



# February 2026 Newsletter

## Greetings to all our fantastic volunteers

January is always a very busy time of year and I hope that you have all been well. This month most of us start to get back to a regular routine of life, if that is how you roll.



I would like to say thank you to all for your timely reporting of your visits. This helps both Ali and I do our jobs in a timely manner and therefore ticking boxes with those that fund us. On this note I am really happy to announce that we have been successful in our application for the grant to continue for the next five years. This means that everything continues as is for the ACVVS program here in the Bega Valley.



### A bit of a giggle for you all – **Hopefully!**

An old man and a 20 year old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees.

As the 20 year old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees - not around to the side."

So the 20 year old readjusts and tries to hit over the trees - but can't clear them and loses his ball. He tries again and loses that one too...

Then the old man says "of course, when I was your age, the trees were only 6 foot tall."

### Support and training opportunity:



[Depression in Older People](#) Webinar: February 25<sup>th</sup> starting at 12 noon. Venue to be arranged. I will send out that information soon, in the meantime let me know if you would like to attend.

I will be available at the venue from 11:30 if anyone would like to call in early and have a catchup and a cuppa with me.

The webinar workshop starts at 12, so please try to arrive a little before that.

This webinar aims to increase understanding of depression in older adults, how to detect and assess for depressive symptoms, common causes of depression in later life and practical strategies that can be used to support a person with depression.

You will have opportunities to ask questions of the presenter Professor Viviana Wuthrich a clinical psychologist, Professor in the School of Psychological Sciences, and Director of the Lifespan Health and Wellbeing Research Centre at Macquarie University.



***I would really like to know if there is anyone who would like to view this webinar but can't make the live workshop as there maybe opportunity for me to show the recording at a later date. We may also be able to hold it elsewhere, say Bega or Eden. Please let me know by reply email.***

***Sincerely, Lee & Ali***