

Volunteer **B**uzz



Hello

Every volunteer makes an impact with individuals, in groups, and with Resthaven communities. This has a flow-on effect on society as a whole. We celebrate you, and would like many more of you. Mrs Hay and Mrs Somerfield of Resthaven Mount Gambier, pictured right enjoying 'Happy Hour', would welcome more volunteer hosts.

Often, I wear a crystal in my pocket or on my wrist; not because I have deep beliefs about crystals. It is simply that I like them. I like how they feel and look. Each one is unique, some are bright, shiny, rough and energising, and some are smooth and calming. Gemstones are even more precious, known for their vivid colour, sparkle, and magical quality of stars in the sky.

Crystals have a highly organised, three-dimensional internal lattice structure. Gemstones have a more random atomic structure, diverse and rare. You are true gems. This is a fun analogy for our 2024 volunteer celebration theme. You will find event dates on the back page.

Throughout these pages, there are updates from across Resthaven, including from the Marketing team and what they have been up to. We thank those volunteers who participate in filming, showcasing events and activities. Check out page 8 and see volunteer, Liz Scarce, with a giant new friend. I loved seeing the photos of the Tour Down Under cyclists whizzing past Resthaven Murray Bridge - see page 11.

Wishing all peace and happiness during Easter.

Stacey Thompson

Manager,
Volunteer Services



Happy Hour Brings **S**ocial Joy



Above: Mrs Maple Hay and Mrs Mary Somerfield 'cheers' to Happy Hour at Resthaven Mount Gambier.

A much-loved connection activity at Resthaven is 'Happy Hour' – a group activity held regularly across many Resthaven residential homes.

We are social creatures, and as such, connections are important for all of us. They help us to feel good, maintain a sense of belonging, and thrive. Volunteers help forge and sustain meaningful connections.

Resthaven Mount Gambier would welcome more volunteer support, including for their 'Happy Hour'! These social events have a wonderful impact for all who join.

We are also looking forward to engaging and connecting volunteers for visiting clients in their own homes – see page 9.

Thank you for continuing to share the message about volunteering with the 'Volunteer with Resthaven' postcards (right), as you are out and about.

Encourage people you meet to join us.





Quarterly Newsletter for Resthaven Volunteers

Statement of Purpose

Working together: outstanding care and support for older people and their carers.

Our Values

- Trust
- Dignity
- Choice

Resthaven acknowledges the traditional owners of the lands on which its services are delivered. We pay our respects to elders past, present and future.

Resthaven is a richly diverse community, founded on the principles of inclusion and unity, embracing and respecting each person's beliefs, culture, language, sexual orientation, gender identity, lifestyle, life experiences and values.

Volunteer Services

Stacey Thompson
Manager Volunteer Services
P 8373 9036 or 0488 105 510
E stacey.thompson@resthaven.asn.au

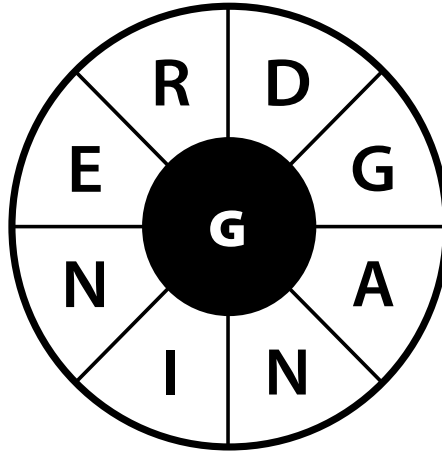
Administration Officer
P 8373 9092

volunteer@resthaven.asn.au

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'Word Wheel'



This 'word wheel' is made from a 9-letter word.

Try and find that 9-letter word, then make as many words of any length as you can from these letters.

You can only use each letter once, and each word must include the central letter (G). Good luck!

Solution page 11.

From the CEO

I hope that you have had a wonderful start to 2024 and enjoyed the festive period with your families and friends.

