



March 2026 Newsletter

Greetings to all our fantastic volunteers



I often say to myself, "I can't believe that cloning machine worked!"

Did you know taller people sleep longer in bed?

Coffee is the silent victim in our house, it gets mugged everyday.

I hope that gave you a bit of giggle!

The Depression in older adult's webinar held last month was well worth viewing and it gave those of us who attended some very useful tools and information. We can all have times of down mood swings, but depression is a much more devastating experience.

But it can be less devastating with a little bit of help from friends and family, the webinar gave us some tools that will be useful to help our friends and family who may be struggling with depression and they can also help ourselves if we also struggle with depression.

If you are struggling with depression don't hesitate to ask for help or just let someone help if they see you need it, don't feel like you can't because you may feel ashamed, it's not shameful to be depressed, it's quite human.

If you would like to view this webinar and was not able to attend please contact me as it was recorded and I can show it again and perhaps in a different town if enough from north or south would like to view it.

Support and training opportunity:



Spirituality As We Age live workshop: March 26th starting at 12 noon at the Uniting Church Hall Merimbula 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 explores how spirituality enriches later life, not only for individuals but for families, neighbours, volunteers, and community groups who walk alongside them. Through stories, research, and practical examples, we'll look at how simple acts - listening deeply, honouring life stories, creating moments of connection, and supporting people's values and beliefs - can make a profound difference.

You will have opportunities to ask questions of the presenter Rachael Wass who leads Meaningful Ageing Australia.



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