Celebrating You – Our Wonderful Volunteers

National Volunteer Week 21–27 May 2018

Celebrations and Mandatory Training of our volunteers took place on 26 May 2018 at Thyme on Argent Function Rooms. The event also included the presentation of the Far West LHD & Pamela Lord Volunteer of the Year Award. Far West LHD Chief Executive, Stephen Rodwell, had the pleasure of announcing the finalists in the Volunteer of the Year Award; the Dementia/Delirium and Palliative Care Team and the Patient Family Support Team.

Stephen Rodwell with Pamela Lord presenting Finalist Certificate to DDPC Team representative Lesley Sumsion (right).

Pamela Lord and Stephen Rodwell presenting the FWLHD & Pamela Lord Volunteer of the Year Award to representatives of the Patient Family Support Team: Karen Kemp; Annette Walker and Lianne McManus.

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National Volunteer Week Celebrations

THANK YOU VOLUNTEERS

The response to the event was extremely positive with a total of 65 Far West LHD and collocated volunteers responding; but even with a few last minute apologies, many due to illness, the event still attracted 50 volunteers.

The volunteers said they enjoyed the mandatory training presentations by: Diana Ferry, Executive Officer who presented on Privacy and Code of Conduct. Diana was followed by Lianne McManus, HR Coordinator and Chair of the Work Health & Safety Committee; presenting the WH&S training. Karen Kemp, Clinical Nurse Consultant, presenting on Infection Control and Hand Hygiene. Donna-Lynne Gers, Staff Health Officer gave a comprehensive presentation on Health Assessment and the importance of immunisations. As the morning was progressing ahead of schedule we were fortunate in having Annette Walker on hand to tell the volunteers about her role as Nurse Practitioner, Integrated Care for People with Chronic Conditions, in the Chronic Care Team; discussing topics of interest to the volunteers; many of them asking questions and seeking further information from Annette. The final presenter of the morning was Caitlin Earls, Physiotherapist, who covered manual handling and back care. Many of the volunteers commented that the information they received was very interesting and useful.
Our Volunteers
Across the District

National Volunteer Week Celebrations
THANK YOU VOLUNTEERS

Annette, Karen and Lianne got together with other members of the winning Patient Family Support Team, Tim O’Neill and Jane Cain with Volunteer Manager Mary Leehane, to celebrate their win and admire their Award. Members of the PFS Team who were unavailable: Briana Bartley; Janet Daley; Haley King and Vanessa Smith.

Stephen Rodwell with Betty Sammut, Broken Hill Hospital Kiosk Auxiliary President.

Stephen Rodwell with Dorothy Hanley, Red Cross Telecross Coordinator.
Our Volunteers
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National Volunteer Week Celebrations
THANK YOU VOLUNTEERS

Stephen Rodwell with Amelia Butler, Director of the Barrier Social Democratic Club.

Stephen Rodwell with Barry Powell representing the Silver City Working Men’s Club Hospital Visitors and the Y’s Men’s Club Broken Hill.
National Volunteer Week Celebrations

THANK YOU VOLUNTEERS

Volunteers enjoying a well deserved morning tea above and below Celebration Cake cut by Gail Turner, Tai Chi Volunteer Leader, Karen Kemp, Patient Family Support Volunteer and Kiosk Volunteer and Broken Hill Senior Citizen of the Year Elaine Johns
Our Volunteers

Across the District

Seniors Week Celebration in Broken Hill Hospital

12 April 2018

Jane Cain, Clinical Nurse Specialist, Aged Care in Emergency, Alyce Craker, Carer Support Program Manager and Elizabeth Perrie CNC Aged Care.

Broken Hill Health Service Acting GM, Patricia Holtze, Jane Cain and Gaylene Preston, EA to GM.

Tai Chi Volunteers Betty den Haan, Ellen Hamilton, Margaret Grillett and participants Kay Camilleri were joined by Diana Ferry, Executive Officer, and Sharon Grace Australian Hearing.
The activities and information provided was well received by consumers and staff with many enquiries about Far West LHD services, volunteering programs and also to Australian Hearing.