A year of great promise

After several years of significant reform and change, we are beginning to see the benefits of this hard work.

This year will see the introduction of a new rights-based Aged Care Act, together with revised Aged Care Quality Standards. The release of the Aged Care Taskforce Report is also imminent and we are hopeful that it will address some of the shortcomings of the current funding system.

We have a lot to celebrate this year; the first Resthaven Excellence Awards, the completion of the stunning Resthaven Bellevue Heights redevelopment, the conclusion of the transformative 'Ignite' project, along with many other highlights.

There is a lot to look forward to.

Looking to the Future

In 2024 we will begin development of Resthaven's 2025-2030 Strategic Plan which will be released in time for our 90th birthday in 2025. The Board held a workshop in February to commence this review.

Aged Care Standards

In December 2023, the final draft of the strengthened Aged Care Quality Standards were released.

They incorporate feedback from wide consultation and the results of the pilot program. They also bring the Standards into line with the proposed New Aged Care Act. It is proposed that they will commence from 1 July 2024.

The older person is at the centre of the Strengthened Standards, with the required actions and themes of Standard 1 (Consumer Dignity and Choice) flowing through to all other Standards. This results in a more detailed focus on delivering service that is structured around the needs, preferences and choices of each person.

From the CEO (continued)

Language throughout the Standards includes changed terminology from 'consumer' to 'older person,' demonstrating that people in aged care should be considered active partners in their own care rather than being a recipient of a service.

International Collaboration

Resthaven has had a long-standing relationship with Baan Sudthavas Foundation. Since the director, Arnop Chirakiti first approached Resthaven in 2012 to provide mentorship and support for his philanthropic gesture of building a residential care home for elderly women in Thailand.

On 6 December 2023, Baan Sudthavas held an event to celebrate their 10th anniversary. Guests included people and organisations that have assisted the organisation, including Silom Complex staff, volunteers, two local hospitals, students and staff from nearby university and authorities.

As part of the celebration, staff and volunteers held up a banner with the Resthaven logo, with the words 'wish you were here' (top), to acknowledge Resthaven's support over the past ten years. Arnop sent an email together with several photographs.

Resthaven sent a letter of congratulations, together with a return 'thank you' photo, and a small gift as a token of our friendship.

Clinical Governance and Quality Committee

Ms Angela Coker has been appointed to the Resthaven Board Clinical Governance and Quality Committee as the Consumer Advocate.



Above: Baan Sudthavas residents, volunteers and staff display a banner for Resthaven.

Angela is Head of Learning and Development at SA Power Networks and brings invaluable experience as a family member of a Resthaven resident.

Welcome

We welcome Rebecca Nicol, as Senior Manager Workforce Development with People and Culture.



As mentioned in the last issue, Volunteer Services has moved to People and Culture, and is now a part of Rebecca's portfolio in Workforce Development.

Finally...

Thank you for all that you do. I hope you enjoyed the Movie Day events held in late 2023. It was a pleasure to chat with many of you.

Here's to a great year ahead.



Darren Birbeck
Chief Executive Officer

Aged Care 'Roundtable'

In November 2023, Resthaven hosted a roundtable with Senator for South Australia, Karen Grogan. The roundtable was attended by representatives from other aged care providers, and Aged & Community Care Providers Association AACPA members.

Pictured below (L-R): Beth Davidson-Park (Alwyndor), Jenny Deer (Mount View Home), Michael Filsell (Boneham Age Care Services), Michelle Church (St Basils Aged Care), Mark Prosser (Aged & Community Care Providers Association), Scott Morgan (Eldercare), Derek Dittrich (Aged & Community Care Providers Association), Christopher Hampton (Aged & Community Care Providers Association), Karen Grogan (Senator for SA), Lee Martin (Tanunda Lutheran Homes), and Darren Birbeck at Resthaven Head Office.



