



VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

Newsletter Date: August 2018
Issue 141

<http://volunteerservice.calvary-sydney.org.au/>

FREE WORKSHOPS AVAILABLE TO PALLIATIVE CARE VOLUNTEERS

Palliative Care NSW is holding it's biennial state conference in Kiama in November. The theme is "Riding the Waves of Change".

Recognising volunteers are an invaluable part of palliative care teams all across NSW, Palliative Care NSW would like to extend an invitation for palliative care volunteers to attend their pre-conference workshops completely free of charge.

The pre-conference workshops are held on Thursday November 8 and are recommended for anyone interested in palliative and end-of-life care, including volunteers, to attend. If you are a palliative care volunteer registered with a service you can attend these workshops at no cost to yourself.

Topics include:

- Communication – The Heart and Mind of the matter.
- You don't always need the Palliative Care team: Last Days of Life Toolkit.
- Grief: An introduction to Grief and Bereavement.

Volunteers are welcome to come along to the pre-conference workshops even if not attending the conference but registration is necessary.

For more information about the programme of events please [click here](#).

To register to attend the workshops or the conference please [click here](#).

Please let Anne Marie know if you are interested so we can organise transport for those wishing to travel together etc.



MEETING CALENDAR

TUESDAY 23RD OCTOBER

CPCT volunteers only 10am – 11am

then....

Mandatory training & meeting for ALL VOLUNTEERS 11-1230

(will include practical fire training & WHS) so can sign off for your annual training requirement.

BBQ
to follow



ANNE-MARIE AWAY ON HOLIDAYS SEPT 17/9 – 2/10

Mary Ashton will be available for any community volunteers needing updates etc about their patients or if you need any other assistance of a more urgent nature.

XMAS DATE FOR YOUR DIARY

This year our Volunteer Christmas Luncheon will be held on Friday Dec 7th. Theme: 'All you need is love'

11 – 3pm at Georges River Sailing Club
Sanoni Ave, Dolls Point.



Congratulations to Sr Patricia McDermott on celebrating her 50th Jubilee as a Sister of Mercy. Tricia joined the volunteer service in 2013 and works in the Palliative care wards playing the Reverie harp and until recently, also visited our MND and Palliative care patients in the community. Patricia's dedication is evident when you reflect back on her life of service, having work for about 30 years in the missions of Peru and Chile, supporting people who were living in great poverty. The qualities that come to mind when you get to know Tricia are her compassionate presence, a gentle inner strength, integrity, thoughtfulness and her capacity to be an empathetic listener which puts people at ease in her presence.

Patricia's family gathered from interstate to celebrate her Golden Jubilee, 34 adults and 11 young children so a great reunion and celebration.

Wishing you every blessing Tricia, thank you for your continuing dedication and wishing you good health and happiness.



As mentioned in an email last week, Calvary National Office has changed to Fit2Work for the Police Checks for all new volunteers and those requiring renewal (3 years).

Once I notify our HR Dept that you need a Police Check, they will notify Fit2Work, and you will receive an email from Fit2Work which will look like this.

Calvary HCA - request to
complete an on-line Police
Check application



At the bottom of the email will be your user name and log on together with the link which will take you to the Fit2Work website.

You require 4 proof of identity documents, which are in the drop down menu on their website.

If you require any help, please don't hesitate to contact me and I am happy to assist..

I sent instructions in the email last week, but happy to resend for those needing some guidance. I took photos of the ID documents as it is easier than scanning, then you can just save them as Jpeg to desktop and then upload from there when needed. Remember, you can save and exit and that will save your details until you are ready to complete and submit.

SPIRITUALITY AND REFLECTIVE PRACTICE IN PALLIATIVE CARE

Kate is a very warm and engaging speaker and her insights and reflections on an individual's search for meaning and purpose at the end of life were well received.

You can listen to the audio recording by clicking on the media player link below. If you would like to download this mp3 file to listen to later, hover over the file title, right click and then 'save target as'.

Just over half way through there was a video shown: 'Johnny – Lessons from the Long Paddock'. Click here to watch the video on YouTube.

We hope you enjoy it.

<http://volunteerhub.com.au/wp-content/uploads/2018/07/Spirituality-and-Reflective-Practice-in-Palliative-Care-Podcast.mp3>

3 DAY FREE NATIONALLY ACCREDITED UNIT CHCSGE005

FREE Dementia Essentials

Mondays 15, 22 and 29 October 2018

Dementia is core business in aged care – do you and your team members have this unit of competency?

This 3-day free nationally-accredited unit of competency includes theory and practical components to be completed during the course delivery.

The course is suitable for people working in aged care, health care and community services (staff and volunteers who support people living with dementia in their role).

Participants will gain an understanding of:

- Person-centred care and effective communication
- The nature of dementia and its impacts
- Identifying unmet needs
- Understanding changed behaviours and developing effective responses
- Activities to promote well-being; and
- Community support and services available.

See [flyer](#) for details.

Please complete the attached [enrolment form](#) and return to Dementia Australia nsw.education@dementia.org.au or call 8875 4640 for any enquiries or information needed.

This is a Dementia Training Australia (DTA) course, funded by the Australian Government under the Dementia and Aged Care Services Fund and delivered by Dementia Australia.



Dear Calvary Colleagues,

In May 2018, Peter Kadwell our Mgr Bereavement Services, travelled Britain, Ireland and Scotland and has produced yet another amazing audio-visual with beautiful images and video clips of this wonderful experience set to inspirational music that seeks to take you on the journey.

You are warmly invited to share in one of two upcoming viewings commencing at 12 noon:

- Wednesday 5th September (Board Room):
- Friday 21st September (Conference Centre)

The AV goes for 1 hour and 5 minutes Any member of Calvary staff / volunteers are most welcome so feel free to pass onto your teams or anyone you think may be interested.

It would be appreciated if you could let me know by email if you are attending so I have an idea of who is coming.

Peter.Kadwell@health.nsw.gov.au



You are welcome to attend Yoga with Rachael Rogan

Yoga sessions are held in the Conference Centre.

Cost per session : \$12

For further details contact Health Safety & Wellbeing Manager:
Kate Gardiner.

Katherine.Gardiner1@health.nsw.gov.au

2018 Schedule

Date	Time
Tuesday 4 Sep 18	1:00 pm – 2:00 pm
Tuesday 11 Sep 18	1:00 pm – 2:00 pm
Tuesday 25 Sep 18	12:00 pm - 1:00 pm
Tuesday 16 Oct 18	12:00 pm – 1:00 pm
Tuesday 23 Oct 18	1:00 pm – 2:00 pm
Tuesday 30 Oct 18	12:30 pm – 1:30 pm
Tuesday 6 Nov 18	12:00 pm – 1:00 pm
Tuesday 13 Nov 18	12:00 pm – 1:00 pm
Tuesday 20 Nov 18	12:00 pm – 1:00 pm
Tuesday 27 Nov 18	12:30 pm - 1:30 pm
Tuesday 4 Dec 18	12:00 pm – 1:00 pm
Tuesday 11 Dec 18	12:30 pm – 1:30 pm