Welcome to our first Volunteer newsletter. We are very excited to be writing this, and with the help of our incredible administration volunteer Maria, we have been able to make it available for the start of Spring.

This newsletter will be produced each season. All sites will receive it to print, place in the volunteer sign-in and communication book and place in communal areas for volunteers and staff to read. If you would like the newsletter emailed to you, please let Maria know. See contact details at the bottom of page 4.

Southern Cross Care is committed to healthy ageing; not only for our residents and customers but for our volunteers and staff too. Did you know that as a registered SCC volunteer you are able to use our health and wellness centres at no charge? All you need to do is speak to your supervisor and arrange an orientation for the centre and you are then able to use the centre outside of opening hours. This is just one health initiative of Southern Cross Care.

We hope you enjoying reading our first newsletter and welcome any feedback and suggestions. If you would like to contribute, please see our contact details on the bottom of the last page.

AND lastly, but most importantly, a very big thank you to our volunteers. We couldn’t do what we do without your support. We truly are grateful for your services.

Happy reading...
Hannah Jeffrey
Volunteer Engagement Coordinator

Our Community Foundation needs your help!

Telethon SA Movie Card

Do you like cheap movie tickets, goodies and a chance to win more prizes? We recommend you do yourself a favour and buy a Telethon SA Movie Card for 2017-18 for only $20!


They can be purchased by contacting our Community Foundation Manager Carol Day, via phone 8291 825 or email to carol.day@southerncrosscare.com.au

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**Healthy Ageing Volunteer Newsletter**

**Edition 1 - Spring 2017**
Carmelite construction continues

Our Carmelite development is taking shape on Cross Roads at Myrtle Bank. This new development will become Southern Cross Care’s 17th residential site and will also include health and wellness services and retirement living. This building is all about integrated services for our customers and residents, and planning for the future.

Below is an awesome bird’s eye view of the progress, thanks to some recent drone images of the site.

Here are some key Carmelite updates:

- Final footings and slabs are currently being formed within the basement
- All level slabs have been completed, with the final stairwells and lift shafts being formed and poured on the 4th level
- Pilings have been installed for the base of the pool

Great work by all involved, we can’t wait for the completion date!

Want some colour in your world?

Don’t forget you can still check out the great artwork created by our Southern Cross Care Community at our 2017 SALA Art Exhibition, on display at the South Australian Migration Museum from 15 August to 24 September 2017.

The SALA art projects are a celebration of art and creative expression at any age, encouraging a more positive image of residential care and aged care in general within our South Australian community.

For more information, visit our website.

Event volunteers

Are you interested in becoming an event volunteer? This role is working within our Marketing, Communication and fundraising team on various events held during the year.

All you need to do is register with Hannah; we will then contact you when there is an upcoming event. It may be cooking a BBQ at Bunnings, supporting our quiz nights, golf day or wine and cheese nights. It is always a lot of fun and a good laugh.
Essential Learning for Volunteers

It’s that time of the year when Hannah, the Volunteer Engagement Coordinator, will be making her way around all sites to conduct the Yearly Volunteer Essential Learning.

So far, we have completed training at the following sites:

- Bellevue Court, Gawler
- Onkaparinga Lodge, Huntfield Heights
- Sandpiper Lodge, Goolwa
- McCracken Views, McCracken

Keep a look out at your sites for our posters, plus Hannah will be sending a letter out to all volunteers a month before the site’s training.

Hannah looks forward to meeting as many volunteers as possible at each of the upcoming sessions:

Volunteering SA&NT Training Program

Did you know that Volunteering SA & NT offers training, both with a fee and free of charge?

Unless otherwise specified, all training is offered at the VSA&NT offices at Level 5, 182 Victoria Square, Adelaide.

Take a look at their website for a list of all their courses:


Examples of some of the free sessions you might be interested in attending are:

**VOLUNTEERING 101 (2 HOURS)**
Are you new to volunteering? This introductory session will help you to develop an understanding of the volunteer sector including the rights and responsibilities of both volunteers and volunteer involving organisations. Acquire the skills and knowledge required to be a successful and effective volunteer and to reap the many rewards of volunteering.

**COMMUNICATING EFFECTIVELY (2 HOURS)**
Learn successful techniques for dealing with customers, clients and fellow workers. This workshop explores verbal and nonverbal communication and effective listening skills. Volunteers will learn to present a positive impression of themselves and their organisation.

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"Don’t ever question the value of volunteers. Noah’s Ark was built by volunteers; the Titanic was built by professionals.”

Dave Cinn
A message from our Pastoral Care coordinator

There is a compassionate side to volunteering and supporting someone to age meaningfully. Whether you are volunteering in a café, helping with activities, pastoral care or any other area, you are all assisting to make the lives of our residents happier, more enjoyable and fulfilling.

It is a known fact that people who are altruistic and live by the principle of acting for the good of others, have much richer lives and are rewarded greatly for their efforts. Sharing life stories, thoughts and feelings, listening, having fun and laughing, enhances life for both the residents and the volunteer.

Of course our own wellbeing is very important too - physically, emotionally and spiritually. We cannot give out to others unless we are feeling strong and healthy ourselves. It is like being on a plane when they demonstrate putting on an oxygen mask “an oxygen mask will drop from overhead. Pull down your oxygen mask and put it on yourself first before helping others”. It’s a good idea to think of your own physical, emotional and spiritual health like that - draw in that oxygen for yourself before giving to others.

Blessed Mother Teresa said “millions of people today suffer such terrible loneliness and emptiness. They feel unloved and unwanted. They are not hungry in the physical sense but they are hungry and thirsty for a loving relationship”. Through your kindness and generosity, volunteers can fill this gap, helping people to feel loved and valued.

Blessing and peace from Pat
Pastoral Care Coordinator

Home Exercise and Lifestyle Program

Southern Cross Care is taking expressions of interest from volunteers to support residents to be physically active and improve their quality of life. If you are interested in promoting physical activity and improving the quality of life for older people, our Fitness Coordinators can give you the resources and expertise required to become an Active Ageing Volunteer.

Training is provided in partnership with Active Ageing Australia’s Home Exercise and Lifestyle Facilitator Program (HELP). This practical workshop is suitable for those with limited exercise experience and will provide the knowledge and tools required to improve quality of life through exercise. The workshop covers:

- suitable exercises
- barriers and motivators
- tools and resources, including an exercise booklet, action plan, activity planner and more.

All volunteers require a Police Certificate for the purposes of Aged Care.

If you are looking for a rewarding opportunity to assist older people to continue to enjoy active, independent and fun lives, we would love to hear from you.

Hope you enjoy reading our newsletters.

Have your say!
Please don’t hesitate to contact Maria at volunteer@southerncrosscare.com.au or call the Volunteer Office on (08) 8292 1813.