Residential Services

Hello everyone,

I would like to introduce myself as Executive Manager Residential Services. My name is Kelly Geister and I have worked for Resthaven for over seven years, most recently as the Senior Residential Operations Manager.

On a personal note, my husband, Mark, and I have two teenage daughters, and we live on our property near Roseworthy with a menagerie of animals. Many of you will already know me, and I am very excited to continue working together.

Staff Movements

I am pleased to announce that Pardeep Singh Dhot has been appointed to the Senior Manager Residential Services role. Pardeep first commenced with Resthaven in 2017, and has worked as a Relieving Clinical Nurse, Relieving Care Coordinator, Relieving Manager Residential Services, and Acting Senior Manager Residential Services. Congratulations, Pardeep.



We farewellled Bryan Kent, Resthaven Port Elliot Manager Residential Services, and welcome Louise Banner as the new Manager Residential Services for the site. Louise commenced on 5 February. Welcome, Louise.



Recruitment is underway for the Manager Residential Services at Resthaven Murray Bridge, following the farewell of Kelly Gladigau in February. In the interim, the site is being ably managed by the Relieving Manager Residential Services team.



Finally, we wish Senior Project Officer Residential Services, Leonie Robson, all the best as she heads into retirement after 17 years with Resthaven. We thank Leonie for the significant contribution she has made to Resthaven, and wish her all the very best for the future.



Hospitality Services

To better reflect the comprehensive nature of the Resthaven Coordinator Housekeeping Services role, a title change has been implemented.

Going forward, their titles will be Coordinator Hospitality Services. This change extends to the Relieving Coordinator and Corporate Coordinator roles.

Chaplaincy

As a result of the executive restructure in late 2023, Chaplaincy and Pastoral Care will now report to Residential Services, reflecting where these important services are delivered.

Our Chaplaincy team provide a valuable service to residents through connection and engagement in a supportive and meaningful manner.

Above: Amanda Rishworth MP, Federal Member for Kingston, chats with a resident, Volunteer Linda O'Neill, and Manager Residential Services, Hannah Coelho, during her site visit in February.

Several Coordinating Chaplains featured in a Resthaven film about these connections in late 2023 (see page 7).

We look forward to continuing to work with the Chaplaincy team, supported by Volunteer Chaplain's Assistants.

Federal Politician Visit

On 16 February, we welcomed Amanda Rishworth MP, Federal Member for Kingston, to Resthaven Aberfoyle Park (above).

Amanda was delighted to join in a craft activity with representatives from Bunnings Reynella, with Manager, Hannah Coelho, and CEO, Darren Birbeck.

Thank You

Thank you for your support as I settle into the Executive Manager Residential Services role. I look forward to catching up with you on site.



Kelly Geister
Executive Manager
Residential Services

Community Services & Retirement Living

Movements in the Murraylands

With the recent acquisition of additional services within Resthaven Murray Bridge, Hills & Fleurieu Community Services, it has become a sizable service across five offices, covering a very large geographical area.

Tanya Boakes and the team have done an amazing job supporting the staff and the clients with the expansion, however, this is not sustainable moving forward. To ensure we can continue to grow and support the needs of our direct service teams and clients, a decision has been made to divide the region into two sites: Resthaven Fleurieu Community Services, and Resthaven Murray Mallee Hills Community Services.

I am delighted to report that Tanya Boakes (below left) has been appointed as the new Manager in the Fleurieu, and Kimberley Lord (right) as the new Manager for Murray Mallee Hills.



Both Tanya and Kimberley are well known within the region, and have proven themselves over recent months with the changes that have occurred with the increase of service provision.

The aim is to have the region completely divided with all the reporting, systems and processes in place ready for the new financial year on 1 July 2024. While there will be a separation undertaken, both regions will continue to work closely together to deliver outstanding care and support to older people.



Property Moves

We are undertaking a number of property moves.

