



The Volunteer

June 2024



Dhelkaya Health Volunteer Newsletter

Dear Dhelkaya Health Volunteers

Welcome to the June edition of the volunteer newsletter.

Here are the highlights:

- National Volunteer Week celebrations
- L2P program - award for innovation
- What's coming up - reminder
- Volunteer positions available
- Volunteer news
- MyPass invitation to participate in trial
- Advanced notice of LGBTIQ+ Training
- Volunteer Induction Training



NATIONAL VOLUNTEER WEEK CELEBRATIONS



National Volunteer Week – Volunteer Expo 2024

This year's National Volunteer Week 2024 theme was 'Something for Everyone'. In keeping with that theme we celebrated the wide range of passions and skills that individuals bring to volunteering at Dhelkaya Health across a breadth of programs and services, from Nordic Walking Groups to Patient Transport, Residential Aged Care activities, Pet Therapy to Youth Mentors and L2P, Silver Rainbow and Rainbow Steps to name just a few.

Volunteers play an integral role in every aspect of our operations at Dhelkaya Health. From assisting in patient care to providing vital administrative support, and extending our outreach into the community, our volunteers ensure that we can provide the highest level of care and service.

Our volunteer workforce is a vital and valued part of the success of our organisation and a part of an important reciprocal relationship with our local community. We acknowledge that the remarkable commitment of our volunteers has made a tangible impact on our patients, our staff, and the overall functioning of our hospital.

Over National Volunteer Week Dhelkaya Health held two events.

National Volunteer Week – Volunteer Expo 2024

The Volunteer Expo was held in conjunction with the Community House – Community Lunch. Thirteen volunteer organisations participated at this event.

Dhelkaya Health – Volunteer Morning Tea

Thank you to our volunteers

Looking ahead, we are excited about the future of our volunteer programs. We are committed to evolving and expanding these initiatives, knowing that your support is crucial to our mission. Together, we can achieve great things and continue to provide exceptional care to our community.

On behalf of the hospital's board, staff, and patients, we want to thank each and every one of our volunteers. Your dedication, compassion, and generosity are appreciated and we are incredibly fortunate to have you as part of our team. Thank you.





Community Lunch at Castlemaine Town Hall, more than 100 diners. Free lunch for all volunteers



CEO Sue Race and volunteers





Dhelkaya Health Volunteers enjoying morning tea



Dhelkaya Health Volunteers and staff catching up at the morning tea



L2P PROGRAM - AWARD FOR INNOVATION

Lisa Cavallaro, coordinator of our L2P program, won an award for innovation at the recent L2P Annual Conference.

This was for her work producing the L2P promotional video. You may have seen the video on our Facebook page or on the big screen at the Theatre Royal.

So far this year we have recruited six new driver mentors making it the most successful recruitment drive yet.

For more information about the L2P program contact Lisa on 0429 708 707.



L2P Program Coordinator, Lisa Cavallaro, at the L2P Annual Conference with her award



Reminder – Save the date for these Volunteer events

Volunteers bring a friend morning tea

This is not just your morning tea; we would like you to bring a friend.

Whether it's your best friend, a neighbour or a relative, we want them to enjoy morning tea with us as well so we can share more about our volunteering programs.

Date: Wednesday 17th July, 10.30am-12noon

Where: Dhelkaya Health Board Room (meet in main reception)

RSVP: To Edwina by email vservice@castlemainehealth.org.au
or phone 5471 3566



**Dhelkaya
Health**

UPCOMING EVENTS

17th July 2024 10.30am – 12.00pm
Castlemaine Campus
Volunteer "bring a friend" morning tea

14th August 11.00am – 12.00pm
Maldon Campus
Volunteer Information Session – for new volunteers

5th December 2024 10.30am – 12.00pm
Buda Historic Home
International Volunteer Day Celebrations

More detailed information will be sent out closer to these dates.



Volunteer Positions Available

Castlemaine Social Walkers Volunteer

Are you interested in volunteering with the Castlemaine Social Walkers group on Thursdays (school terms only) from 9am to 10am? We are seeking a volunteer to join the community health nurse at the park, to help with the walkers, as well as assist for about one hour per week with some administration work.

