

VOLUNTEER NEWSLETTER



GREETINGS, COLAC AREA HEALTH VOLUNTEERS!

We hope everyone had a wonderful and safe Easter period, filled with moments of joy and relaxation. With plenty of public holidays in the rearview mirror, we extend our heartfelt gratitude to each of you for your continued dedication and support over these shortened work weeks.

March was a month of growth and greenery, with our volunteers making a significant impact in our community. A special shoutout to Peter for his outstanding work at Neighbourhood House, where his gardening efforts have truly transformed the landscape. Additionally, we commend Debra for her ongoing commitment to our garden pockets, which continue to flourish under her care. We were also thrilled to introduce our first "Easter Eggcellent" volunteer, Kathy, who delighted patients and staff alike with her distribution of wooden craft eggs.

As we step into April, we're excited to announce upcoming volunteer training in Birregurra on the 8th of April. If you're due for mandatory training renewal, please be sure to book your spot (and yes, there will be cake!).

Thank you all for your unwavering support and dedication. Your contributions truly make a difference in the community.

DO CARE

The Power of Companionship



Would you like to make a meaningful impact right here in your community?

Become a 'Do Care' Volunteer and spread joy to socially isolated older Australians in our community. Through simple acts of companionship and friendship, you can make a big difference to those who may be feeling alone due to mobility challenges, cultural differences, or other factors.

Our program is all about connecting with people, right here in our own backyard. Whether you prefer one-on-one visits or group activities, your time and support are incredibly valuable. Join our friendly team today and help create brighter days for our neighbours in need. Get in touch with us at (03) 5232 5204 or scan the QR code to learn more and get involved.



EASTER

Spreading Festive Spirit

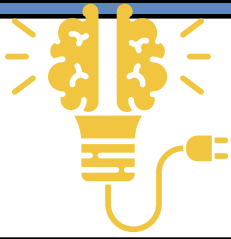


Whether you hopped into Easter egg hunts or simply relaxed during the long weekend, we hope it was filled with joy and laughter.

In the lead up to Easter, our festive volunteer was spreading Easter cheer throughout the wards! Armed with wooden Easter eggs, we've been bringing smiles and creativity to patients and staff alike. These charming eggs are not only decorative but also provide a fun activity and a chance for uplifting conversations.

Creativity in hospitals offers patients a therapeutic outlet for stress reduction, emotional expression, and cognitive stimulation, contributing to their overall well-being and recovery process. We hope to continue to integrate creative programs into Colac Area Health via our Volunteer Programs. If you have an idea, please get in touch with our Volunteer Coordinator.





UPCOMING TRAINING

Volunteer Learning Opportunities

We're excited to announce some upcoming training sessions that may be of interest to you! These sessions, focusing on "Difficult Conversations with Customers," offer a valuable opportunity to enhance your communication skills and confidence when addressing challenging situations.

The sessions will be held on the following dates in the Otway Tutorial Room:

- Friday, April 5th at 2pm
- Tuesday, April 9th at 10am
- Tuesday, April 23rd at 3pm

While attendance is optional, we believe these sessions can provide valuable insights and strategies for navigating difficult conversations effectively.

We encourage you to mark your calendars and join us for these informative sessions. Your participation is greatly appreciated as we strive to continuously improve our services and interactions within the community.

MANDATORY TRAINING

Are you due to renew your training?

The Volunteer Mandatory Training modules enable Colac Area Health Volunteers to complete their roles safely and confidently. It is a requirement upon commencement of your Volunteering and also needs to be renewed every 3 years.

There are 5 sessions held in-person throughout the year and also an online option for those unable to attend. I encourage you to attend in-person as it's a great way to connect with others.

The recent integration of Better Impact means that you are able to view your training renewal date under the qualifications section of your profile.

Please phone Jenna on (03) 5232 5204 with any questions.

Upcoming Group Training Sessions:

DATE Monday 8 April
TIME 1PM-4PM

LOCATION Birregurra

Afternoon tea will be provided. Please notify of any dietary requirements.

RSVP to volunteers@cah.vic.gov.au



National 20-26 MAY 2024 Volunteer Something for Everyone Week



**YOU ARE INVITED:
VOLUNTEER MORNING TEA**
join us to celebrate

23

**THURSDAY
23RD MAY
AT 10 AM**

*Cafeteria
Colac Area Health
2-28 Connor Street COLAC*

*RSVP to volunteers@cah.vic.gov.au
by Monday May 13th 2024
Please indicate any dietary requirements*



FEEDBACK

Colac Area Health welcomes your feedback – please scan our Feedback QR Code to share your experience with us and help us to become aware of what you think we are doing well and what you think we could do better. The feedback you provide is confidential and may be provided anonymously.

Thank you for participating.

Scan Me

