



Greetings to all our fantastic volunteers April 2024

Now we are into Autumn it seems a good time to get into some training and/or research. Below are some opportunities available to all of us to be involved in. Further information for all the below are found in their specific attachments in this email. There is lot of information below, so no fun pics 😊

Firstly:

In June Kath Miller is offering to run a Mental Health First Aid course. This is a great opportunity for receive some specialised training for very little output. The training will help you to:



- Recognise common mental health problems in older people.
- Provide initial help using a practical, evidence-based Action Plan.
- Seek appropriate professional help.
- Respond in a crisis situation.

It is a 12 hour commitment over 4 days. 10am-1pm 4th 5th 11th & 12th June. The Cost of \$25 is covered for those who would like to attend. Please consider and let me know by May 1st or send an email to Kath Miller km039903@gmail.com

Secondly:

The Suicide Prevention for Seniors Program will give you practical strategies to have a conversation with empathy to determine whether the person is having thoughts of suicide. It is suited to anyone that works closely with older people.

It is a 3 hour, online via Zoom presentation that is free, funded by the Australian Government.

Thirdly:

The Know Me Dementia Project, run by the Australian National University. This is the project that our guest speaker brought to the group last month. Have a read of the attached information and if you're interested or want to know more, contact me or Cath Bateman on: Phone: 0456 106 886

Fourthly:

Monash University is doing research to evaluate the Aged Care Volunteer Visitors Scheme. US. Please read the attached information for full details. Participation involves an online survey, which takes about 25 minutes to complete.

Also, just a reminder that our new Handbook and Policy documents are now available on the website. So, you can go to the link below and check them out before the meeting if you wish.

<https://acvvsfarsouthcoastnsw.org/>



Sincerely, Lee