



# The Volunteer

February 2026

**National  
Volunteer  
Week**  
18-24 MAY 2026  
YOUR YEAR TO VOLUNTEER

## Dhelkaya Health Volunteer Newsletter

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# UPDATE FROM THE VOLUNTEER COORDINATOR



Dear Dhelkaya Health  
Volunteers

Welcome to the February  
edition of the 2026  
volunteer newsletter.

In the spirit of the theme  
for National Volunteer  
Week – **'Your Year to  
Volunteer'** we welcome

you to another year of volunteering with  
Dhelkaya Health.

This year we have another exciting calendar of  
volunteer activities and celebrations scheduled.  
See below in the 'What's coming up section'.

Connect with other volunteers by joining our  
Volunteer Walking Group. Pop the dates in your  
diary, get your walking shoes on and come along,  
see below.

We are pleased to announce the trial of the  
volunteer passport, MyPass is over and the  
software has been approved. We will be rolling  
out MyPass over the coming months. Watch out  
for notifications.

## Volunteer office has moved!!

We can now be found in Metcalfe House, call past  
and say hello.

## We have moved!





## Welcome to our new volunteers

Lee Bower – L2P Program

John McCracken – Residential Aged Care – Maldon

Kris Halls – Biography Program

Alexander (Sasha) Shtargot – Pastoral Care

Anthony (Tony) McDermott – L2P Program

## WHAT'S COMING UP – VOLUNTEER EVENTS & ACTIVITIES

Come along to our new Dhelkaya Health Volunteer Services walking group and connect with other volunteers while walking in the lovely Botanical gardens.



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### Volunteers Walking Group



**Dhelkaya Health Volunteer Services invites all volunteers to come along to our volunteers walking group.**

Walks will be held every month and offers a great opportunity to meet other volunteers, enjoy exercising with others and connect with the Volunteer Services team.  
No booking required.

**When:** 9 – 10 am

**Where:** Castlemaine Botanic Gardens front gates (Cnr Downes Rd & Walker St)  
**What:** Walk 1, 2 or 3 laps, it's up to you

Wednesday 14 January	Wednesday 11 February	Wednesday 11 March	Wednesday 15 April
Wednesday 13 May	Wednesday 10 June	Wednesday 15 July	Wednesday 12 August
Wednesday 9 September	Wednesday 14 October	Wednesday 11 November	Wednesday 9 December

Volunteer Services – 5471 3565 or email [vservice@castlemainehealth.org.au](mailto:vservice@castlemainehealth.org.au)



## WHAT'S COMING UP – VOLUNTEER EVENTS & ACTIVITIES

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### Introduction to Nordic Walking

Wednesday 25 February at 9.30am – 10.30am at Meet at Botanic Gardens Playground carpark.

Please RSVP [ecoller@castlemainehealth.org.au](mailto:ecoller@castlemainehealth.org.au)

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### Volunteer LearnLab – Why is it important to keep our bodies moving despite the changes occurring as we age

Thursday 7 May at 10.00am – 11.30am at the Dhelkaya Health Learning Hub, level 1.

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### National Volunteer Week Celebrations – Fun and Laughter with a Quiz afternoon, bring a friend along

Wednesday 20 May at 2.00pm – 4.00pm at the Dhelkaya Health Auditorium.

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### Biography Program Information Session

Tuesday 9 June at 11.00am – 12.00noon at the Dhelkaya Health Learning Hub, level 1.

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### Mindfulness with Natural Materials workshop

Wednesday 5 August – 10.00am – 11.30am at the Dhelkaya Health Auditorium.

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### International Volunteer Day Celebrations

Thursday 3 December at 10.30am – 12.00noon.



# Current Volunteer Positions Available

Dhelkaya Health offers many different volunteering programs, we really do have something for everyone. Remember to spread the word and tell your friends about the variety of roles we have on offer.

