



The Volunteer

February 2025



Dhelkaya Health Volunteer Newsletter

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UPDATE FROM THE VOLUNTEER COORDINATOR

Dear Dhelkaya Health Volunteers

Welcome to the February edition of the volunteer newsletter.

Wishing you all a very happy 2025. Hope you have had a wonderful break and are feeling rested.

Did you start the year with some new goals and intentions? For example, "I intend to embrace curiosity and courage by trying new experiences and stepping outside my comfort zone"

Volunteering could certainly be part of that journey.

Volunteering:

- Helps you feel part of your community
- Builds new or use existing skills
- Helps you meet new people and bring fun and fulfillment to your life
- Helps you to improve your health and wellbeing through social connection
- Gives you a sense of satisfaction, pride and accomplishment
- Participate in fulfilling activities, groups and programs

"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi

We look forward to seeing you in your volunteering roles and hearing your stories over the coming year.

This year, based on feedback received, we are introducing some new activities to the 2025 volunteer calendar.

1. Volunteer education sessions - introducing some interesting topics and learning. Let Volunteer Coordinator Edwina Collier know if you have any particular topics you would be interested in hearing about?
2. Volunteer meet and greet morning teas - meet your fellow volunteers over a cup of tea.
3. Volunteer survey - to gain your feedback for improvement.

All the best,

Edwina



WHAT'S COMING UP – EVENTS

National Volunteer Week – Recognition ceremony and morning tea – Castlemaine Hospital

Wednesday 30 April at 10.30am – 12.00 noon at Castlemaine Hospital.

Volunteer Education – Fall Prevention – What to do and save lives

Thursday 15 May, 10.30am – 11.30am – Dhelkaya Health Board Room.



The flyer features the Dhelkaya Health logo in the top left corner. The main title 'FALL PREVENTION' is written in large, bold, blue letters, accompanied by a blue silhouette of a person falling. Below the title, a paragraph explains that as we age, the risk of falling increases significantly and that the training will help understand immediate actions to take if a fall is witnessed. A bulleted list of topics is provided, including why falls happen, what to do if someone falls, and how to get help. At the bottom, a white box contains the text 'SAVE LIVES' in large red letters, followed by the event details: FOR: Volunteers, DATE: Thursday 15 May 2025, TIME: 10.30am - 11.30am, VENUE: Dhelkaya Health Board Room, and RSVP: ecoller@castlemainehealth.org.au or 54713 566.

Dhelkaya Health

FALL PREVENTION

As we age, the risk of falling increases significantly. This training will help you understand what your immediate actions are if you witness a fall, complete with step-by-step instructions and demonstrations.

The topics covered will include:

- Why falls happen and how falls can be reduced - understanding what is happening to a person when they fall can unlock the mystery.
- What to do if you see someone fall and first aid - knowing what to do can save a life!
- Falls action plan - the right sequence of doing this is important for good outcomes.
- Getting up and getting help - tips that you could put in place at home too.

SAVE LIVES

FOR: Volunteers
DATE: Thursday 15 May 2025
TIME: 10.30am - 11.30am
VENUE: Dhelkaya Health Board Room
RSVP: ecoller@castlemainehealth.org.au or 54713 566

Prospective Volunteer information session – Maldon Hospital

Tuesday 3 June at 10.30am – 12.00 noon.

Volunteer Meet and Greet – Afternoon Tea

Thursday 3 July at 2.30 – 4.00pm.

Volunteer Education session

Thursday 11th Sept 10.30 – 11.30 Board Room.

Volunteer Meet and Greet – Morning Tea

Tuesday 21 October at 10.30 – 12.00noon.

International Volunteers Day Celebrations

Friday 5th December at 10.30am – 12.00noon

Please RSVP to let us know you are coming along by emailing ecoller@castlemainehealth.org.au



Current Volunteer Positions Available

Dhelkaya Health offers many different volunteering programs, so we really do have something for everyone. Tell your friends about the variety of roles we have on offer – we'd love to increase our volunteer numbers!

Position descriptions are available for the following roles, and we're happy to share them with whoever expresses an interest.

