

Volunteer Update

The last two months have been filled with a number of exciting volunteer activities across Warrigal. I'd like to welcome our new volunteers: Jan, Cheryl, Sharon, Trent, Jemima, Christee, Sue, Shar, Yeeun, Katie, Swany, Lyn, Caitlin, Gina, Christina and Deb. We're thrilled to have you on board!

During **Dementia Action Week** (16-22 September), we hosted a Dementia Awareness Workshop for our volunteers, led by Warrigal's Dementia Specialist, Professor Victoria Traynor. It was a fantastic opportunity to deepen our understanding and support for those living with dementia. *Read more on page 3.*

Also during this week, we had an incredible **Corporate Volunteering** event at Shell Cove, with 15 teachers from Corpus Christi High School, transforming the courtyard of the Mystics Memory Support Unit. *Read more on page 3.*

BIG NEWS! Warrigal achieved an historic triple win at the Business Illawarra Awards for Excellence in Workplace Culture, Excellence in Large Business, and the prestigious Business of the Year Award!

This wouldn't be possible without our team, volunteers, community, and everyone who contributes to Warrigal's success every day.

We've seen remarkable volunteer growth at **Warrigal Queanbeyan** (45% increase since May) and **Hughes** (54% increase since June). After collaborating with the Lifestyle teams and conducting a gap analysis, we identified several volunteer roles for a targeted recruitment campaign. Huge thanks to Lifestyle Team Leaders **Belinda Huntly** (Queanbeyan) and **Sukhmani Pabla** (Hughes) for your dedication to welcoming and supporting these new volunteers.

I'm truly proud of all the Warrigal volunteers who received nomination awards at the **2024 NSW Volunteer of the Year Awards** in the Illawarra and Goulburn. *Read more on page 2.*

Michelle Chate, Volunteer Coordinator

Save the Date

Southern Volunteer Christmas Event:
Goulburn Soldiers Club
Tuesday, 26 November 2024

Illawarra Volunteer Christmas Event:
Warilla Bowls & Recreation Club
Thursday, 28 November 2024

Invitations and full details will be emailed and mailed to volunteers in October.



Congratulations

NSW Volunteer of the Year Awards

During September we had the pleasure of celebrating our incredible volunteers who were nominated at the **2024 NSW Volunteer of the Year Awards** the in Illawarra and Goulburn.

- **APR Café Volunteers** - Carol Bailey, Dianne Gorman, Narelle Jones, Tammy Marskell, Noreen Packer, Sue Taylor, Ann Tully, Sharon James
- **Rex Halpin** – Volunteer Bus Driver
- **Janny White** - APR
- **Bundanoon Café Volunteers** - Helen McNeill, Marion Martin, Janice Grimson, Margaret Fitzpatrick, Jacinta Rice, Jan Newbury, Elizabeth Cant, Helen Cooper, Michele Costello
- **Goulburn Café Volunteers** - Anna Faucett, Kathy Booby, Denise Lanham
- **Jill Elliot** – Queanbeyan
- **Derek & Jacqueline Bedson** - Queanbeyan



Rex Halpin Recognised in Parliament

Rex has been a valued volunteer bus driver at Warrigal for over 12 years and was recently nominated for the Senior Volunteer of the Year (65+) at the regional 2024 Volunteer of the Year Awards. Even Anna Watson MP was so impressed with Rex that she made a special recognition for him in Parliament!

[CLICK HERE](#) to watch the Community Recognition Statement in Parliament.



Dementia Awareness Workshop

During September, 26 volunteers attended the **Dementia Awareness Workshop** facilitated by Warrigal's Dementia Specialist, **Professor Victoria Traynor**. The workshop offered participants a deeper understanding of dementia and effective communication strategies for supporting residents experiencing memory decline. It included an engaging Q&A session, and a practical component where participants learned the art of gentle hand massage using essential oil blends, providing calming sensory experiences for our residents.

We are planning to offer this workshop for volunteers in the southern region in early 2025.



'We're learning more to help people with dementia live well in our community' - Dementia Australia

Shell Cove

Mystics - Memory Support Unit

Last week at Shell Cove, it was all hands on deck in the Mystics to undertake a make over in the memory support unit courtyard. Under the coordination of Scott Rayner, Community Facilitator at Shell Cove, we had 12 teachers from Corpus Christi High School doing Corporate volunteering, Warrigal volunteers, residents and property team, who were busy painting, planting, and assembling furniture. WOW - what a transformation and how wonderful to see the residents coming out to watch the activities and admire the mural and new colourful plants.

