



# Greetings to all our fantastic volunteers August 2024

**IMPORTANT! TASSY IS CALLING!** I am going on leave for two weeks 8<sup>th</sup> – 22<sup>nd</sup> August and won't be responding to your reports and messages till I return, however, if you have an emergency and need to contact me I will have my phone on me and will certainly respond. I may not answer straight away (having too much fun!) But I will return your call.



December 6<sup>th</sup> 2024 Volunteer Appreciation Celebration.

12 Noon for lunch at Club Sapphire Merimbula.

I know this will seem very early, but I wanted to make sure that as many as possible can come. We will have a special guest and some goodies to share to say how much we appreciate all that you do for your community.

I have just attended a free webinar with Anglicare about “**Optimising Mental Wellbeing in Older Adults**” and found it very informative and helpful as I have ageing parents as well as visiting an ageing person.

It gave some good insights and tools for how to help maintain and support good mental health. The webinars are free and easily accessible, so I encourage you to have a look at what is available. Go to the link: <https://www.anglicare.org.au/community/suicide-prevention-for-seniors/>



## Reporting

**I would like to thank all of you for your prompt reporting, it has been greatly appreciated.**

For all our Policy/Procedure/Handbook documents, go to: <https://acvvsfarsouthcoastnsw.org/>



*If you need further information about other services that are available, please contact me and I will do my best to direct you to the appropriate support.*

**Sincerely, Lee**