During December 2023, the Agedcare Alternatives team relocated from the site on Fullarton Road to 237 Glen Osmond Road, where the Project Ignite team have previously been located. We closed the Fullarton Road site at the end of January 2024, after occupation for 13 years. Thank you to the Volunteer Options Guides for relocating to Glen Osmond Road, Frewville.

We will also relocate our team from Manningham to our new site on Main North Road, Sefton Park, shortly.

We have relocated the Resthaven Limestone Coast Community Services Mount Gambier team to new premises in the Mount, at 13 Penola Road.

With the end of the lease, the Resthaven Western Community Services respite services at Regency Cottage will soon relocate to the main site at 96 Woodville Road, Woodville.

Retirement Living

We have received development approval for the expansion of Chiton Retirement Living (above) to build 11 new villas, a community garden, and caravan park. This will be an exciting project working to sell these off the plan.

We have had a busy few months, with a number of units across the portfolio coming back to sell, and new residents moving in. The team has been wonderful helping myself and Retirement Living Operations Manager, Matt Cragg, come up to speed with the retirement world within Resthaven.

Finally...

We look forward to engaging volunteers for visiting clients at home (read more about this on page 9). We are moving into an exciting new era in Community Services and Retirement Living. Let's have an amazing year!

Mel Ottaway

Executive Manager,
Community Services
& Retirement Living



Building Updates

We have a packed year in 2024. We continue to develop new locations and refurbish existing ones, with many projects in construction or planning stages.

Resthaven Bellevue Heights

Stage 2 of the redevelopment of Resthaven Bellevue Heights, incorporating 23 new rooms, is progressing onsite. Handover is expected in June 2024.

The refurbishment of Acacia is in its final stage, which will complete all internal rooms. The finished lounge area in Acacia is pictured below.



Resthaven Westbourne Park

The major redevelopment of Resthaven Westbourne Park is progressing well, with the new areas to be handed over in March 2024.

The final stage of the refurbishment of Marlborough is underway, and will be complete in March.

Stage 1 will include the construction of 42 new rooms, to replace old rooms in Hampton and Richmond. Stage 2 commenced in February.

Resthaven Chiton Retirement Living

The development application at Resthaven Chiton Retirement Living has been approved by Alexandrina Council. It includes 11 additional retirement units, a garden reserve, and caravan park.



The 11 units will complete the village and complement the existing units.

We are in the process of completing the design and engaging contractors. We expect that the works will commence in the third quarter of 2024.

Resthaven Marion Campus

The Resthaven Marion campus is a major centre for our services in the area, providing residential aged care, retirement living, community services, and community respite. A scheme is now being developed for this campus, in consultation with all services on site. The lodgement of the development application is planned for this year. A planning meeting was held in February (pictured above).

Resthaven Paradise & Eastern Community Services

Fit out works are nearing completion on the new Resthaven Paradise & Eastern Community Services premises at 255 Main North Road, Sefton Park. The premises is a former ANZ branch and is very prominent on the junction of Main North Road and Regency Road.

Unfortunately, occupation was delayed by a rather brazen break-in, where the copper pipework

Above: Emmet O'Donovan (Senior Manager Building & Property Services) looks over the Marion campus master plan with Executive, Senior Managers, site Managers, and representatives from Brown Falconer Group architects.

was cut out and stolen from an air conditioning unit. It is expected the former Manningham service will be operational in the new premises in mid 2024.

Rooftop Solar PV Project

The first installation of rooftop solar panels took place at Resthaven Paradise in late 2023, and is now operational.

Installations at Resthaven Aberfoyle Park, Port Elliot and Mount Gambier are underway.

The installations across corporate and community services offices are all complete.

Over 240kw have so far been brought online. The estimated reduction in our carbon footprint is estimated at 9%. This is a great step forward, and something for us all to be proud of.



David Norton

*Executive Manager,
Finance & Technology*

Marketing & Communications



Chaplaincy Filming

In December 2023, the Resthaven Coordinating Chaplains were invited to participate in an interview-style film for the Resthaven website.

