



Volunteers are deeply appreciated by SCHS

SUNRAYSIA Community Health Services' provision of Meals on Wheels, with the enormous contribution of approximately 140 volunteers delivers meals five days a week to people who are frail aged or have a disability.

Apart from the basic function of providing nutrition, the service contributes to allowing people to live in their own homes for longer than they might have otherwise.

The volunteers may also be the only social contact the client has that day and naturally, the brief visit would be keenly anticipated and much appreciated. The Meals on Wheels service enables the volunteers to keep a watchful eye on the clients without being in any way obtrusive or interfering.

The delivery service covers Merbein, Red Cliffs, Irymple and some outlying areas.

Like all not-for-profit organisations, Sunraysia Community Health Services relies heavily on its volunteers to be able to offer this practical form of support to those who require it.

Volunteering is a great way of contributing to the local commu-



SUPER VOLUNTEER: Roma Pinniger, retiring from MOW volunteering, after 30 years of service, being thanked by Mick Goodrem, Manager, Community Health Services.

nity, staying active and meeting new people. SCHS recognises and appreciates the valuable work and dedication of its volunteers who, in turn, find their volunteer activity personally rewarding.

Volunteers do a wonderful job

and the Service is always looking for MORE!!!

For further information on volunteering for Meals on Wheels, please contact the Volunteer Coordinator, Julianne Wood on 5022 5444.

Find out about volunteering online

FOR those who are interested in volunteering there is a website, GoVolunteer, that may be of interest.

What is GoVolunteer?

GoVolunteer is an initiative of Volunteering Australia and is Australia's premier volunteer recruitment website. It is a not-for-profit site that provides free Internet advertising for not-for-profit community organisations looking for volunteers.

GoVolunteer provides you with all you need to find out about volunteer opportunities, and helps you make the best match possible between your personal requirements and choice of volunteer work.

There's no need to register to use GoVolunteer. It's easy to use, completely free and available to anyone who is interested in volunteering.

GoVolunteer does not collect any personal information. You decide what information you want to share about yourself when you express your interest in an opportunity listed by a not-for-profit organisation.

How to use GoVolunteer

You can search GoVolunteer a number of ways:

- by postcode or region
- by the type of organisation such as Conservation and Environment etc
- by the type of volunteer position that you are interested in

You can apply for volunteer positions online.

All organisations listed on GoVolunteer are approved not-for-profit organisations with current volunteer insurance.

What will you get out of volunteering?

You can:

- help others
- meet new people
- build new skills
- experience new challenges
- build up work experience
- gain more confidence

Search for a Volunteer opportunity on GoVolunteer

THANK YOU TO ALL OUR VALUED VOLUNTEERS & SUPPORTERS

Palliative Care Service

Palliative care recognises the special needs of people who are living with terminal illness. The focus of palliative care is not on curing the illness but on treating symptoms and offering practical advice and support. The aim is to help make changes that will make life easier, improve quality of life and help people feel in control of their treatment. The Palliative Care Team at Sunraysia Community Health Services is made up of specialist trained nursing staff and volunteers.

Volunteers in Palliative Care

Volunteers are essential to the Palliative Care team and the majority of volunteers work in the home but many work in various aged care facilities and some in the local hospital. Volunteers can offer a wide range of services: being with someone while their carer goes out, shopping, providing companionship, taking someone for a drive or to an appointment, writing letters, minding children, writing someone's life story, singing, answering the phone, making bereavement phone calls, helping organise a memorial service, helping with life enhancement projects, providing beauty treatments, gentle massage, reflexology, aromatherapy and other suitable complementary therapies; the list goes on...

Anyone can volunteer - but palliative care is not for everyone!

Palliative Care volunteers are generally over the age of 18. In this work, life experiences and life skills are enormously beneficial. However, there are no formal qualifications or previous experience necessary - only the desire to be of service to palliative care patients and their families/carers and the willingness to learn from those they serve.

Volunteering in palliative care is an opportunity to be involved with people who are at one of the most critical phases of their life. Those wishing to become volunteers will usually have had some life experience that has touched them and made them more aware of the circumstances that face those living with a terminal illness. The desire to help others, learn more about grief and loss, and come to terms with their own mortality are all legitimate and worthwhile reasons to volunteer for palliative care service. Volunteering in palliative care offers the intellectual and emotional stimulation of having to deal with 'the big questions', such as the meaning of life and death, and gives an opportunity to reflect on one's own values and priorities.

Volunteers tend to assess their own suitability after reading available information and attending introductory interviews and orientation seminars. Volunteer Managers say that emotional strength grows as volunteers 'walk the talk' and support each other along the way.

Volunteers essentially need to be good communicators and flexible in how they work. They also need to understand and accept the philosophy of palliative care. Perhaps one of the most important criteria is that volunteers should be happy to be with people and not feel they have to fix things.

Working in palliative care is one of the most rewarding volunteer choices anyone can make. Not only does it make a huge difference to the person who is dying and their family, but also to the volunteer's own life. Volunteers learn to cherish each day, listen deeply and value life as a precious gift.

For further information please contact the coordinator of the palliative care team, Bertilla Campbell on 5025 9001

Sunraysia Community Health Services would like to thank all of our sponsors and volunteers for their generous support of our Charity Golf Day on Friday 26 March 2010. The day was a great success, raising over \$8,500 for our Palliative Care unit, providing quality of care to people and their families in their time of need.

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Special thanks to Andrew Membrey and the team from The Good Guys Mildura



**Sunraysia
Community
Health Services**

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