



# February 2025 Newsletter

## Greetings to all our fantastic volunteers

The Grief webinar that was held on January 27<sup>th</sup> was extremely good and I hope that some of you out there did register and attend at home. I had lovely company with me at the church and we got to discuss some of the information that was presented.



Those that attended felt it was a benefit to be together and be able to discuss what had been said and how to process and or action some of the information that we received. The group suggested that it would be very helpful to get together on a more regular basis in order to support each other and access more indepth training.

To this end I will hold more regular morning tea opportunities to present some of the information and just catchup with those that can attend.

With this in mind I will start with 2 opportunities, one of which will be a Saturday for those that work and might still want to catch up with others and be able to benefit from the group dynamic.

These opportunities are a trial run and will be a great waste of time if I am there alone, so please send me a text, email or call to let me know you want to attend either date below.

**Dates for get together support in March are:** Saturday 1<sup>st</sup> 10:30am and Friday 28<sup>th</sup> 3pm at the Uniting Church Merimbula. The subject up for discussion will be on the benefits of volunteering, so bring some of your experiences along to share.

### Education opportunities



I have registered for another Anglicare webinar, this time it is on **“Recognising and Responding to Elder Abuse”**. Again I am offering you the opportunity to attend the webinar with me at the Uniting Church Hall in Merimbula. Webinar starts at 12noon, so be there 5 mins earlier. Please let me know if you would like to attend. IT IS FREE!

[Sign Up for the Webinar](#)



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### Become a Mental Health First Aider

Last year the course was the “Older person’s Mental Health First Aid” course and this year it is the General Mental Health First Aid course. I recommend this course whole heartedly. It has very real practical applications to life in general, not just for emergency situations as the name implies. It is being held on the 5<sup>th</sup> & 6<sup>th</sup> of March, so two full days, but really worth it and IT IS FREE!

For further details see attached flyer.

*Sincerely, Lee*

**WE ♥ OUR  
VOLUNTEERS**