The aim of the film was to give members of the Resthaven community a better understanding of the importance of the chaplaincy teams, in supporting not only Resthaven residents, but site communities in general.

Four Coordinating Chaplains were available to participate: Rev Frances Bartlett, Rev Cate Baker, Rev Steve Blacket, and Dr Louise Townend. Frances is pictured above with videographer, Jon Burke.

The resulting film was published on the Resthaven website at the end of 2023, with much positive feedback received. Thank you to all involved. You can watch it here: www.resthaven.asn.au/pastoral-care-spiritual-support/

Residential Site Films

As mentioned in the previous newsletter, all residential homes have a 'film' on the Resthaven website. These continue to be regularly updated.

In 2023, 'filming days' to update the site films were held at Resthaven Malvern, Murray

Bridge, Aberfoyle Park, Marion and Mitcham. Resthaven Mitcham is pictured below.

The site film updates will continue in 2024, with Resthaven Paradise and Mount Gambier lined up for the first half of the year, and Leabrook and Craigmore planned for spring.

The Westbourne Park and Bellevue Heights films will be updated at the conclusion of their respective building projects.

Resthaven's 90th Birthday

In 2025, Resthaven will celebrate 90 years of outstanding care and support for older people and their carers. Events will be held at all Resthaven sites, and we look forward to celebrating this milestone with you.



Celebrating Centenarians

More than 50 Resthaven residents and clients celebrated their 100th birthdays in 2023. It is an honour and privilege to be a part of their lives. Each person was invited to share their story and half took up this opportunity. The Marketing and Communications team had the honour of meeting with each individual and capturing their story and sharing them, either on our website or in the 'Resthaven Review' newsletter.

A recent centenarian featured Mrs Phyllis 'Jean' Croxton (pictured above), who, at 102, still lives independently in her own home, with the support of Resthaven Onkaparinga Community Services.

Thank you to all those who support us to create and share these stories. We look forward to sharing many more in 2024.

Stay up to date on all these and more by following Resthaven on Facebook, or check the latest news on the website.



Julie Johnke
Senior Manager,
Marketing &
Communications

Pictured left, the Resthaven Mitcham filming day (from top): Shelley West with Mr John Lane and Mrs Heather Hand; Goma Rai and Om Sheth; Annie McColl and Mr Paul Bennetts.

Diversity News



'Movember'

In November 2023, the Resthaven Onkaparinga Community Services team celebrated 'Movember', raising money and awareness for men's health.

The team is pictured wearing their moustaches with pride!

Pride Day

Resthaven Aberfoyle Park held a 'Pride Day', in celebration of Pride Month (November).

The team shared colourful desserts of cupcakes with multicoloured icing, different coloured layered jelly, M&Ms, and a fruit platter, whilst watching 'Priscilla: Queen of the Desert', in the hall. Staff are pictured below dressed in their bright colours. Many residents also dressed in 'rainbow' in honour of the day.



Diwali

Diwali was celebrated across Resthaven in November. CEO, Darren Birbeck, is pictured (right) delivering Diwali packs to sites.



Pancake Day

On 13 February 2024 (Shrove Tuesday), several Resthaven sites held Pancake Day events, raising money for UnitingCare, of which Resthaven is a member. We were delighted that 'Penny Pancake' herself made an appearance at the Resthaven Malvern afternoon tea (pictured above right) with volunteer, Liz Scarce.

Upcoming Activities

On 2 March, Resthaven participated in the Pride in the South March and Family Fun Day. On 21 March, staff will attend 'Closing the Gap Day' expo at the Adelaide Showgrounds.

Volunteers are welcomed and encouraged to be involved in cultural events onsite. Please let your key contact know if you would like to join in and support us.

