



# VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

Newsletter Date: August 2022  
Issue 172

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

## NEWS FROM CALVARY : DREW KEAR GENERAL MANAGER / DIRECTOR OF NURSING : RESIGNATION

Dear Calvary staff and volunteers,

It is with mixed emotion that I write to advise you of my resignation as General Manager/Director of Nursing from Calvary Health Care Kogarah - my last day being Friday 14 October 2022.

Since arriving at Calvary in April 2018, I have been privileged to lead and work alongside many of you and witness firsthand the compassionate care, integrity and professionalism you provide to our patients, their families and carers. Working at Calvary is definitely a highlight of my career.

The role will be advertised by Calvary National, and once an appointment is made, there will be a period of handover. Please be assured that during this period of transition, it will be business as usual at Calvary Kogarah. In closing, I know this type of change can be unsettling but I am confident that I leave behind a strong and supportive Leadership team who will continue to build upon and continue to support and manage our services and our people on a day-to-day basis.

I would like to take this opportunity to thank you all for your continued support throughout this time and please know that Calvary will always hold a special place in my heart.

Kind regards, Drew Kear General Manager/Director of Nursing

*(PS: When Drew met with staff, he advised us that he and his partner are moving to Queensland at the end of the year.)*

## HISTORY BOARDS:

On 31st July 2022, Calvary celebrated the 100<sup>th</sup> anniversary of the foundation of the Australian Province of the sisters of the Little Company of Mary. The first Provincial was Mother Mary Xavier, and written about her were the following words.... 'Her memory rests on her achievements as one of Australia's most noted hospital and nursing administrators in extending the work of the LCM in Australia'.



---

## SESLHD - MESSAGE FROM CHIEF EXECUTIVE

---

### Updated healthcare worker screening and vaccination policy

- NSW Health has revised the policy directive on health care worker screening and vaccination. This policy includes details about mandatory vaccination and screening for certain diseases, including SARS-CoV-2 (COVID-19), diphtheria, tetanus and pertussis, hepatitis B, measles, mumps, rubella, varicella, tuberculosis (signed declaration form only) and influenza.
- The updated policy now includes COVID-19 vaccination requirements for all NSW Health workers and annual influenza vaccination requirements for all workers employed in Category A positions. *(ie anyone who has contact with patients)*
- The policy states that all workers are required to receive two doses of a Therapeutic Goods Administration approved or recognised COVID-19 vaccine to commence employment/engagement or continue to work within a NSW Health service.
- In addition, all Category A Workers are required to receive three doses of a Therapeutic Goods Administration approved or recognised COVID-19 vaccine AND one dose of the current southern hemisphere influenza vaccine registered for use by the Therapeutic Goods Administration to be considered compliant.

NSW is continuing to experience the wave of transmission driven by the BA.4 and BA.5 COVID-19 sub variants. There was an increase in the number of cases notified, although COVID-19 notifications are likely to underestimate true incidence in the community. Current projections indicate that NSW will reach a peak in cases and hospitalisations in mid to late August.

---

### MVS UPDATE ON VOLUNTEER SERVICE:

---

Permission has been given for our Community Volunteer Service to return to face to face volunteering as soon as they have complied with the new requirements above to ensure ALL their vaccinations are up to date. I am reliant on our Staff Health Dept. to ensure vaccination compliance. The results are then entered onto the NSW Health VaxLink server. A compliance certificate is then issued which permits Staff/ Volunteers to return to work in NSW Health. I am currently working with Staff Health but the process is proving to be very slow. Hopefully we will have our community volunteers starting back soon.

As you know, Calvary has always complied with this immunisation requirement when you first started your volunteering. However following the long period of lockdowns, NSW Health has mandated that immunisations need to be up to date.

If you would like to start this process, you are welcome to check your Medicare certificate on the APP, (if that's feasible for you to do) which may provide us with information about your vaccination status, mentioned above. You can take a screen shot of the Medicare certificate and email it to me, and I will send to Staff Health to see if we can move the process along.

A link to the online TB form will be sent to you in due course, for you to fill out and return. The current one I sent to the community volunteers would not open, so Sarah will provide me with the updated link once she has received it from NSW Health.

It will be an easier process for you all in the future, as your results for immunisation will be on VaxLink and so will be more accessible being in the one place, and GPs should be able to access more readily as well. It's just the process of getting it all uploaded onto this database that is time consuming and subsequently holding us back from getting the volunteers back at Calvary.

