



May 2025 Newsletter

Greetings to all our fantastic volunteers



May has two celebrations, Mothers' Day and Volunteer week

I do hope to see many of you at the volunteer lunch, and to

all those mums out there: **Chris:** Why is a computer so smart?

Mom: It listens to its motherboard.



Support group dates: PLEASE NOTE THE CHANGE OF DATE FOR THE LUNCHEON.



For Volunteer week I will provide lunch for those that can come together on Thursday the 22nd 11:30am for 12:30 lunch. There will be a 40minute information session on "A Practical Guide To Grief" and a time for discussion before and during lunch. If you don't wish to view the Grief session just come by 12:30.

I will need numbers for lunch so please let me know by Monday May 19th if you will attend and if you have a dietary need. Lunch will be a very basic selection of meats, cheese and salad. There will be soft drinks, tea and coffee.

also for those that don't get to attend due to work or other commitments and would like to be able to view the Grief webinar please contact me and I will try to provide other ways of gaining that information.



Group SMS clarification:

I send SMS messages to a group so I don't have to send 50 texts, but if you reply to that message, then other people get the reply and it is confusing for them and that is why I ask you not to reply to those group messages.

If you want to let me know you will attend something that is in the message please just start a new sms directly to me.

Advance Care Planning:

This is a useful link to provide to someone interested in understanding advance care planning. It explains the process, how to start a conversation, different medical terms and situations, provides forms specific to each state and territory, and provides information in multiple languages.

The support service number is 1300 208 582

<https://www.advancecareplanning.org.au/understand-advance-care-planning>

*I was reminded today by Alison that when you visit someone you are saying to them, they matter.
Thankyou, for saying to your recipient – "You matter."*

Sincerely, Lee

volunteers plant seeds of love
that help countless hearts
to grow...