Priscilla de Pree

Project Officer,
Multicultural & Diversity



Significant Days/Events

March

- 2 Pride in the South March & Family Fun Day
- 11 Adelaide Cup (Public Holiday)
- 21 Closing the Gap Day
- 29 Good Friday (Public Holiday)
- 30 Easter Saturday
- 31 Easter Sunday

April

- 1 Easter Monday (Public Holiday)
- 25 Anzac Day (Public Holiday)

May

- 20-26 National Volunteer Week.

Resthaven volunteer celebration dates are listed on the back page.

Meaningful Connections

In this edition, we share meaningful stories and include a snippet below. For the full articles, visit www.resthaven.asn.au/latestnews.



Rummikub in the North

There's a friendly but fierce competition being held each Wednesday at Resthaven Northern Community Services' Gawler office!

The game is Rummikub, and Resthaven clients Mr Robert (Bob) Jamieson and Mr Geoffrey (Geoff) Heath, have been playing together for more than a year. They are members of Resthaven's Friendship Circle, a social group that meets regularly to chat and take part in activities together.

Bob says, 'I enjoy Rummikub, but the thing that I'm really here for is the companionship. The conversations we have while we are playing are phenomenal.'

Bob, who lives on a farm in Lewiston with his daughter and her family, says that coming to the Friendship Circle has become an important part of his week.

For Geoff, time spent at Resthaven allows his wife a chance to get on with her things at home, which keeps her happy too: 'It's nice to have this social support outside of the home,' he says.

Geoff and Bob are pictured above with Coordinators, Andrea and Amanda.



Deaconess Celebrates 100th Birthday

Rushing through the streets of Adelaide in the middle of the night was all part of a day's work for Miss Elizabeth (Betty) Leak, who celebrated her 100th birthday on 11 February, 2024.

A client of Resthaven Riverland Community Services, Betty was a Deaconess of the Uniting Church, working in the Women's Welfare Department at the Kate Cocks Memorial Babies Home at Brighton from 1969 to 1975.

In 1975, after her dad passed away, Betty returned to Waikerie to care for her mother, and she found her place within the local church once more. She took on some local preaching roles, taught the Sunday School, and led a Group Bible Study.

Even when she retired, Betty continued to spend two days a week at the hospital day care centre where she helped with craft work. She did this for around 30 years, and it was only a global pandemic that could slow her down.

'The church has really given me a wonderful life,' Betty says. Happy Birthday Betty!

In Home Volunteer Visiting

We are excited to now engage volunteers for visiting clients in their own homes.

Volunteer roles may include connecting with clients, through:

- **Companionship** (reminiscing, sorting through photo albums)
- **Connection** over news and knowledge (current affairs, history, poetry)
- **Wellbeing** activities (walks, hand massages)
- **Creativity** and artistic pursuits together
- **Entertainment** (games, cards, movies)
- **Pet Therapy.**

If you or someone you know would like to know more about volunteer visiting a client at home, please contact Volunteer Services.

Volunteer Services contact details:

Please contact Stacey Thompson, phone 8373 9036 or email volunteer@resthaven.asn.au



Health & Safety

Manual Handling

Manual handling is any form of lifting and carrying, including using force to push, pull or hold something.



We all engage in 'manual handling' every day. It includes when we pick up a ball, clean the bath, go shopping, sit at a desk, and hundreds of other daily tasks.

Before you undertake a manual handling task, ask yourself:

- How heavy are the items you have to move?
- How far does the load need to be carried?
- How much bending and twisting will there be?
- How repetitive will the task be?
- Does the job need two people, or the use of trolleys?

Tips on how to bend, lift and carry safely:

- Keep feet shoulder width apart
- Bend at the knees (not waist) and stick out your bottom
- Keep the load small and close to your body (arms/elbows in)
- Coordinate with the person helping you
- Avoid twisting your body; move your feet first.