Elizabeth, Mary Leehane, Volunteer Manager and Linda Sutherland CMS Aged Care/Dementia/Falls cutting the cake specially made by Jane Cain to celebrate the 60th Birthday of Senior Week Celebrations.

Part of the colourful and informative display made by the very talented Jane Cain, Clinical Nurse Specialist.
The Far West LHD recently welcomed Janet Pearce (pictured) as their Community Palliative Care Volunteer Coordinator.

This is a new part-time role for the LHD funded by the NSW Ministry of Health, specifically looking at developing community palliative care volunteer services, which will complement the existing inpatient volunteer services managed by Mary Leehane Volunteer Manager F WLHD.

Janet joins the Palliative Care team after a career in aged care, dementia services and health worker training. Janet will initially focus on developing the Broken Hill Community Palliative Care Volunteer Service, and then explore the needs in the smaller communities.

Melissa Cumming Director Cancer and Palliative Care Services F WLHD said: “We are so pleased to have Janet as a new and valued member of our Palliative Care Team, and look forward to re-establishing community palliative care volunteer services that haven’t existed since the late 1990’s. There are very exciting times ahead for our service”.
Staff Profile:
Robyn Stewart

Can you tell me a little about your job with the Health Service?
I have been an employee of the Health Service for 33 years in many different roles; my current role is the operational and financial management of FWLHD staff accommodation, this includes our Lower Western sites. The LHD owns over 48 properties which range in size from 1 bedroom studio apartments to a 53 bed multi storey staff quarters. For recruitment and retention purposes new NSW Health employees are offered short term accommodation.

What do you like about your job?
I get to meet so many different people from a wide range of health disciplines. I get to know them as not only work colleagues but as people we share life experiences as I work in their “home”. I also travel to our remote site in the District Wilcannia, White Cliffs, Tibooburra, Ivanhoe, Wentworth, Menindee and Balranald.

Can you tell me about your life and family, hobbies?
I was born and bred in Broken Hill with most of my family still living locally, I have three sisters who are my best friends and we all get along fabulously, family is very important to me.

I love to travel and have been blessed to be able to visit many different countries and I have seen many amazing place and sights, enjoyed many cuisines (some a little strange) — truly wonderful life experiences.

My other passion is for health and fitness although this only started in my forties. I try to eat a reasonably clean diet and my philosophy is everything in moderation. I exercise every day and enjoy group fitness classes at the YMCA, my all-time favourite is Les Mills Body Attack.

Have you ever/or are you volunteering currently
I am a volunteer at the Broken Hill YMCA (surprise, surprise). This is a perfect fit for me. The YMCA is such a community minded organisation. I love helping out with the Christmas Pageant float, Australia Day BBQ and Learn to Swim activities. With the new redevelopment at the YMCA it is exciting to know that the community of Broken Hill will have such wonderful facilities in the new Wellness Centre.
National Volunteer Week Celebrations

THANK YOU VOLUNTEERS

Presenters with Volunteers receiving their door prizes:
Left: Karen Kemp with Betty Williams, Kiosk Volunteer

Below: Donna-Lynne Gers with Sue Tonkin, Dementia/Delirium and Palliative Care Volunteer.

Left: Lianne McManus with Geraldine Algate, Kiosk Volunteer.

Right: Caitlin Earls with Claire Bright, Dementia/Delirium and Palliative Care Volunteer.

Annette Walker with Shirley Rouse, Kiosk Volunteer.

Delicious Celebration Cake made by Karen Grose.
National Volunteer Week Celebrations

National Volunteer Week (21-27 May 2018) started off with many events across NSW. It was a pleasure to receive an invitation to a Reception at Government House in Sydney, hosted by His Excellency General The Honourable David Hurley AC DSC (Ret’d) Governor of New South Wales and Mrs Linda Hurley. I felt extremely privileged when I was advised that I had been selected as one of four of the Volunteer Alumni to be presented to His Excellency the Governor and Mrs Hurley, prior to the official function on Monday 21 May.

