



VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

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

CALVARY HEALTH CARE KOGARAH – UPDATE

Welcome to a new year and I would like to take this opportunity to thank you for your generosity and commitment in your service as a Calvary volunteer & being there for others.

I would like to extend a heartfelt thank you to Megan Thorpe who has been working as the Volunteer Co-Ordinator for the past few months. I am sure all who met her were impressed by the gentleness and the wisdom she brings to any situation. Having Megan work the two extra days allowed me to take off some of my excessive holiday leave.

Megan's position finishes on March 6th when she will continue as the Bereavement Counsellor at Calvary but no doubt enjoy not working full time. I am particularly grateful to Megan for assisting me in setting up the Biography Service for our Palliative Care Service. Sacred Heart has a very successful biography service and kindly trained our first four volunteers. Over the past few months, these volunteers completed quite a number of patient stories which have been written up and presented in a book as a treasured memento.

Since the inception of the service at Calvary, we have been overwhelmed with referrals for patients interested in having their life stories recorded. We have organised a Biography Training at Calvary on March 4th, so the service will then have 12 biographers.

If you hear of a patient who may be interested in this service, please pass on information to me and I will follow up, as this service may not be appropriate in some circumstances and resources are limited.

CPCT DEBRIEF MEETING:

31st March 2020
10-12 midday
Conference Centre
Community volunteers only

KEEP DATE FREE

2020 Mandatory Training for ALL volunteers

Volunteer Week

May 18th:

11-12:30

BBQ to follow.

2020 Training for our NEW Group volunteers.

Starts May 13th (4 Wednesdays)
9.30 – 3.30pm

STARS TRAINING WORKSHOPS

SUICIDE PREVENTION

Monday 24 February 2020
10:00 am to 2:30 pm, Campsie
This is for community members, staff and volunteers. Informed by the latest research in suicide prevention
Facilitator Wesley Lifeforce
Cost Free
Registrations are via Eventbrite

WORKING WITHIN BOUNDARIES

Monday 16 March 2020
9:30 am to 1:00 pm, Campsie

This workshop will assist you to set up and maintain professional boundaries in your role. Includes case studies to workshop issues and strategies.
Facilitator Deb Helmrich -STARS
Cost Free



CALVARY- UPDATE CONTINUED.....

Level 1 refurbishment now completed with new carpet in the corridor and wards. New bathroom sensor lights, new basins /fittings and even blue loos which are easier for patients to see.

Palliative Care Gym has been moved up to the 2nd floor where the old day hospital has been renovated. There is now a patient room (50) and a small office for staff. Doctors' room has been moved to Level 1 West office .

Level 1 gym is now another Rehab gym and the lounge has been converted back to patient lounge on 1st floor.

There are 16 new medi-fold beds for Palliative Care, so family members can sleep next to patients with increased comfort. This was part of a State Government grant . The fold down beds which are hidden behind cabinetry when not in use, have been trialled at Calvary for five months with great success. They replace the fold out chairs.

Staff Dining Room refurbishment on first floor is now complete. The dividing wall has been removed and new cabinetry and sinks- such a lovely space for a chat and cuppa.

USB Flash Drives Are More Dangerous Than You Think

Did you know!

ICT security teams are increasingly seeing cyber-criminals secretly drop USB flash drives in parking lots, foyers and other public places around their targeted organisations.

Unsuspecting staff plug these USB sticks into corporate computers which results in malware and other viruses getting around some of our security mechanisms .

THE CALVARY AUXILIARY would like to say a BIG thank you to everyone who supported the The Little Shop and Trolley throughout the year.

Your purchases, smiles and friendly chats make us – the Calvary Auxiliary - feel a big part of Calvary Kogarah.

We are extremely proud to let you know that our activities over 2019 have enable us to donate the following items to Calvary Kogarah:

February - \$15,655 – 3 x Blanket Warmers
March - \$32,626 – Bladder Scanner
August - \$2,731 – Tilt wheelchair
September - \$28,809 – 6 Beds for use in the community
October - \$21,647 - Lounges for Level 1 West Family Room
November - \$16,494 - Mobile Ultrasound

MND FUNDRAISER

Well Calvary has its very own DJ!



When Chris Snook turned 70 she decided she wanted to become a DJ as she has such a great love of music.

She found her teachers and in true style, within a very short time Chris decided to have evening of music and dance at the 16ft Sailing Club as a fund raiser for our MND service. \$2700

