



VOLUNTEER LINK-UP

Calvary Health Care Kogarah – Volunteer Services

Newsletter Date: June 2021
Issue 162

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

CALVARY – VOLUNTEER SERVICE

The new outbreak of CoVid certainly reminds us that we are living in uncertain times, the need to remain vigilant and maintain safe practice both in the health care environment and within the wider community. Hopefully the situation will resolve quickly and we can welcome you back to your valuable role of volunteering at Calvary and making the difference that each of you do. Your little acts of kindness make such a difference in the lives of our patients. Last week I visited two patients who had been recently discharged home from Calvary. Both talked about the volunteers, how much they enjoyed the conversations and laughter, the foot massages and one patient remarked ‘I can still hear the tune from the harp going through my head’. They both remarked how relaxed they felt and commented that they ‘loved the holistic care that Calvary provides and didn’t realise that Calvary had such an amazing volunteer service’ (*as they had been in Calvary prior to your return*). So we are all looking forward to your return as soon as the risk has been averted and it’s safe to do so. I have included some great educational resources in this newsletter, which I think you will find both interesting and helpful in your volunteering work.

Our Biography Service is certainly growing with increased number of referrals from the team, so we have recruited and will train another six new biographers via ZOOM on 1st July. This will bring the service to 22, comprised of volunteers to assist with training, patient biography, proof readers and typists and also mentors for our new biographers. It’s a wonderful service to be able to provide the opportunity to our Palliative Care patients, including assisting with legacy letters for their young children and life stories for families and friends.

All Volunteers now have a SESLHD (South Eastern Sydney Local Health District) Staff link number so in future, you are now able to have your Flu vaccination at Calvary and it will be recorded on the National register, same as staff.

MESSAGE FROM DREW:

Consultation meetings with architects and staff have continued regarding the refurbishment of the Palliative Care Unit which is planned later this year. We want to listen to the needs and vision of the staff working on the ward, and together with the architects and builders, we aim to create an improved space for everyone. The refurbishment of cottages 42 and 44 Ercildoune Avenue is now well underway, and once completed will become the new home of our Community Palliative Care Team (CPCT). Bringing the team together in the two cottages will then make way for the refurbishment of a new space for our Pharmacy Department. Bereavement Service is now located at 40 Ercildoune Ave.

The lease for the Coffee Shop has now been signed and following a small refurbishment of the current café space, we look forward to Tony coming inside. We are also progressing with the new vending machines which will also be installed in the café space, with plans to open the space to our staff, patients, volunteers, visitors and Auxiliary (once they are able to return onsite).



[South Eastern Sydney Local Health District \(SESLHD\)](#)

NATIONAL VOLUNTEER WEEK | Meet Kevin, a volunteer at Calvary Health Care Kogarah, who is part of the palliative care biography service. Kevin helped get the service up and running two years ago and works with a team of volunteers to document patients' stories. "The main purpose is giving the patient a chance to reflect on their life – their achievements, their relationships and the funny stories that life brings. They are the author and the story is whatever they want to share. They can talk about their family history or ensure their favourite recipes are kept safe for the next generation. Talking with us is also a chance for them to take their mind off their medical treatment," Kevin said.

Kevin became a volunteer as he remembers how caring and supportive the palliative care team were who cared for his wife before she passed away in 1998. "I see it as a privilege to hear people's stories. You can see how much they enjoy telling their stories and how much they appreciate the opportunity to document their past." This National Volunteer Week we thank all of our community that takes time to volunteer at our services.



Calvary 'Healthy Body & Mind' APP

June 2021 - Part 1
Family Health

[CLICK HERE TO VISIT THE DASHBOARD](#)

FEATURING

RECIPES
WEBINARS

ONLINE CLASSES
AND MORE

Our Pastoral Care worker, Paul Hurst asked me to share this link with you, which he thought might interest you too. Our staff are certainly missing you all and they talk about the difference each of you makes..... Calvary just isn't the same without your presence!!!!

<https://livelifegetactive.com/>

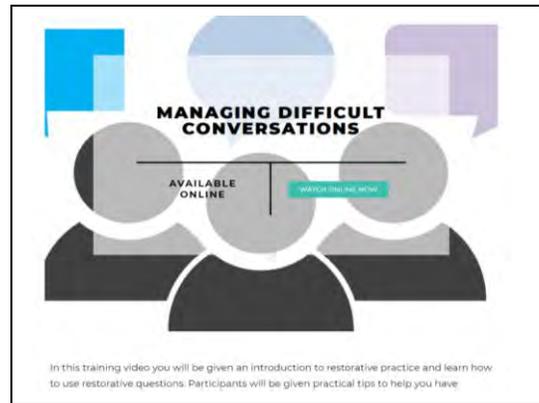
MANAGING DIFFICULT CONVERSATIONS

Some of you attended the recent online ZOOM workshop: 'Managing Difficult Conversations'.

LEEP have kindly made the recording of this workshop available for those who are interested and were unable to attend.

Some resources used in the workshop have also been included. Click on link below

[gain access to all resources from this workshop HERE.](#)



Palliative Care NSW have just launched their new online training videos – 'About Palliative Care', presented by Nikki Johnston, Palliative Care Nurse Practitioner.

'About Palliative Care is an easy-access online learning tool, designed primarily for use by volunteers and volunteer managers. We hope that it will also assist in delivering training to newly recruited volunteers, especially now when COVID restrictions make it harder to gather in person.'

About Palliative Care introduces you to:

- the philosophy of palliative care
- provision of standards by which care is delivered
- the role of volunteers
- concepts of health promoting palliative care

About Palliative Care is designed as a set of FIVE (5) stand alone video sessions **CTRL+click on link**

Click on links in 'red' to view videos –

- Unit 1 – The origins of palliative care
- Unit 2 – The delivery of palliative care
- Unit 3 – About specialist palliative care
- Unit 4 – The role of the volunteer
- Unit 5 – Health promoting palliative care

During the current CoVid restrictions, you may be interested in doing some Professional Development to enhance your understanding of Palliative Care and the significant role & care you provide as a volunteer.

Palliare: A Handbook for Volunteers in NSW (copy available from Anne-Marie) offers background and practical guidance for people who volunteer in Palliative Care settings. The [easy-access training videos](#)

Free – Download the Second Edition PDF (please click on the blue text to download).



[{Book} Palliare: A Handbook for Palliative Care Volunteers in NSW \(Second Edition 2018\)](#)

1 file(s) 5.18 MB