



November 2025 Newsletter

Greetings to all our fantastic volunteers



December 5th Volunteer Appreciation Lunch

Where: Club Sapphire.

Time: 11:30am.

RSVP: November 21st. Please let me know as soon as possible.

For those who are unable to attend, please contact me so I can catchup with you face to face at a time that suits you.

New Aged Care Act Info:

On the 1st of November the new Aged Care Act 2024 regulations will be rolled out to Aged Care Providers but this will not change your roles and responsibilities. If a provider asks you to do anything different, like sign their volunteer forms or try to restrict your access to your friend. However I have sent all providers the Health Dept's fact sheet, so there shouldn't be any issues, but contact me straight away if any arise.

Education opportunities:

On Thursday the 13th November there is another opportunity to attend an interactive workshop to gain practical tools and ideas with regards to preparedness and resilience in emergency situations. I attended the one in Merimbula and found it very informative as well as providing good contact details and practical advice.

They are held by the Community Organisation Disaster Adaptation Project - CODA

Supporting Spontaneous Volunteers Project – SSVP and the Eden Community Access Centre Inc.

I encourage you all to try to get there – Bega Golf Club Tarraganda Lane Bega, it runs from 9am till 1pm and morning tea is provided. Ali will be there on our table for you to meet.

Spread the word

We have a couple of recipients on our waiting list for a volunteer visitor and I am asking if any of you might have a friend that would be interested in making a new friend. Just consider bringing up what you do when you are with your friends or groups and see if any of them are interested.

I will be at the Candelo and Pambula Markets over the next two Sundays, so if your in the area, come and say hello.

Just for fun:

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Sincerely, Lee

