



WELCOME TO THE FIFTY-EIGHTH VOLUNTEER NEWSLETTER!

In here you will find out about training dates, updates, new roles available and other important volunteering information.

If you have a story to share (can be regarding your volunteering or personal experiences) please contact the office on P: 5232 5204

Christmas, A Time To Remember

It's hard to believe that next month we will be celebrating Christmas and the festivities that come at this time of year.

But Christmas can be a difficult time of year for many in our community.

Each year in December, Quinn Funerals, Hall Funerals and the Palliative Care Volunteers at Colac Area Health come together to host 'A Time to Remember'. This ceremony supports Colac and District families through the grief and sadness that comes with the death of a loved one.

It's important to remember that it is normal to feel enhanced emotions throughout the holiday season. A Time To Remember offers our community the chance to feel, remember, reflect and gather strength in a heartfelt setting surrounded by music and community spirit.

This years' service will be held on December 5th at St Mary's Parish, with invitations going out over the coming weeks. I want to thank our Palliative Care Volunteers for assisting with bringing this event together again this year.



PALLIATIVE CARE VOLUNTEERING

Volunteers in palliative care offer friendship and support to those living with a life limiting illness and their families. The support of volunteers can support a person in living as fully as possible.

Palliative Care Volunteers are of all ages and bring a diverse mix of cultural life experiences and expertise from the local community.

Palliative Care Volunteers are specially trained by South West Healthcare in bereavement support and must complete 9 competency units before commencing in their role.

Expressions of Interest for 2023

We are currently seeking interest for new Palliative Care Volunteers who would like to join the team in 2023.

If you have the capacity to empathise and listen without judgement, are compassionate and happy to just be with someone without the need to fix things, then please reach out for information on the Palliative Care Volunteering program.

For more information please contact Jenna, the Volunteer Coordinator, on (03) 5232 5204 or volunteers@cah.vic.gov.au.



SMALLER VOLUNTEER OPPORTUNITIES

But still very important!

We are looking for Volunteers to assist with the following 'smaller' opportunities. Although these tasks might require a shorter time commitment, they are just as important to the staff and patients at Colac Area Health.

In particular, we are seeking:

Client Telephone Surveys – do you like listening to feedback? Are you organised? The Palliative Care team are seeking someone to make client survey telephone calls once per month for about an hour.

Fleet car washing – our staff don't often have time to clean the fleet cars and it is important to present well when visiting clients, or transporting patients, on behalf of CAH. If you like driving through the car wash, this opportunity is for you!

Do you have a special talent? – Miller House want you! If you like to play guitar, have a special craft talent or a particular knowledge set that you'd like to share with a social group, please get in touch.

If you want a change, or to expand your volunteering experience, please contact Jenna on (03) 5232 5204.



FACE MASKS

All non-consumer facing staff to wear a **Level 2 disposable surgical mask** at all times.

When a non-consumer facing staff member is in a consumer facing area they need to wear the mask for that area.

N95 masks for all staff within consumer facing areas.



FEEDBACK

What would you like to see in your Newsletter?

This Newsletter is for you; we would love to get your feedback so that we can keep you engaged!

What changes would you make?
What aspects do you love?

Send your feedback in a short email to volunteers@cah.vic.gov.au or give Jenna a call on (03) 5232 5204

UP COMING EVENTS

4th – 20th November
Colac Area Health
Foundation Art
Exhibition
Studio 92, Colac

11th November, 7pm
Birregurra Art Show
42 Main St, Birregurra

5th December, 7pm
A Time To Remember
St Mary's Parish

Date TBA
Volunteer Xmas
Lunch
CAH Cafeteria

Quiz Section:

10 Questions:


1. What are the two zodiac signs for the month of November?
2. "Don't ya think that you need somebody? Don't ya think that you need someone? Everybody needs somebody" are lyrics from which 1991 hit song?
3. What flower is known as the 'Golden Flower' and also symbolises November?
4. What successful actor, the face of many "Hey, Girl" memes, turns 42 years old on the 12th November 2022?
5. Although there has been a lot of rain this Spring, which Victorian town in the Otways still holds the record for highest recorded daily rainfall at 375mm?
6. "November always seems to me the Norway of the year." Is a quote by which famous poet?
7. In 2022 Melbourne Cup falls on the 1st of November. When was the last time the Melbourne Cup was held on the 1st of November?
8. 'Movember' is a charity movement that raises awareness and funds for men's health. In what year did this first begin?
9. When is 'All Saint's Day'?
10. True or false: Jimi Hendrix and Bruce Lee were both born on November 27th

Quiz Answers:

1. Scorpio & Sagittarius
2. November Rain
3. Chrysanthemum
4. Ryan Gosling
5. Tanybryn
6. Emily Dickinson
7. 2016
8. 2003
9. 1st November
10. True



SELF-CARE *Bingo*

ENJOYED A SHOWER OR BATH	OPENED ALL THE BLINDS	CAUGHT UP WITH FRIENDS	PRACTICED POSITIVE SELF-TALK	STRETCHED
MOVED MY BODY	MEDITATED	SAT IN SILENCE	WROTE DOWN 3 THINGS I AM GRATEFUL FOR	LAUGHED
SAID 'NO'	DRANK 2L OF WATER		TOOK A SOCIAL MEDIA BREAK	ORGANISED A CUPBOARD
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	SPENT TIME ON A HOBBY	GOT HANDS ON IN THE GARDEN	READ A BOOK
SPENT TIME OUTSIDE	LISTENED TO MUSIC	ATE SOMETHING NOURISHING	WROTE IN MY JOURNAL	PRACTICED COMPASSION