Self-care for Medical Workers: Burn Out, Compassion Fatigue & Exquisite Empathy - Dr Michael Kearney	<a href="https://youtu.be/rNUBB_mtav0">https://youtu.be/rNUBB_mtav0</a>
Healthy and Active for Life Online: program for older people Healthy and Active for Life Online is a free, 10-week program covering diet, exercise, healthy weight and other lifestyle topics. Resources are provided to attendees and trained phone coaches support participants throughout the program. Organised by Health Promotion Service, South Eastern Sydney Local Health District.	<a href="#">More information &amp; registration</a>  or call 1800 823 002  <a href="#">Flyer</a>

## NEW CALVARY ELEARNING HUB: *CHECK IT OUT!!*

**CLICK HERE:** <https://learninghub.calvarycare.org.au/login/index.php>

**USERNAME & PASSWORD** is your Calvary Volunteer number

The new system may ask you to update your password once you're logged in. If you don't remember your number please email me & I can send it to you.



Every volunteer has a Calvary Volunteer number. - *it's a seven digit code starting with either 'V' or the number '5'.*  
Calvary has recently upgraded the online learning portal so the site will look a little different. This image is what the screen now looks like. It's easy to see what's complete and what you need to do.

- [Hand Hygiene for Healthcare Workers](#)
- [Calvary Cyber Security Awareness Course](#) *(recommended only)*
- [COVID-19 Infection Control Principles Training Module](#)
- [Calvary National Induction Program – Volunteers, Agency & Students](#)
- [Palliative & End of Life Care Foundation Module](#)
- [Manual Handling Introduction](#)
- [Fire & Emergency -Practical](#) (to be done on return to Calvary)
- [Manual Handling – Practical](#) (to be done on return to Calvary)

Click on link to begin ELearning module that are still outstanding.

If you see message below, about enabling Pop ups, just [Click to launch manually](#) link and it should work fine.



There is also a link on **Log in** page 'Forgotten password', and information with regards to enabling Cookies. (its another language isn't it... ha ha)



Please let me know if you have any issues, or you can call Calvary Help Desk on 1800 313 219



WELCOME TO YOUR  
**CALVARY HEALTHY  
 BODY & MIND**  
 UPDATE

**CLICK HERE  
 TO VISIT THE HUB**

FEATURING  
 RECIPES ONLINE CLASSES  
 WEBINARS AND MORE

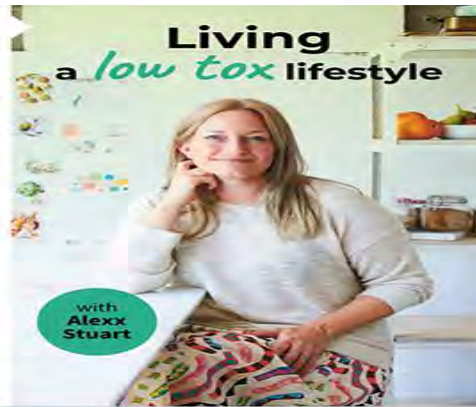
## Webinar

### HOW TO LIVE SUSTAINABLE EVERYDAY

Join, Alexx Stuart - founder of Low Tox Life as she takes you through simple well-being tips and tools for people and the planet, across the 4 pillars - food, body, home and mind. She will share from experience and draw on the research from the 300+ interviews with doctors, climate scientists, holistic practitioners, engineers and more. Bring your curiosity and questions along on the day!

**Date:** Wednesday 17th August, 1:00pm-1:45pm AEST

 **Register now**



**HOW ARE YOU LIVING SUSTAINABLY?**  
 Find out how green you truly are!

 **Complete now**

## Challenge



**LIVE MORE SUSTAINABLY**  
 Complete the challenge to start living a little more sustainably each day!

 **Start here**

**LIVE SUSTAINABLY every day**

LOW TOX HOME LOW TOX MIND LOW TOX BODY LOW TOX FOOD

**Information Flyer**  
**HOW TO LIVE SUSTAINABLY EVERY DAY**  
 Discover how to make your home, mind, body and food choices more sustainable.

 **Read now**

## Newsletter




**AWARENESS DAYS:**  
 National Stroke Week, International Psoriasis Month, Dental Health Week, Daffodil Day

 **Click to download**

## Get Cooking

### RAW BROWNIE

This no-bake healthy brownie recipe will satisfy your sweet tooth and help you overcome that 3 pm energy slump.

 **Download recipe**




## Live Class

### DECLUTTER, NURTURE AND FREE YOUR MIND

Take a break from your busy day to engage in meditation and mindfulness with Tambllyn Lord. Tambllyn will help you clear and nourish your mind.

**Every Tuesday 1:00-1:10pm AEDT**

 **Register now**



## Live Class

### STRETCHING AT YOUR DESK

Stretching keeps our muscles flexible, mobile and strong. Join rehabilitation Pilates instructor Nicola Ford as she shows you simple stretches you can do in your workplace. All flexibility levels are welcome.

**Every Thursday 1:00-1:10pm AEST**

 **Register now**



## Class Library

Access all our body and mind recorded classes.

**Click here for 100+ classes**