Over the last few weeks we commissioned an Aboriginal Artist (Michael Fardon) who completed a stunning mural on the wall within the courtyard, which has become the feature of the area.

This project also addressed a need identified in the Understanding Changed Behaviour (UCB) Coaching Program as an area for improvement. Special thanks to Scott Rayner, Community Facilitator at Shell Cove - this project wouldn't have come together without his hard work and coordination.



Warrigal Care Auxiliary Inc. Fashion Parade

What a fabulous morning at the Warrigal Care Auxiliary September Fashion Parade!

We were thrilled to have our special guest, Jenni Hutchins, CEO, as one of our models, showcasing the Spring Collection from Golden Girls Fashions.

A huge thank you to everyone who joined us for this wonderful fundraising event! From the delicious homemade scones and cakes to the lucky door prizes, it was a lovely morning filled with laughter.

A special shoutout to Benji for giving his paw of approval to our fabulous models!

Our Warrigal Care Auxiliary is made up of a dedicated team of volunteers committed to raising funds for the residents in our care homes. We appreciate your time and dedication in organising these fantastic events!

National Student Volunteer Week

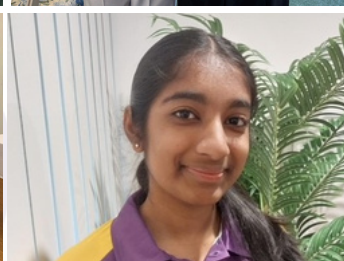
During **National Student Volunteer Week** we celebrated all the students who volunteer at Warrigal, from the very young to University students. Thank you for the time you give and the joy you bring to our residents.

"Student Volunteers bring an entire new spirit and life to volunteering! The residents are so excited by a 'younger person' spending time with them. For many, they remind them of their grandchildren and seeing their faces light up across the interactions is priceless!" - **Scott Rayner, Community Facilitator, Shell Cove**

"Integrating children in to aged care gives our residents a new purpose and joy. It also benefits the students as they learn empathy respect and patience." - **Kim Lillie, Lifestyle Team Leader, Mt Terry**

"At Albion Park Rail we love having the students from the Music Star School of Music visit during the school holidays. These students provide entertainment for our residents through dance and song, and the residents look forward to seeing all their amazing costumes." - **Natasha McAlister, Lifestyle Team Leader, APR**

"The most important thing about young people connecting with our older generation is fostering an understanding of a life well lived, compassion and empathy and most of all respect and tolerance. It helps young people see our older generation in a different light. We also know how much light young people bring to the life of our older residents". - **Stella Banks, Lifestyle Team Leader, Mt Warrigal**



Meet Conway

Goulburn Volunteer Bus Driver

Conway became a volunteer for Warrigal Goulburn back in June 2024.

Conway has lived in Goulburn most of his life.

Conway has worked as a parts interpreter for Southern Motors here in Goulburn before making a move to Sydney to work with City Ford. He worked in the motor industry for over 25 years. He then moved into GIO Insurance for 14 years. Conway then decided to move into a career with Corrective Services. This job he held for 21 years before retiring.

Conway's hobbies include golf and hockey. He has been part of the local hockey scene since he was 6 years old. Conway has been a Goulburn and ACT representative (for over 20 years) now and to this day is still playing. A member of the Goulburn Masters team he is also their current secretary and holds position of committee person for ACT hockey.

His has been awarded for all his years of service with a life membership for North Blues hockey and Goulburn Masters.

Golf is another of his hobbies which he enjoys very much. Having a break of 40 years off the course, he has loved his return to the green fairways. He's especially happy following retirement that he gets to spend more time on the course.

Why did Conway decide to volunteer??

Conway spent many years looking after his mother and realised he wanted to give back to the cause. It was mentioned by a family member that Warrigal was looking for volunteers so he thought it would be a great time to apply and give himself something else to do during his retirement.

Conway has been driving the Goulburn residents bus for three months now and finds it very rewarding. The residents love the interaction with Conway and can't wait for their next trip.