- Exercise support – Maldon Hospital
- Friday Men's Club
- Companion Walker Volunteers
- Residential Age Care activities
- Maldon Hospital Trishaw Pilots
- Gardening Volunteer in Residential Aged Care
- Residential Aged Care Men's Group

Available Volunteer Roles

Exercise Support Volunteer – Maldon Hospital

We are seeking a support person to assist the exercise class leader, with the Active Adults Strength Training and Chair Based Strength Training sessions.

This program offers gentle chair-based and standing movements to music. The class adapts to individual levels and uses relaxation and breathing techniques to improve mind and body wellness.

The volunteer role includes:

- Meet and greet clients, ask them to sign class sign in sheet and take payment
- Support Class leader to set up room in readiness for the class
- Support Class leader during class by handing out weights
- Assist with pack down of class

- Assist with the classes each Tuesday and Thursday at 8.00am and 9.05am and chair-based training at 10.30am
- Held at the Day Centre at Maldon Hospital.

If you are interested and have availability to participate every Tuesday and Thursday morning, please let me know and I will put you in touch with our exercise class leader.

Friday Men's Club

This is a Men's only active club with an outing each week, this could include museums, scenic drives to areas of interest and history in the region with lunches at various RSL's/Hotels/Bakery's. We need an active person from 9.00am to 3.30pm who can easily talk with people who need company and conversation and who can support clients to access the 12-seater bus and different venues.



Available Volunteer Roles

Companion Walking Volunteer

Companion Walking Volunteers provide one to one gentle walking with individuals residing in Mount Alexander Shire who request companion walking.

Volunteers are required to meet the individual requesting companion walking at a pre-determined location. Have the ability to relate to people from diverse backgrounds. Attend first Aid training.



Residential Aged Care – Men’s Group

We are looking for a volunteer to assist with a resident-led Men’s Group. Wednesdays with 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.

Maldon Trishaw Pilot

Join the trishaw program and take aged care residents living at Maldon Hospital for bike excursions along the rail trail.

The trishaw program at Dhelkaya Health is run in conjunction with Cycling without Age (Castlemaine) and training will be provided.

The trishaw program is scheduled to take residents out every Thursday afternoon.



Gardening Volunteer

Do you like gardening and having a chat to a resident or two? We are seeking volunteers to help in the gardens of Dhelkaya Health’s aged care residences.

- The volunteer gardener will be allocated an appropriate area in one of the residential aged care units in which to garden.

For further information about any of these volunteer roles contact:
ecoller@castlemainehealth.org.au



VOLUNTEER PROGRAMS

Walks Available

Join our walking groups for some wonderful local walks.



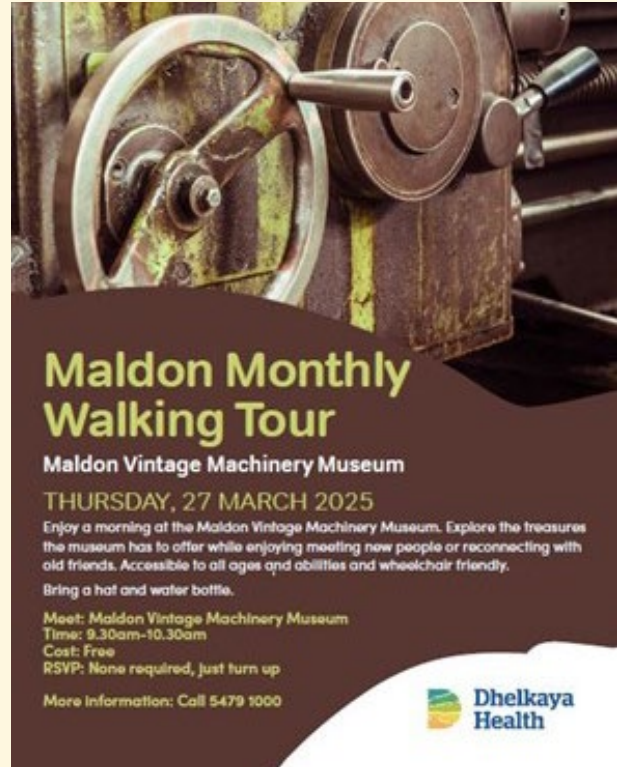
Newstead River Walk

THURSDAY, 27 FEBRUARY 2025
9.30AM - 10.30AM

Enjoy a relaxed, family-friendly walk starting at the Newstead Community Centre on Lyons Street (next to the supermarket). We will walk along the Loddon River, seeing the ancient ancestor tree, a billabong and return to the Community Centre via the old mill. Bring a hat and water bottle.