Remember:

- Only carry as much as feels comfortable for you
- Maintain spinal curves and good posture
- The squat position is best when you need to bend low
- Utilise equipment (ie trolleys)
- Ensure you have adequate space, lighting, and work at surface height
- Do not stand on tables, chairs or ladders to reach heights
- Don't rush
- Take regular breaks (including from sitting).

Helping People

We do not require volunteers to lift or transfer residents or clients. This includes taking the part weight of people, for example, taking someone by the arm, or helping someone out of a chair. This is the responsibility of direct care staff, including nurses and personal care assistants, who have been trained to use specific lifting techniques and equipment.

Avoid the temptation to help people out of a chair. This can inhibit a client/resident's ability to maintain their mobility and independence, and you are at risk if the person loses balance. You will not be able to hold them, so two people may potentially be injured. Your best intentions to help could create risk to you and the client/resident.

If a client/resident requires assistance, seek care staff.

2024 Influenza Vaccinations Update

The new influenza season will be upon us soon. Staff and volunteers are strongly encouraged to obtain a flu vaccine between March and June 2024. There are three main ways to obtain your flu vaccine:

1. Through your GP (free of charge for those 65 years and over)
2. Through your local pharmacy (cost may be reimbursed by Resthaven)
3. Through your local Resthaven site (Keep an eye out for site notices and ask Reception regarding timing—site notices will include information for making online vaccination appointments).

Flu Vaccination Records

Please send your vaccination records to Volunteer Services via email volunteer@resthaven.asn.au, or via text message: 0429 085 797.

Reimbursement

We are very happy to reimburse flu vaccine costs. We will require a copy of your receipt, and your bank details, for reimbursement of cost. This can be provided to Volunteer Services via the above contact details when you send through your copy of the vaccination record.

Please phone 8373 9092 regarding any queries about the flu immunisation requirements.

Pictured: CEO, Darren Birbeck, receives his vaccination.



Volunteer **Celebration** Events 2024



We look forward to coming together and celebrating you and volunteering.

This year's Volunteer Celebration theme is 'Volunteers – True Gems'. The dates are listed below. Please save your site's date in your diary. All events will be held from 2 - 4 pm.

You will receive an invitation with details, via email, closer to the time.

Site/s	Location	Date (all 2-4pm)
Resthaven Port Elliot & Fleurieu Community Services (CS) (Port Elliot/Goolwa/Victor/Strathalbyn)	Elliot Hotel	Tuesday 21 May
Resthaven Aberfoyle Park, Bellevue Heights, Craigmore, Northern CS, Leabrook, Malvern, Mitcham, Westbourne Park & Agedcare Alternatives, Marion, Marion CS, Onkaparinga CS, Community Respite Services, Paradise, Western CS, Paradise & Eastern CS	Adelaide Pavilion	Thursday 23 May
Resthaven Murray Bridge & Murray Mallee Hills CS (Murray Bridge)	Bridgeport Hotel	Tuesday 28 May
Resthaven Mount Gambier & Limestone Coast CS	Limestone Coast Pantry	Friday 31 May

Volunteers – True GEMS:

Genuine Engaging Meaningful Soul



2024 **Information and Learning** Opportunities

Volunteer Forums

All volunteers are welcome to join Resthaven Volunteer Forums held throughout 2024.

The next one will be held on:

Thursday 11 April at 2pm.

Location: Online via 'Teams,'
or in person at Resthaven Head Office, Wayville

Topic: Palliative Care

Guest Speaker: Karen Gregory,
Palliative Care Advanced Practice Nurse.

Karen will discuss:

- Palliative and end of life care
- What does dying look like?
- Being present and providing support
- Being part of care
- Self-care and emotional wellbeing.

An email will be sent closer to the date, with details and an online 'Teams' link.

Forums will also be held in August and November 2024, with dates, topics and guests to be advised.

Information Sessions Around Ageing

Resthaven is holding free information sessions around ageing across South Australia in March - July 2024.

For topics, dates and to book, either scan this code >
or visit www.trybooking.com/events/landing/1161096

