

Volunteer NEWSLETTER

Spring Edition

Welcome to Spring, everything is growing and the flowers are blooming brightening our days.

We have had an exciting couple of months. Celebrating national Meals on Wheels day on the 30th of August. A time to thank all our wonderful Meals on Wheels volunteers for all they do brightening our clients lives and helping them stay in their homes.

BASScare has also increased their Meals on Wheels deliveries, branching out to the Manningham Council area. A warm welcome to all the dedicated volunteers from Manningham Council who have joined us.

Sofia, Sarah and Meike have joined us as part of the Volunteers Abroad Program.



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They have joined us for 12 months all the way from Germany, volunteering across all areas of our organisation. Be sure to say hi when you see them.

Our end of year celebration is coming up. Mark your calendars for the end-of-year celebration on Thursday, November 30th, at the Maling Road office. Keep an eye out for your invitations—it promises to be a memorable event!



Volunteer Opportunities

We have a number of volunteer opportunities available across the organisation. Including:

- Social Support
- Faversham House
- Maranoa House & Club
- Meals on Wheels

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.

Let Your Friends Know!

Let your Friends Know and win a \$250 gift voucher!

There are many volunteering opportunities open across the organisation. They cover a wide variety of roles from playing mahjong to delivering meals or assisting our social stitchers among many other things.

If any of your friends or family have an interest in volunteering please give them my contact details, I would love to have a chat with them. Bernadette on: 0447 503 741 or volunteers@basscare.org.au

If they sign up as a BASScare volunteer you will go into a draw to win a \$250 gift voucher of your choice!



Volunteer Profile

Introducing Peter, one of our wonderful Meals on Wheels volunteers. Peter's energy and enthusiasm is infectious. He is always happy to help out fellow volunteers and assist staff taking on extra delivery shifts.

How would someone describe you?

Cheerful, positive & reliable.

What do you do when you aren't volunteering?

Go to gym regularly, walk in local area, socialise with friends, tend the garden.

What was your first impression of BASScare?

An efficient & much needed organisation.

What do you wish other people knew about BASScare?

The benefits it provides with both meal delivery & personal interaction.

When your friends/family find out that you volunteer what do they say or ask?

Generally very supportive of my community service.



What has surprised you most about working with BASScare?

The appreciation & response from the meal recipients.

National Meals on Wheels Day



Wednesday 30th of August was national Meals on Wheels Day. A day to celebrate all that Meals on Wheels do to help older Australians live fulfilling lives in their own homes for longer.

This would of course be impossible without all our wonderful Meals on Wheels volunteers. A recent article by Meals on Wheels Australia outlines the positive effect volunteers have on Meals on Wheels clients. Many of these clients live alone and visits by volunteers are effective in reducing their social isolation with a 15% increase in their overall wellbeing. This positive effect flows on to volunteers as they experience a 10% increase in their well being compared to other Australian's.



I would like to share some feedback we recently received regarding our Meals on Wheels deliveries:

"Clients daughter emailed to say how wonderful the service had been for her mother, acknowledging the wonderful volunteers who deliver the meals "

Self-care

Many cultures believe the change of season requires a specific kind of diet or self care. Chinese culture advises that the beginning of spring means eating plenty of leafy greens, fresh sprouts and sour foods to protect your health.

Many of the vegetables and fruits are in season at the moment. Lemon and lime trees are overflowing with fruit for our sour foods and many green vegetables and sprouts are growing now.

These foods support our immune system and hopefully decreasing those pesky hayfever symptoms that so many are experiencing.

**BASScare Volunteer End of Year
Celebration**

&

Service Awards

Thursday 30th of November at 2pm

At 131 Maling Road

Canterbury

RSVP by 20/11/2023

To Bernadette on

0447 503 741 or

volunteers@basscare.org.au



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 @BASScare Aged Care Services

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



@BASScareVolunteers

Volunteer Program Updates

Social Support

The North Balwyn Seniors Centre was officially opened on the 12th of October. With all services back in full swing. At the Canterbury Centre we have enjoyed a Footy Finals Feast and Octoberfest. While the new Musical Memories program is proving to be popular. Everyone is now getting ready for the festive season, with Christmas lunches, outings and music recitals. New volunteers Wendy, Meil Leng and Jo have joined Social Support. Please make them feel welcome.

Faversham House

Thank you to all our Faversham House volunteers for enriching the experience of our clients and complying with COVID safe requirements. Happily face masks are no longer required, although a RAT is still needed prior to entry. Residents have been enjoying regular visits from 2 dogs that have been reassigned from Vision Australia. Astro a Boston terrier and Mali a Labrador. They have been brightening up everyone's day and I'm sure enjoying lots of pats and attention!

Maranoa House & Club

Maranoa continues supporting our clients with dementia and their families, with Maranoa Club providing a drop in service called "My Place" for clients and their carers to gather in an environment that is familiar to our clients and can feel relaxed in.

Meals on Wheels

Canterbury, Balwyn, Hawthorn/Kew and Manningham

BASScare is expanding to deliver our nutritious meals in the Manningham Council area. We are very grateful to all the existing volunteers who have agreed to join us and continue delivering meals and checking in with their regular clients in the area. I'm sure it will be reassuring to clients to have a familiar face bringing their meals. A new volunteer Evelyn has also joined us at Manningham, welcome Evelyn.

Calling out to all MOW volunteers

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

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.**

Contact Details

Bernadette Scicluna

Volunteer Engagement Coordinator

Mobile: 0447 503 741

Email: b.scicluna@basscare.org.au

Meals on Wheels Canterbury

Phone: (03) 9880 4703

Email: mealsservice@basscare.org.au

Meals on Wheels Marwal

Phone: (03) 9880 4751

Email: marwal@basscare.org.au

Meals on Wheels Hawthorn/Kew

Phone: (03) 9880 4750

Email: hawthornkew@basscare.org.au

Maling Road – Home Care Shop Front

131 Maling Road, Canterbury Email: malingroadreception@basscare.org.au

Faversham House – Lifestyle

Phone: (03) 8809 4908

Email: lifestylecoordinator@basscare.org.au

Faversham House – Reception

Phone: (03) 8809 4000

Canterbury Centre

Social Support Activities

Phone: (03) 9880 4709

Email: socialsupport@basscare.org.au

Maranoa House & Club

Dementia Services

Phone: (03) 8809 4979

Email: maranoa@basscare.org.au

Volunteer Resource Information

Volunteer Resource Material

www.basscare.org.au/volunteer/

Printed Volunteer Resource Folders

Are available at all BASScare sites

Employee Assistance Programs

D'Accord Occupational Assistance Services

Phone: 1300 130 130

BASScare Further Information

BASScare Website

www.basscare.org.au

BASScare Social Support Programs Newsletter

Canterbury & Marwal Centres

www.basscare.org.au/category/news/

Other Areas For Support

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.