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

- Chatty Café Host Volunteer
- Volunteer Co-host
- Patient Transport Drivers
- Volunteer Connector
- RAC Performers

## Volunteer Chatty Café Host

Chatty Café is one component of the Get Connected Mount Alexander project. Chatty Café is a no obligations drop in cuppa and chat session once a week at a local café for participants of the Get Connected project to establish connections, meet key members of community groups as well as enjoying a safe place to build trust and “practice” social skills.

## Volunteer Connector

Connectors are people in the community who are committed to making others feel that they belong and are welcome. This can take many forms, from visiting someone experiencing social isolation and sharing a cup of tea with them, to attending an activity with a participant to ensure they feel supported. It could also include other tasks such as maintaining our community database, creating resources or walking alongside someone as they discover their goals for the program. Ultimately, it is about what interests you while cultivating a culture of mutual support and community connectedness.

## Volunteer Co-host (New role)

Co-hosting is just one component of the Get Connected Mount Alexander program. A Co-host is someone who wants to create something new in the community, be it an event, festival, group, club or something social, and might appreciate partnering with the Get Connected network to help resource and support them to plan and execute it.

## RAC Calling all Performers

Are you interested in volunteering as a performer in one of the three aged care facilities at Castlemaine campus of Dhelkaya Health.

All types of performers welcome: music, dance, physical theatre, circus.

We strive to provide aged care residents with a diverse range of experiences that aim to stimulate the senses. If you feel you have the time and talent to share, we would love to hear from you.

## Patient Transport Drivers

New driver opportunities have arisen as some of our drivers have retired and we are now looking for three volunteers with availability on Mondays and Fridays.

- Completion of Dhelkaya Health vehicle orientation training.
- Collect patients from designated locations (e.g., place of residence).
- Ensure the safety and security of the vehicle at all times whilst in charge of the vehicle.
- Abide by all traffic laws and maintain safe driving practises.
- Respect the confidentiality and privacy of all individuals.

For further information about any of these volunteer roles contact: [ecoller@castlemainehealth.org.au](mailto:ecoller@castlemainehealth.org.au)



## VOLUNTEER NEWS

### Implementation of MyPass – Volunteer Digital Passport



#### MY PASS

Some of you were involved with the trial of MyPass volunteer passport, a secure online volunteer management platform where volunteers can store and manage all their qualifications, certificates

and document their experience/skills in one place.

The trial is now finished and has been approved by the Loddon Mallee Health Network as the best volunteer management solution for all health services within our region.

Over the next few months, we will be setting up MyPass within Dhelkaya Health.

To get you started we will set up an initial profile for you. To activate you will need to do the following.

1. You will receive an email from MyPass inviting you to join the platform which you will need to accept.
2. You can then gain access and can load your latest qualification and certificates onto the platform, ensuring they are up to date.
3. All documentation is verified and will be confirmed with you directly.

We look forward to helping you get your Volunteer Passport set up.

### Biography Program

The Biography program has now started and a fully trained biography volunteer Shannon, has been introduced to a resident who wants to complete a biography. We look forward to hearing more about how this progresses.

If you have an interest in being a Volunteer Biographer we are holding an **Information Session** on the 9th June 11.00 – 12.00 in the Dhelkaya Health Learning Hub Meeting Room.

Register your interest by contacting [ecoller@castlemainehealth.org.au](mailto:ecoller@castlemainehealth.org.au)



## First Volunteer Walking Group

Our first volunteer Walking group happened on January 14th and it was our Nordic Walkers who shone! Edwina joined in with poles and off they went doing a couple of circuits around the gardens.

Just a little plug, we are extending an invitation to all of our volunteers to join us on **Wednesday 25 February at 9.30am – 10.30am** for an **Introduction to Nordic Walking**. Meet at Botanic Gardens Playground carpark. Poles will be provided.

Please let Edwina know if you can make it so we can ensure we have some poles available for you.  
[ecoller@castlemainehealth.org.au](mailto:ecoller@castlemainehealth.org.au)

Did you know that Nordic Walking offers a full-body workout, burns more calories than regular walking, reduces joint stress and improves balance and cardiovascular health. Just look at the fine examples of the benefits in our Nordic Leaders below!