It was an honour to be part of the NSW Volunteer of the Year Awards Alumni Reception and to represent our volunteers and a thrill to hear His Excellency mention our city in his speech, he said: “…we have volunteers from around the State, Broken Hill….” He concluded his speech by referring to the theme of National Volunteer Week ‘Give a Little. Change a Lot’ and said: “…you are all personifying that theme, we could not ask to be sharing the evening with a better group of people, people who see service beyond self as the most important thing – thank you.”

Gemma Rygate, Chief Executive of The Centre for Volunteering said in her address to the gathering of the Alumni that “…just the recipients in the room, you have all completed more than 1 million hours of tireless unpaid work for your local community; you have contributed more than 50 million dollars in cash to your organisations and supported and cared for more than 20,000 people during the time you have volunteered. And I suspect we are underselling your work. These are outstanding achievements that have enriched the social, economic, cultural and environmental wellbeing of NSW… thank you all once again for your extraordinary kindness, generosity of spirit and I wish you all a very happy National Volunteer Week.”

The reception was exciting, sharing the event with likeminded people; being allowed to wander through Government House and take in its breathtaking views. It is one of the wonderful memories I will treasure and certainly a highlight of my career to date along with the many wonderful people I have met, worked with and volunteered with. I am grateful to the Chief Executive and her staff from The Centre for Volunteering and their sponsors for the wonderful experience and the privilege of representing the volunteers I am lucky enough to work with in Broken Hill.
Our Volunteers
Across the District

Continuing Training for the DDPC Team

Art Therapy Facilitator, Mia Vaux, conducted an Art Session with the DDPC Team as part of their ongoing training. The session on self-care was thought provoking and meaningful to the Team. Mia said “When art is used to explore the hidden realms something extraordinary happens. It can bring you directly into the moment as well as into awareness of connection with a higher consciousness. It can bring greater awareness of symbols and the significance of the deeper meaning of things. It can bring forth healing and transformation and facilitate exploration of true potential by feeling the self to be really and truly expressed. Whether you are an artist or not is irrelevant to the fact that art can help to transform your life, to awaken your consciousness”.

Some of the comments from the participants after the session included “accomplished”; “less stressed”; “meaningful” “reflective” and challenging. One Team member said “I found myself thinking about my life since joining the team over two years ago; after the art session - I am in a happy place now and not stressed at all. Once I couldn’t have expressed my feelings like that, it just shows I am not such a private person after all; it has been such a relief to express those thoughts as it was so difficult all those years with my husband being ill for 10 years before he died”. Another Team member said “It was a good morning, but I can honestly say that that type of art isn’t for me; but it was great anyway”.

From the photos below it is evident that each participant not only enjoyed the session, and produced some thought provoking artwork. The Team thanked Mia for sharing her knowledge and talents.

LEFT: Christine Simons; Claire Bright; Mia Vaux; Pat Peter; Lesley Sumson; Diane Whetters; Marilyn Johns; Faye Weinert; (front): Sue Tonkin and Debbie Higgs.

RIGHT: Sue Tonkin and Mary Leehane in front row.
Things to make you smile — think...

“Everyone can be great...because anybody can serve”

Dr Martin Luther King

Volunteers are unpaid not because they are worthless, but because they are priceless

A Final Note to my favourite people — our Amazing Volunteers

I am sad to tell you that I have resigned from my position and with my holiday request in place it means my last day of work is Friday 8 June. Thank you all so very much for allowing me to work with you over the past six years. You have been inspirational and I have loved every minute of working and living amongst you. I am so grateful for the time we have worked alongside each other and proud that we built the volunteer program together. Your work, contribution, new programs and Teams, acknowledgements and achievements is testament of our amazing efforts. I wish you all good health, happiness and that you accomplish everything you set out to do.

Kindest Regards

Mary