

Volunteer NEWSLETTER

Staying Connected

- Page 2 Benefits of Volunteering
- Page 3 Contacts & Social Media
- Page 4 Program Updates
- Page 5 Celebrations

Season's Greetings From Bernadette...

As we approach the end of the year we reflect on the year that has passed. I look back and see so much has been achieved this year within all areas of BASScare . We have opened back up with existing and new volunteers returning to brighten our clients' days.

The festive season for me is a time to celebrate and spend time with the people around us. I am so happy I could start off these celebrations with so many of our wonderful volunteers at our end of year celebration. Acknowledging our long service volunteers and those who have retired after many years of service.

For those of you taking a break over the festive season have a wonderful and relaxing time .

From all the staff at BASScare we wish you and your families a very Merry Christmas and a Happy New Year!



Volunteer Opportunities
 We have a number of volunteer opportunities available at: Meals on Wheels, with Social Support and at Maranoa House.

MEALS ON WHEELS INC.

MARANOA HOUSE
 Day Outings & In House Support

FAVERSHAM HOUSE
 Visiting and Activities

SOCIAL SUPPORT ACTIVITIES
 Canterbury Centre

If you would like to learn more about current volunteering opportunities or know anyone interested, please contact Bernadette, Volunteer Engagement Coordinator on 0447 503 741.

Benefits of Volunteering

I recently found an interesting article on the benefits of volunteering from the University of Sydney, titled the 7 Surprising Benefits of Volunteering. You can read the article by following this link: [7 surprising benefits of volunteering – The University of Sydney](#). Experts on happiness, psychology and pharmacology from the university were interviewed on their research into the benefits of volunteering.

The findings may not be very surprising to our volunteers. They showed that volunteers have improved wellbeing and increased life satisfaction due to the purpose and meaning derived from volunteering, as well as through interacting with likeminded people and learning new skills. Volunteering has also been shown to increase happiness, creating a positive mood in participants and even leading to a "helper's high". These positive effects on mental health flow on to physical health, with some volunteers even finding their blood pressure has decreased.

All these benefits are dependent on volunteers giving to a cause that engages their hearts and minds. The number of long term volunteers we have recently celebrated tells me that our volunteers must be experiencing some of these benefits. So thank you for choosing to join our community at BASScare and the care you give to our clients.

Contact Details

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Volunteer Engagement Coordinator
Mobile: 0447 503 741
Email: b.scicluna@basscare.org.au

Faversham House – Lifestyle

Phone: (03) 8809 4908
Email: lifestylecoordinator@basscare.org.au

Meals on Wheels Canterbury

Phone: (03) 9880 4703
Email: mealsservice@basscare.org.au

Faversham House – Reception

Phone: (03) 8809 4000

Canterbury Centre

Social Support Activities

Phone: (03) 9880 4709
Email: socialsupport@basscare.org.au

Meals on Wheels Marwal

Phone: (03) 9880 4751
Email: marwal@basscare.org.au

Maranoa House & Club

Dementia Services

Phone: (03) 8809 4979
Email: maranoa@basscare.org.au

Meals on Wheels Hawthorn/Kew

Phone: (03) 9880 4750
Email: hawthornkew@basscare.org.au

Mailing Road – Home Care Shop Front

131 Mailing Road, Canterbury Email: mailingroadreception@basscare.org.au

Volunteer Resource Information **BASScare Further Information**

Volunteer Resource Material
www.basscare.org.au/volunteer/

BASScare Website
www.basscare.org.au

Printed Volunteer Resource Folders
Are available at all BASScare sites

BASScare Social Support Programs Newsletter
Canterbury & Marwal Centres
www.basscare.org.au/catergory/news/

Employee Assistance Programs **Other Areas For Support**

D'Accord Occupational Assistance Services
Phone: 1300 130 130

Coronavirus.beyondblue.org.au Phone: 1800 512 348
Lifeline Phone: 13 11 14

Headspace.org.au Phone: 1800 650 890

1800respect.org.au Phone: 1800 737 732

Kidshelpline.com.au Phone: 1800 551 800

Or talk with your GP.

