



# VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

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Issue 147

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

WE HAD A WONDERFUL CELEBRATION OF THE YEARS OF SERVICE OFFERED BY OUR DEDICATED STAFF, VOLUNTEERS AND AUXILIARY. IN TOTAL WE CELEBRATED 660 YEARS OF ACCUMULATED SERVICE.

*THANK YOU*

### Years of Service 5 years

- |           |           |
|-----------|-----------|
| FLO       | BORGESE   |
| Moya      | DAL SANTO |
| Tak       | HO        |
| Pam       | KENNY     |
| Georgette | KIOSIDIS  |
| Margaret  | McCLENNAN |
| Barry     | MILLER    |
| Jan       | O'NEILL   |
| Glynis    | PARKINSON |
| Kerry     | PLUMER    |
| Angela    | RICHARDS  |
| Christine | SNOOK     |



PHOTO OF MANY OF THE VOLUNTEERS WHO RECEIVED THEIR AWARDS WHICH WERE PRESENTED BY DREW, OUR GM.

### 10 Years

- |          |         |
|----------|---------|
| Lance    | BEXON   |
| Anne     | BLAIR   |
| Graham   | DRAKE   |
| Geoffrey | EADE    |
| Sharyn   | LENERTZ |
| Dora     | LUM     |
| June     | MARENGO |



Basket placed on alter that represented our volunteer service with the many and various roles you all fulfil throughout Calvary and the community.

### 15 Years

- |          |          |
|----------|----------|
| Marilyn  | MILLER   |
| Geoffrey | NOURSE   |
| Barbara  | THOMPSON |



### 20 years

- |         |          |
|---------|----------|
| Jan     | McCREADY |
| Barbara | MOXHAM   |



## WHAT'S HAPPENING AT CALVARY- UPDATES.....

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### NEW CHANGES FOR VOLUNTEER SERVICE:

We have just appointed Megan Thorpe as the Volunteer CoOrdinator for a contracted period to allow Anne-Marie MVS to take some holiday leave which has accumulated over the years.

Initially I plan to work Monday, Tuesday and Wednesday and take Thursday and Friday off as annual leave days, however there will be some flexibility in the days I work. I have organised to take three weeks off from 21st October.

Megan has many years experience having worked as a Volunteer Coordinator with a couple of Palliative Care organisations and will be a wonderful addition to the team. Currently Megan is working as one of the Bereavement Counsellors at Calvary on Monday, Tuesday and Wednesdays. Megan is thrilled for the opportunity work with volunteers again, and will work Thursday and Fridays, being mainly responsible for following up Community referrals and our volunteers working with the CPCT.

The position of Volunteer Coordinator will continue until the end of January 2020.

### REFURBISHMENT UPDATE

- Patient lifts have now been replaced and working, and lift in admin area refurbished
- Chapel restoration in progress due to concrete cancer
- 1<sup>st</sup> and 2<sup>nd</sup> floor admin areas have been repainted and recarpeted. Conference centre has new carpet too.
- New generator installed.
- New reception desks on the wards make such a difference, creating a warm and welcoming ambience.

### NEW VOLUNTEER GROUP

Welcome to the new group of volunteers who have completed their training and started in their new roles. Special thanks to the more experienced volunteers who kindly orientated them and made them feel so welcome. It makes such a difference when commencing in a new facility, to receive this hands on training, so it is very much appreciated.

### MANDATORY TRAINING FOR ALL VOLUNTEERS

**Date:** Tuesday: October 2<sup>nd</sup>  
**Time:** 10-11am Community Volunteers Only  
**Time: 11–1230** ALL VOLUNTEERS (hospital & CPCT)  
**Venue:** Conference Centre

MANDATORY TRAINING including practical fire training

BBQ TO FOLLOW FOR ALL

### VOLUNTEER LINK TRAINING:

If you are interested in doing training, please let MVS know and I will book you in.

Sept 3<sup>rd</sup>: Understanding Professional Boundaries  
Sept 11<sup>th</sup>: Safe Home Visiting  
Sept 19<sup>th</sup>: Provide First Aid (\$90)  
Sept 17<sup>th</sup>: Accidental Counsellor  
Sept 24<sup>th</sup>: 9.30 – 4.30 Cultural Diversity

Don't miss out - be part of **SEPTEMBER!** <https://www.september.org.au>

How about we form a few Volunteer Groups???

What's a good name for you to register as Calvary Volunteers???? Any clever suggestions??

Who would like to organise a group and register, you can then invite 3 others to your group.

