

Volunteer NEWSLETTER

Staying Connected

Page 2 Volunteer Profile

Page 3 Volunteer Christmas Party

Page 4 Self Care & Social Media

Page 5 Program Updates

Page 6 Contact Information

Summer Edition

As the holiday season comes to a close, I wanted to take a moment to wish you all a Happy Holidays! I hope you were able to spend time with loved ones and do something that brings you joy.

I also wanted to extend a big thank you to all of you who were able to attend our end of year function. It was a pleasure to see everyone and celebrate the hard work and dedication you have shown throughout the year. Congratulations to those who received long service awards, your commitment to supporting the community through BASScare is commendable and greatly appreciated by both clients and staff.

I am excited to announce that all of BASScare's services are now back in full swing. We kicked off the new year with a fun Australia Day barbeque at the

Canterbury Centre.

Make sure to check out the announcement in this newsletter on how to enter the draw for a chance to win a \$250 voucher.

We are also expanding our Meals on Wheels service, creating new volunteering opportunities. Keep an eye out for new and exciting programs from our Social Support team for our clients.

Wishing you all the best for the New Year ahead!



Volunteer Opportunities

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

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

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.



Go In The Draw for a \$250 Voucher!

There are many volunteering opportunities open across the organisation. They cover a wide variety of roles including delivering meals, accompanying clients on outings or visiting residents at Faversham House.

Refer a friend or family member and go into the draw for a \$250 voucher when they commence volunteering.

Contact Bernadette to enter:

0447 503 741 or
volunteers@basscare.org.au

Congratulations Isabel Harkensee OAM

Former Marwal Meals on Wheels volunteer Isabel Harkensee has received the Order of Australia Medal (OAM) in recognition of her outstanding contributions to the community. With an impressive 26 year tenure, Isabel devoted her time to delivering meals for BASScare before retiring in 2021. A long-time resident of Kew/Kew East, Isabel was awarded the OAM on January 26th for her exceptional services to the community.

Isabel's extensive volunteer work includes 26 years with BASScare Meals on Wheels, where her dedication played a crucial role in supporting those in need. Beyond that, she served as the Past President of Balwyn North Senior Citizens, contributed as a longstanding member and former Secretary of Box Hill RSL Women's Auxiliary, and held various voluntary positions with the Balwyn Saints Cricket Club (formerly St. Barnabas CC), earning her the prestigious title of Life Member. Isabel Harkensee's selfless efforts have left a lasting impact on the community, and we extend our warmest congratulations on this well-deserved recognition.



Volunteer Christmas Party

On the 30th of November we held our end of year celebration. It was a delightful event enjoyed by all. The afternoon was made even more special as we savored delicious grazing boards together. Our CEO, Craig Bardrick, was in attendance, presenting long service awards to commemorate significant milestones achieved by some of our exceptional volunteers. Heartfelt thanks to everyone who attended, contributing to the festive spirit and celebrating the dedication of our outstanding volunteers.

5 Years of Service

Pam Gangell	Sue Dalglish
Zena Lomer	Rubin Miller

10 Years of Service

Christine Morrison	Annette Mills
Jennifer Gallagher	Allan Smith

15 Years of Service

Sandra Hubber

30 Years of Service

Fiona Tait

35 Years of Service

Yvonne Seeley



Self-care

For many of us, spending time in the garden is a time to spend time with nature. The satisfaction of watching your flowers open, fruits and vegetables ready to eat, or a manicured garden is all its own reward. But what if I told you tending your green haven could benefit your wellbeing far beyond a sense of accomplishment?

Gardening, involves a range of movement. Digging, raking, lifting all engage and strengthen your major muscle groups, building bone density and improving heart health. This low-impact exercise, embraced by nature, can even ease you into a restful sleep.

In addition to these physical benefits gardening can improve your mind and spirit. Watching your carefully nurtured seeds transform into thriving life fosters a sense of purpose and accomplishment. Being one with nature reduces stress and elevates your mood, offering a sanctuary from the daily grind. Time spent outdoors soaks you in sunshine, boosting your vitamin D levels, a natural mood enhancer.

So, before you head outside, remember:

Protect yourself: Embrace the sun with sunscreen and a hat, stay hydrated, and find some shade for rest breaks.

Listen to your body: Use gloves to shield your hands and maintain good posture to avoid aches and pains. Don't make the same mistakes I did and end up with splinters in your fingers and an aching back.

As you nurture your plants, remember you're nourishing your own well-being. So roll up your sleeves, step into your garden and reap the rewards of time in nature. Your body, mind, and spirit will thank you for it.

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

Christmas lunches were a resounding success, and everyone had a fantastic time. We extend our heartfelt gratitude to our incredible volunteers, as their dedication made these events possible. The Australia Day Barbecue at the Canterbury Centre was filled with joy and laughter, creating lasting memories for all who attended. Thank you to everyone who contributed to the success of these gatherings.

New volunteer Brony has joined Social Support. Please help her feel welcome.

Faversham House

A big thank you goes out to all our dedicated Faversham House volunteers for enhancing the experience of our clients and diligently adhering to COVID-safe requirements. In light of recent developments, face masks have been reinstated, and it remains necessary to undergo a Rapid Antigen Test (RAT) before entry. As these requirements may evolve, we encourage you to stay in regular contact with the lifestyle team for the latest updates. Your continued cooperation is invaluable in maintaining a safe and enriching environment for all.

New volunteers Jack and Helen have joined Faversham House. Welcome Jack and Helen.

Maranoa House & Club

Maranoa remains dedicated to supporting clients with dementia and their families, offering a valuable service at the Maranoa Club called "My Place." This drop-in service allows clients and their carers to gather in a familiar environment, providing a relaxed atmosphere for all involved. We understand the importance of creating a space where clients feel at ease, and "My Place" is designed to meet this need while offering support to both clients and their caring families. We are actively seeking an additional volunteer to assist with outings, your help in finding the right person would be greatly appreciated. If you know of anyone who might be interested, please contact Bernadette.

Meals on Wheels

Canterbury, Balwyn, Hawthorn/Kew and Manningham

Our Meals on Wheels service is experiencing growth as more of our older community members choose to stay in their homes for longer. With this, the demand for meals is on the rise. If you are aware of anyone interested in contributing as a Meals on Wheels volunteer, kindly inform Bernadette. Your support in connecting us with potential volunteers is greatly appreciated as we strive to meet the increasing demand and continue serving our community.

New volunteers Tim, Mark and Hedy have joined us. Please welcome them.

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

North Balwyn Seniors Centre

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

Meals on Wheels Manningham

Phone: (03) 8809 0022
Email: manningham@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.