A friendly reminder:

If you are going away for an extended time or unavailable to volunteer for a scheduled shift, please notify your service area manager or coordinator.

Staying Connected

BASScare has many social media accounts for you to follow, helping you stay up to date with all the latest news!

Please follow us on:



Facebook @BASScareAgedCare



Instagram @basscareagedcare



LinkedIn @BASScareAgedCareServices

And just for our volunteers, a place for us to connect and keep up with all the latest volunteer news and information:



Facebook @BASScareVolunteers

Volunteer Program Updates

Faversham House

Welcome to the new volunteers who have joined Faversham House assisting us to run various activities and visiting with our residents. There are still some volunteer positions left so if you are interested in helping us deliver an experience that provides residents with security, dignity, comfort, social engagement and companionship please contact Bernadette at volunteers@basscare.org.au.

The residents have been enjoying the Christmas themed activities and parties running in different areas of the home. Including a visit from Santa, aka our CEO Craig Bardrick.

Maranoa House & Club

Maranoa has been hosting Christmas celebrations for clients and their carers, with lunches on different days and a lovely mass on Italian day.

Both Maranoa House and Club have a number of volunteer opportunities available. If you or someone you know is interested in volunteering please contact Bernadette to hear how much our existing volunteers enjoy their experience,

Maranoa House and Club will be taking a break over Christmas for 2 weeks, reopening on 4th of January 2023.

Social Support Programs

Canterbury Centre & Marwal Centre

Christmas celebrations have been in full swing with Christmas Crafts and Cooking sessions along with shopping tips to prepare for the festive season well received.

Preparations for lunch on Christmas day are underway, as are many exciting programs and outings for the new year.

Normal programs for social support will pause for 2 and a half weeks restarting on 9th of January 2023.

Meals on Wheels

Canterbury, Balwyn and Hawthorn/Kew

A massive thank you to all our meals on wheels volunteers. So many have been volunteering with us long term, through COVID lockdowns and continuing through the Christmas and New Year time to ensure our clients always have access to tasty and nutritious meals.

Calling out to all MOW volunteers

While You Are Away ...we are happy to take on short term volunteers.

With the improving weather and increased ease of travel many volunteers are going away or have short term changes to their circumstances. As you can imagine our MOW deliveries can become heavily impacted.

If you have a friend or family member who would like to fill in for you while you are away please let us know. As we are assisting vulnerable members of our community they will need to complete a police check prior to commencing. This can be arranged by Bernadette at no cost.



Magnetic "Vehicle Stopping Often" signs are now available for use on vehicles, whilst delivering meals. Similar to our hi-vis vests use is optional and comes from volunteer feedback to assist volunteers so they are more visible providing an extra element of safety.



BASSCare make available a \$6 token gesture towards fuel/running costs via a gift card. Gift cards are distributed via the meals staff (\$30 voucher for every 5 rounds of meal deliveries you complete). If you are not already receiving this gesture and would like to take up the option, please notify the meals staff. **If you have any concerns regarding deliveries or find the increasing fuel costs is impacting on your availability to volunteer, please let us know.**

Volunteer End of Year Celebration

This year saw the return of in person celebrations with an afternoon tea at our Maling Road office. A wonderful time was had by all as we recognised our long term volunteers and said good bye to our volunteers who were retiring after years of service to our BASScare clients. Below is a list of this years wonderful long service awards and retirees.

5 Years of Service

Jeff Kilgour

Jeff Oughton

Paul Lewis

10 Years of Service

Maddie Alford

Jan Levy

Trudy Collinson

Peter Levy

Natasha Key

Karina Noontil

Michelle Patterson

Eden Schliebs

Kumi Undugodage

15years of Service

Li Hong Zhu

20 Years of Service

Bernard Corser

40 years of Service

Ronella Stuart

Retired

Rick Lloyd

Jill Brook

Hilde Vanderwaard

Lynley & Chris Roff