Make up your teams

- Organise a team of four colleagues, and nominate one person as your team captain.
- The captain registers the team HERE the registration fee is \$25 per person
- Team members each receive an email invitation to complete their registration (make sure you choose the correct facility)
- Ask your family and friends to sponsor you and make it fun challenge!



About September

During September the challenge is for each person in each team is to take 10,000 steps a day for 28 days straight to support kids with cerebral palsy.



MAKE EVERY STEP COUNT....

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NSW PALLIATIVE CARE VOLUNTEER CONFERENCE: ALURA AT BLACKTOWN: JUNE 3RD AND 4TH 2019

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Eight Calvary volunteers attended this conference and Kerrie and Terri kindly agreed to write up a synopsis of a couple of the talks to share with you.

**Kerrie Plumer:**

I was very fortunate to be able to attend both days of the Palliative Care Volunteer Conference held on the 3rd and 4th June.

The pre-conference workshop I attended was titled "Spirituality and Reflective Practice". Kate Englebrecht was the presenter and from the start she was captivating. I wasn't sure what to expect but I came away with so much to ponder it is hard to summarise in a few sentences, but here is my attempt.

Kate spoke about Spirituality as an "attitude to life, a disposition". Spiritual traditions come from a religious framework (in the broadest sense of the word). You may have no formal religion but still have beliefs about how to live. These can come from your family, community, cultural traditions. In order to be there for others we need to know what has shaped us. We need to unpack our own "baggage", be aware of what influences our behaviour. This helps us to be real and authentic in our interactions with others. We can then use reflective practice to help understand others and support them on their journey. Kate suggested using 2 questions as part of reflective practice: "What's happening for myself/other person? "What matters to myself/other person?"

If we don't give ourselves time to reflect then we can't truly be present for others. It is this presence that allows us to form relationships. It's easy to get distracted. Life is so busy. This "busyness" can stop us from taking time to just be.

We tend to want to avoid suffering & ‘bad things’ but the suffering, dark times often provide our richest lessons. As a volunteer we can’t relieve spiritual pain but we can “sit” with the person experiencing it. This idea of sitting, being with the other person was a theme that ran through nearly every presentation. Sometimes that is all we can do. “and often it is all the other person needs to know they are not alone”.

The second day was very full with a number of thought provoking presentations:

- “The IMPACT we have on the lives of others: Palliative Care and sacred space”. Sacred space was defined as a moment of reverence, grace and respect. It is a profound moment/interaction that connects us. We impact other’s lives when we recognise their individuality, have meaningful interactions, realise that we are privileged to be there, advocate for others, are compassionate and provide gentle touching. Again the idea of truly “being” there was spoken about. Hearing what people say and responding appropriately, hearing what isn’t said, being comfortable with the uncomfortable. Fill the silence with each other not words.
- “Protective mechanisms against vicarious trauma”. All presenters spoke about the need for everyone working in palliative care to practice self-care. This session went into more detail about how to do this. The presenter spoke about compassion fatigue, vicarious stress and vicarious trauma. These can occur when you feel for the other person, for their trauma and you respond as if it is your trauma. A number of models and theories were spoken about but one of the most interesting discussions was about how people who keep well and stay resilient approach life. It was identified that they looked after their
  - Physical wellbeing : healthy eating, exercise and good sleep routines
  - Social wellbeing: laugh, share jokes, share stories of hope
  - Talked positively about others
  - Often employed uncommon but successful behaviours or strategies to find better solutions to a problem
  - Spiritual life: A healthy spiritual life provides a sense of love, joy, peace and tolerance.
- The third morning session was “Telling their Story: The Sacred Heart Volunteer Biography Service”. Members of the palliative care team refer clients to the service and volunteers meet with people, listen to their stories (recorded), then type them up and develop a biography which is published. The biography includes pictures and words. It sounds like an amazing service and the volunteers who spoke shared some incredible stories.
- The last session I attended was a panel and audience discussion about therapeutic relationships and particularly what factors contribute to such a relationship. Some of the main themes that came through were trust, the ability to listen, being non-judgemental, being genuine/real in your interactions. There were many others but I need to stop here as my few sentences have become a few pages.

As always the conference provided many opportunities to network with other volunteers, share stories and reaffirm the value of the work that volunteers do. Kerrie Plumer *Community volunteer*

***I will include Terri Faroe’s reflection on different sessions she attended, in the next newsletter. Thank you to both for kindly writing up the sessions so they could to be shared with you all.***