

VOLUNTEER WORKER NEWSLETTER MAY 2022

NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK

National Volunteer Week 2022 Sponsors



It is hard to believe that we are at the fifth month of the year! Much has happened and a lot of that is in the changing way we are looking at Covid and how we must learn to live with the disease. For us as an organisation dealing with the older members of our community under the Health and Aged Care banners, we need to remain cautious and considered in what we are doing.

These Covid Policy guidelines are the latest accepted by the Board. The Board does review these each month.

- ✚ That only fully vaccinated staff and volunteers be engaged in our work especially when in contact with clients.
- ✚ That all Group Social Support continues under the present procedures (masks on the bus, temperature checks, distancing as much as possible, hand sanitiser to be available and used).
- ✚ That Individual Social Support services continue using fully vaccinated volunteers and offer all services.
- ✚ That Hand Sanitiser must be used by staff in the office, by packers and delivery teams when working with meals.
- ✚ That staff/volunteers who deliver meals may NOT enter the home of clients, unless there is a disability, and the client cannot manage the task of carrying their meals to the freezer.
- ✚ That we review this again in May.

I am hoping, as trends continue, that I may be able to recommend to the Board that we can enter homes of clients once more. This will allow us to converse and spend a few minutes with them, to assist with putting meals in the freezer on time, checking the freezer to make sure meals are not passed their used by date, and just being a pair of nice people showing care and concern.

I will be making this recommendation to the Board at our May meeting. They will accept it or not depending upon trends and events happening at the time. We can not rule out the number of cases in our area, that we have many visitors to the area from all over Australia and that the elderly are more suspect to the ramifications of catching the disease. We also must note that the influenza season is upon us and will have an impact too.

One thing we as staff and volunteers can do is make sure we have had our booster shot. We are now having to report on this fact and recently it was announced that we will have to report on who has had the second booster.

So, for your safety and for the added caution we are taking for our clients, may I encourage you to get the flu jab and your third and fourth vaccinations. I would ask that you let us know when you have had these, so we are able to report correctly to the Government.



It is exciting to hear that many of you are taking the advantage of travel being open to us again. I hope you all travel safely, have wonderful adventures and enjoy the sights and experiences which come with travel.

But for us this is leaving us short of assistance in various areas. If you know of people who would like to do what you are doing, then please suggest that they call us. I would love to meet them and help them to find a role.

We are in need of folk who may help out our Individual Social Support programmes with some 'courtyard gardening' visiting, taking clients shopping or to appointments.



These are rewarding times and great bonds develop between the two, but we can do more in the community with a few more people on the team.



Training is important and last year we offered **First aid courses**. There were three courses run with 8-10 people in each one. I would like to be able to do this again and seek names of interested people for this and the CPR course which is usually associated.

If you are interested, please let me know at the office (4474 4464) by Friday 20 May.

Staffing

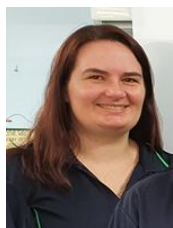
Since our February newsletter there has been a change to the Out and About team. We have welcomed Cathy Cooper to the staff and thank her for the work she has done to date. Cathy is a local lady who grew up here and she has raised her family within the district. Cathy and Kelley have developed into a great team and are doing a wonderful job with the Out and About clients.



Our full staff team is



Alan



Bethany



Nicole



Kelley



Cathy

Our programmes in brief

Meals.....we have been doing well. There are some price rises gradually coming from manufacturers but at present we do not have to worry too much. Packing is still being completed at Moruya.

The Food Panel continues to meet to oversee how this part of our programme is happening.

Out and About (Group Social Support)this is gradually returning to its former status but clients have asked that the 'out and about' be the mantra for the near future. We are doing this and visiting a variety of places. There is a wonderful feel within the group, and they are most welcoming of anyone new who wishes to get out of the house at some stage during the week. Contact Kelley or Cathy if you know of anyone interested and they will discuss the programme and how to get involved.

Individual Social Support....a growing area and one we wish to develop with your assistance.

Wallaga Elders Social Group will definitely start on 2 June. It has been a long time returning!!

PALZ Group (Professionals with Alzheimer's) I have a new supporter as we try to re-establish this important programme and would love to hear of any family members or friends who, along with their carer, could benefit from this opportunity. Contact me for more details.

Board news

The Board (Chair: Phil Armstrong) continues to meet each month and I thank all Directors for their efforts.

The Board has three subcommittees operating.

The **Finance, Risk and Audit Committee** (Chair: Deborah Buchanan) meets each month and hears from our Finance Officer and me on the previous month's operations and figures. These are then sent to the Board.

The **Policy and Administration Committee** (Chair: Cathy Milliken) meets four times a year with me to review our policy documents (we have over 60 policy documents: each one has a life span of three years).

The **Food Panel** (Chair: Sue Proud) meets four times a year and oversees our menu development, possible menu changes, special meals, and safety standards. **This Panel has representatives from the three areas, but there is vacancy for a member from Narooma and we seek interest in this position.**

All committee meetings happen on a Thursday morning and are scheduled for the year. The meetings start at 10.30am and usually take an hour or maybe 90 minutes. Committees are chaired by a Board member and Board members can attend any subcommittee. The Food Panel also has volunteers assisting and bringing forth great ideas.



Clients Survey

All clients have started to receive their annual survey from Tuesday 3 May, and they are due back on 10 June. If a client seeks your assistance to complete the survey, please would you help them. There is an envelope included for the returning survey.

Work Health and Safety Officer

Our new person is Bruce Gorton. He can be contacted through the office.

Alan Russell,
Manager