Graham and Liz, Nordic walking leaders



## International Volunteer Day Celebrations

Last year's International Volunteer Day celebrations held on Thursday 4th December 2025 at Buda Historic Home - Garden Room was a great success. This day of recognition highlights the vital role volunteers play across the world and also within Dhelkaya Health and we came together to say thank you to our volunteers.

We had over 60 people attend, volunteers, members of the Dhelkaya Health board, CEO Sue Race, members of the Executive team, and other staff from across the organisation. A thank you was given by CEO Sue Race and board Chair Vanessa Healy. Volunteer Coordinator, Edwina Coller shared some of the highlights of the volunteer program and one of our volunteers Jeanette played her guitar and sang.

A Certificate of Recognition was handed out to our volunteers by Executive Director Community Services and Wellbeing, Kerryn James.

Volunteering is more than just giving time. It's about giving heart, compassion, and commitment. It's about showing up – not because our volunteers have to, but because they care. And that's exactly what each of them do, time and time again. Every act of kindness, every hour they give, and every person that is supported creates ripples of positive change – not only in the lives of those helped, but across our whole community. We sincerely thank our volunteers for their time and care.



## VOLUNTEER PROGRAMS

### Walking Programs

Get your Walking Shoes on...



# MALDON WALKING GROUPS

**Mondays & Fridays - Social walk, 9am (followed by a cuppa)**

**Tuesdays - Brisk walk, 7.30am**

Meet under the oak tree at the front of Maldon Neighbourhood Centre (1 Church Street, Maldon) and set off in a group from there. Walks last between 1 and 1.5 hours.

All Welcome.  
No booking required.

Enquiries:  
54752093  
[info@maldonnc.org.au](mailto:info@maldonnc.org.au)



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Health**

A partnership between Maldon Neighbourhood Centre and Dhelkaya Health





# Monthly Walking Tour

**Maldon Vintage Machinery Museum**

**THURSDAY, 26 FEBRUARY 2026**

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**

**Guide: Alan Miller**

**Time: 9:30 - 10:30 am**

**Cost: Free**

**RSVP: None required, just turn up**

**More information: Call 5479 1000**



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# Nordic Walking

## Term 1 2026

### 2 February - 4 April

IMPROVE YOUR HEALTH AND FITNESS

#### CASTLEMAINE - NEW PARTICIPANTS

**Botanical Gardens**  
(picnic shelter / playground car park)  
**Mondays 9 am**

**HARCOURT**  
Opposite the Harcourt CFA  
**Mondays 4:30 pm**

#### CASTLEMAINE - CONTINUING WALKERS

**Botanical Gardens**  
(picnic shelter / playground car park)  
**Fridays 9:30 am**

Weekly 1 hour groups during the Victorian school term. Nordic Poles are available for participants to use during sessions.

No cost but bookings essential as spaces are limited. For more information or to book call 5479 1000

Groups will not happen if the temperature is 30 degrees or above



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**Do you know anyone who has Parkinson's Disease who would benefit by being involved in a social support group?**



## CASTLEMAINE AND DISTRICT **PARKINSON'S DISEASE SUPPORT GROUP**

**For anyone interested in chatting about  
Parkinson's Disease and connecting with others -  
ALL WELCOME**

Parky Pals meet on the third Friday each month  
10.30 am - noon  
Castlemaine Golf Club, Muckleford

Enquiries: [mcameron@castlemainehealth.org.au](mailto:mcameron@castlemainehealth.org.au)  
Telephone: 5479 1000





## KEEP IN TOUCH

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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](mailto:VService@castlemainehealth.org.au)

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



[VService@castlemainehealth.org.au](mailto:VService@castlemainehealth.org.au)  
[dhelkayahealth.org.au](http://dhelkayahealth.org.au) | Healthier Together

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