



October 2025 Newsletter

Greetings to all our fantastic volunteers



December 5th Volunteer Appreciation Lunch

Where: Club Sapphire.

Time: 11:30am.

RSVP: November 21st.

The year is fast getting on and I am looking forward to seeing as many at lunch as possible as I do like to catch up with you face to face at least twice throughout the year.



Reminder: Daylight savings starts this Sunday October 5th don't forget to turn your clocks forward an hour before you go to bed.

Education opportunities:

1. Found on the **DREAM** ([Dementia Respite Education and Mentoring](#)) website, and wherever you get your podcasts, Voices in DREAM is all about empowering the aged and dementia care workforce.

In bite sized podcast episodes host, Yashi chats with nurses, support workers, family members, allied health professionals and dementia support coaches – sharing honest stories and practical tips to support you to provide compassionate dementia care. A new episode will drop each week.

2. **COORDINARE** is subsidising online suicide prevention training for community members.

Recognise and Respond has been developed by the Black Dog Institute, for anyone who'd like to learn how to recognise and respond to someone who may be at risk of suicide.

The interactive, one-hour self-paced training course looks at how to recognise changes in someone's behaviour, how to engage in a conversation with that person and where to find further support. It provides you with the tools and confidence you need to have a life-saving conversation.

To enrol, visit [LearnToReachIn.info](#)

🎯 And remember, the full suite of Where to go for Support resources is available [here](#).

Sincerely, Lee

