greatly reduced price. Contact the office and we will pass detail onto you.