The tour will be cancelled in the event of heavy rain or on a day with a Fire Danger Rating of Extreme or Catastrophic.

Meet: Newstead Community Centre
Time: 9.30am-10.30am
Guide: Newstead local Ray Stevenson
More information: Call 5479 1000




Maldon Monthly Walking Tour

Maldon Vintage Machinery Museum

THURSDAY, 27 MARCH 2025

Enjoy a morning at the Maldon Vintage Machinery Museum. Explore the treasures the museum has to offer while enjoying meeting new people or reconnecting with old friends. Accessible to all ages and abilities and wheelchair friendly. Bring a hat and water bottle.

Meet: Maldon Vintage Machinery Museum
Time: 9.30am-10.30am
Cost: Free
RSVP: None required, just turn up
More Information: Call 5479 1000



MALDON WALKING GROUPS

Mondays & Fridays • Social Walk • 9.30am (followed by a cuppa)
Tuesdays • Brisk Walk • 7.30am

Meet under the oak tree at the front of Maldon Neighbourhood Centre (1 Church St, Maldon) and set off in a group from there. Walks last between 1 and 1.5 hours. All welcome. No bookings necessary.

Enquiries 54752093
info@maldonnc.org.au



Maldon Neighbourhood Centre Inc
Friendship & Community



Volunteer Profile

Liz C – Volunteer with Dhelkaya Health



My Name is

Liz C.

I am a volunteer with Dhelkaya Health

I started with Nordic walking classes towards the end of 2019, and added on companion walking from August 2023.

The best thing about volunteering

Meeting different people, helping them develop and enjoy their new skills and seeing them thrive with improved fitness.

When not at Dhelkaya Health I enjoy

Gardening, I enjoy working in our garden. Walking in nearby bushland provides serenity as I love the bush sounds, wildlife and native flowers – I call it my bush therapy sessions. Other hobbies I have for fitness and relaxation are jigsaw puzzles, reading, Mahjong and Tai Chi.

My favorite holiday spot is

Hobart and surrounds. Since our eldest daughter moved there about 8 years ago, we have visited several times. The ambience of Hobart, the surrounding areas, nice bush walks close by and the ease of getting around without a car when we don't have access to one are very appealing.

My favorite destinations in Castlemaine and District are

Castlemaine Botanical Gardens, and surrounding bushland.

If the reader is thinking about volunteering (what would you say to them)

Do it! This is the best tonic for mental health; yours and those you help. You are socially engaged with like-minded volunteers to help people in your community in whatever capacity. The joy they derive from your effort is priceless.



VOLUNTEER NEWS

International Volunteer Day celebrations at Buda Historical Home

The International Volunteer Day celebrations at Buda Historical Home were a great success with over 40 volunteers and staff attending.

Dhelkaya Health CEO Sue Race thanked our volunteers for their generosity of spirit and

support. Without their energy, enthusiasm and kindness our volunteer programs would not function as they do.

Special thanks go to Volunteer David Smith who played the tune English Country Garden.



Volunteers relaxing at Buda Historical Home



Volunteer, David Smith



Volunteers, Liz Grainger and Paul Kent



Volunteers, Philip and Ruth Hay



Volunteer Training

Our volunteer induction program has begun again. If you have recently started as a volunteer you will be invited to attend. The following dates are available:

- Thursday, 27th March
- Tuesday, 29th April
- Thursday 29th May
- Tuesday, 24th June
- Thursday, 24th July

If you have not attended the induction training and would like to participate, please contact the Volunteer Office to let us know which date is suitable for you.

L2P PROGRAM



Volunteer Lou Citroen and learner Neroli





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

Phone: Pastoral Care: 03 5471 3542 | Volunteer Office: 03 5471 3566



VService@castlemainehealth.org.au
dhelkayahealth.org.au | Healthier Together

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