Adam Skelly, Lifestyle Team Leader, Warrigal Goulburn

"Conway's generous service as a volunteer bus driver has enabled us to offer more bus trips each week, allowing more residents to enjoy outings more frequently, which many have truly loved!"

Belinda McClelland, General Manager, Warrigal Goulburn



"I enjoy volunteering at Warrigal Goulburn and love seeing the smiles on the residents' faces during our outings. It's my way of helping them get out and about, even in a small way. The staff are so friendly to the residents and myself, which makes my job as a volunteer bus driver so enjoyable.

Volunteering gives me a sense of satisfaction, as I'm able to provide enjoyable outings for the residents. Sometimes we travel past places where they used to live, went to school, grew up, or worked, and it is great to hear their life stories.

As bus driver, I always travel to the planned destination first to make sure it's suitable and that we have enough time within the allocated timetable. I like to take a different route each bus trip to keep things interesting and enjoyable. I call them my "mystery tours", which the residents really love.

Conway Bogg, Volunteer Bus Driver, Warrigal Goulburn



We love hearing about the exceptional work our volunteers do across Warrigal. If you'd like to share your story or photos, please email them to Michelle at volunteering@warrigal.com.au

Happy Retirement Kim Mt Terry

I would like to say farewell to Kim Lillie, Lifestyle Team Leader at Mt Terry. Kim has dedicated over 15 years at Mt Terry, providing exceptional support and guidance to the volunteers in the home. She will be greatly missed, and we wish her all the very best on her retirement as she spends time with her family and grandkids.

Debbie Davidson will be stepping up into the role of Acting Lifestyle Team Leader at Mt Terry. Volunteers in the home can contact Debbie for any assistance you may need.



Meet Mary from Mt Terry

Mary started volunteering at Mt Terry this year and has become an incredible asset to the volunteer team. With her father being a resident at Mt Terry for several years, Mary decided this year to give back to her local community and volunteer in the home.

She has provided great support to the Lifestyle Team by assisting in running activities and ensuring that our volunteers from Greenacres are supported and engaged in meaningful volunteer opportunities.

As you can see from the photos, Mary loves to join in the fun!



Hold the Moment

A Podcast by people living with dementia

Hold the Moment, is a new podcast from Dementia Australia, and is full of real stories about life after a dementia diagnosis.

On **Hold the Moment**, you'll meet people living with dementia and hear how they manage issues such as telling others about a diagnosis and getting your affairs in order. Plus lots of tips and strategies you can use in your life - from exercise, to getting around town, to sleep.

[CLICK HERE](#) to listen to full episodes or visit www.dementia.org.au

Community Facilitator

Shell Cove - Scott Rayner 0476 858 872
srayner@warrigal.com.au

Warrigal Social

Illawarra - Lee-Anne Sutton 0436 815 911
lsutton@warrigal.com.au

Goulburn - Rachael Edwards (02) 4823 0600
redwards@warrigal.com.au

Lifestyle Team Leaders

APR - Natasha McAlister 0476 858 870
nmcaster@warrigal.com.au

Bundanoon - Corae Marx (02) 4884 6100
cmarx@warrigal.com.au

Calwell - Thanga Vaiphei (02) 6298 5200
tvaiphei@warrigal.com.au

Coniston - Kylie O'Brien (02) 4229 4433
kobrien@warrigal.com.au

Goulburn - Adam Skelly 0488 712 487
askelly1@warrigal.com.au

Hughes - Sukhmani Pabla (02) 6283 4980
spabla@warrigal.com.au

Mt Warrigal - Stella Banks 0458 110 571
sbanks@warrigal.com.au

Mt Terry - Debbie Davidson (02) 4235 7600
ddavidson@warrigal.com.au

Multicultural Village - Rebecca Marshall (02) 4276 3212
rmarshall@warrigal.com.au

Queanbeyan - Belinda Huntly (02) 5110 3500
bhuntly@warrigal.com.au

Stirling - Sushila Subedi (02) 6287 0200
ssubedi@warrigal.com.au

Wollongong - Michael Patterson 0458 068 486
mpatterson@warrigal.com.au

For all volunteer enquiries please contact Warrigal's Volunteer Coordinator

Tel: 0436 806 723 | Email: volunteering@warrigal.com.au