Further Information about the group: Enjoy a flat walk around the beautiful Botanical Gardens. You can choose your pace and how far you walk depending on your ability. Great for making friends and being active with the option of walking alone or with a group. Meet before and after the walk to have a chat if you like. The community health nurse and volunteer will welcome you and you can decide if you want to sit and chat, or just go for a walk.

Men's Group Volunteer - Residential Aged Care

We are looking for a volunteer to assist with a fortnightly resident-led Men's Group. Wednesdays with Thompson House residents from 1.30-3.30pm.

There will be afternoon tea and discussion about what the group would like to do each session. Options include billiards, darts, DVDs, simple wood working tasks, Botanical Gardens walks or a trip to the pub at The Mill.

The session will be as person-centred as possible, taking cues from whoever is in attendance so as to encourage the men's independence and sense of belonging in the group.

Dhelkaya Health offers 23 different volunteering programs, something for everyone.

Reach out if you would like to find out more. We can provide a position description with information on the following volunteer opportunities. Call us on 5471 3566 to find out more.

- L2P Driver Mentor
- Youth Mentor
- Administration – Fundraising, Fleet support, general admin, events
- Residential Age Care activities
- Driver – Patient Transport in Maldon and Castlemaine
- Gardening
- Trishaw Pilots
- Stay Active Groups
[Stay Active - Dhelkaya Health](#)
- Social Support – trips and activities in Maldon Hospital



VOLUNTEER NEWS – NORDIC WALKING FOR STAFF



We would like to extend a big thank you to our volunteers (Ruth and Phillip Hay, Graham Bradshaw and Wendy Cumming) who led two 'Come and try Nordic Walking' evening sessions for our staff in April.

Your enthusiasm and encouragement made it a fun and enjoyable experience for everyone

involved. Although we had a modest turn out, with only four staff attending, the small group size allowed personalised guidance on improving our Nordic pole techniques. It required more coordination than any of us had expected!

No formal evaluation of the sessions was done, but the overwhelmingly positive feedback from participating staff spoke volumes. Many expressed their appreciation for the opportunity to learn something new, connect with colleagues outside of work, meet the volunteers and, of course, get active outdoors. One staff member showed a keen interest in attending the regular Botanical Gardens sessions in the future; highlighting the value of embracing something new.

The enthusiasm of the volunteers sparked inspiration amongst staff to explore different activities that contribute to their overall health and wellbeing, regardless of how health might be individually interpreted.

Thank you again to the dedicated volunteers who provided this opportunity and Millie Barnes (Public Health student and participant at the sessions).



MyPass

We would like to extend an invitation to all volunteers to participate in an exciting new Loddon Mallee Health Network (LMHN) trial of MyPass.

MyPass is your own digital skills passport which enables you to retain your volunteer related documents in one secure place, making it easier to apply for volunteering roles and speeding up the application process as all your volunteer compliance documents are stored digitally. In addition, you can save your CV/resume, qualifications, certificates, licenses, and orientations/inductions, volunteer and employment history and references on MyPass.

The 12-month trial will finish at the end of 2024 and we are seeking some willing volunteers to participate in the testing of functionality of the software.

An email will be sent to you with further information about how to get started. It is a two step process via email and very simple.

VOLUNTEER TRAINING

LGBTIQA+ Inclusion and Awareness Training for Volunteers

In the coming weeks you will be sent an email about attending either a face-to-face workshop or viewing a slide show presentation in your own time.

The course has been designed to expand knowledge of the LGBTIQA+ community and demonstrate how appropriate language and behaviour helps people feel valued and supported, and also leading to a more happy and healthy workplace and community.

Aims for learners include:

- To understand the benefits of being a LGBTIQA+ inclusive organisation
- To create a better understanding of respectful language for the LGBTIQA+ community
- To understand your obligations around best practice behaviours

Face-to-face training will be held in July 2024. An email will be sent out shortly with some available times to attend.

New revamped Induction Training

Our volunteer induction program is about to begin again with a new revamped format. If you have recently started as a volunteer your name will be added to the Induction session on the 18th July 2024.

You will receive an invitation to attend via email with a list of upcoming dates and you can reply with your preferred availability.





KEEP IN TOUCH

This is your newsletter, we would love your input with feedback, experiences and stories you might like included.

Email us at VService@castlemainehealth.org.au



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