

Volunteer **B**uzz



Wellbeing

Jon Owen, Chief Executive and Pastor of Wayside Chapel in Potts Point, Sydney, might be described as the ultimate volunteer.

Jon has taken a vow of living on the poverty line, while working in disadvantaged neighbourhoods.

I recently read an article on Jon Owen and his 'horizontal' approach – he meets people as a friend, as equals, not as someone holy reaching down.

He says, "No one is a problem to be solved, they're a person to be met".

His approach includes accompanying people and being alongside them and building on the spirit that exists between people, not within people.

Jon also speaks about his own struggles and his six habits for survival. I found this inspirational and powerful.

The full article from ABC News can be read here:

<https://www.abc.net.au/news/2024-05-26/jon-owen-wayside-chapel-helping-others-staying-upright/103887876>

Thank you for being alongside residents and clients, building trust, sharing the fun times as well as the tough times.

To the right and on pages 6-7, we have shared some photos of the Volunteer Celebration Events held in May.

You are true gems.

Continued on page 6...

Stacey Thompson

*Manager,
Volunteer Services*



You are 'True Gems'



Above: The Volunteer Celebration at the Adelaide Pavilion.

We are grateful each and every day for you sharing of yourselves – you make a real and tangible difference in the lives of older people.

Each of you are unique and precious, like gems.

The gem decorations at our Volunteer Celebration Events, held throughout May, were made with heart, from all around Resthaven, to show our gratitude and appreciation.

See more photos from the celebrations on pages 6-7.

Thank you!

Right: Gems refracted onto the floor at the Adelaide event. Below: Gem wall decorations at the Limestone Coast event.





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

In this Issue...

From the CEO	2
Residential Services	4
Community & Retirement	5
Volunteer Celebrations.....	6
Health & Safety	8
Building Updates	9
Diversity News	10
Meaningful Connections	11
Volunteer Opportunities.....	12

From the CEO

Hello everyone,

Volunteer Appreciation

Our annual Volunteer 'Thank You' Celebrations were held during May.

It was wonderful to see many of you at these events, and I hope you enjoyed them. Thank you for all that you do to support the Resthaven community, it is very much appreciated.

Consumer Advisory Body

Following an expression of interest for nominations for the new Resthaven Consumer Advisory Body, almost 60 nominations were received. Two groups of 15 have been established.

The initial Consumer Advisory Body Orientation Session was held on Friday 23 February at Resthaven Head Office, with 17 people attending in person, and 11 participating virtually. I was pleased to open the orientation session (above), and thank all involved.

Industry News

The Federal Budget was announced on 14 May, and we were pleased to see the planned release of a further 24,100 Home Care Packages (HCP).

The Australian Government has delayed implementation of the new Aged Care Act and Aged Care Quality Standards that were to have come into effect on 1 July. A revised start date is yet to be determined.

Aged Care Taskforce Report

On 11 March 2024, the Australian Government released the Aged Care Taskforce Final Report.

The final report includes seven aged care funding principles and 23 recommendations for government consideration,



Above: Darren opens the inaugural Consumer Advisory Body orientation session at Head Office on 23 February, as participants join the live stream, with Sarah Brown (Senior Manager Strategy).

relating to residential care, home care, innovation, thin markets, and more.

The final report suggests:

- a way forward on funding for aged care providers, to give them the support they need to provide quality care services
- sustainability by increasing consumer co-contributions for the cost of non-care services for those who have the means to do so, underpinned by a strong and universal safety net – supporting access to high quality services for everyone, regardless of their capacity to pay
- increased choice and control, supporting older people to live at home for as long as they wish and can do so safely
- recommendations for the immediate issues facing the sector, as well as recommendations for the longer term.

The recommendations are now to be considered by government.

The report identifies a need for an immediate increase to the Refundable Accommodation Deposit (RAD) price threshold to \$750,000. Currently, aged care homes need to seek approval for prices above \$550,000. This change could be one of many that take effect as early as 1 July 2024.

From the **CEO** (continued)

Among the other recommendations of the Taskforce is a 3% per annum levy on RADs, capped after five years.

In the longer term, beyond 2035, the Taskforce recommends phasing out RADs with residents paying a rental model. Residents currently have the choice of paying a rental model in lieu of a lump sum RAD, or paying a combination of the two.

Parliamentary Friends of Aged Care

On 25 March, an afternoon tea for the Parliamentary Friends of Aged Care was held in Canberra. Discussions centred around the rights-based Aged Care Act, the Aged Care Taskforce, and how to ensure older Australians can get the support they need, where they need it, when they need it.

The recently-established group will be a forum for bipartisan discussion on matters relating to the ageing of Australia's population and the provision of quality aged care services in Australia.

Co-Chairs Dr Mike Freeland MP and Dr Anne Webster MP, Shadow Assistant Minister for Regional Health, Patricia Sparrow CEO of COTA Australia, and various MPs and Senators joined around 80 ACCPA members, consumer groups, sector peaks, unions and faith-based organisations in attendance. I am pictured below with Grant Corderoy from Stewart Brown, and Roald Versteeg from ACCPA.



Out and About

The signage is up on the new Resthaven Limestone Coast Community Services office at 13 Penola Road, Mount Gambier. Board President Mark Porter and I (pictured) were pleased to check it out during the official site opening in April (see more on page 5).

In February, I attended the Commonage Breakfast (below), to welcome founding Chair, Andrew Larpent, along with other South Australian aged care organisations who helped found CommonAge ten years ago. Commonage advances the interests of older people throughout the Commonwealth by building capability and capacity in health and care services.

In March, Resthaven staff, Executive, and Board attended the International Women's Day breakfast in Adelaide, raising money and awareness for UN Women Australia (right).

Finally...

As always, thank you for your contribution to the vibrant Resthaven community. I look forward to seeing you when I am out and about. Until then,



Darren Birbeck
Chief Executive Officer



Worth Quoting...

“Do the right thing. It will gratify some people and astonish the rest.”

- Mark Twain



Residential Services

Hi everyone,

As always, it has been a busy time in residential services. I sincerely appreciate the hard work of our workforce as we continue to navigate the COVID-19 pandemic, and the extra pressure this puts on the site teams. You are doing an amazing job.

Staff News

We thank Charlie Roe (Relieving Manager Residential Services) for returning to Resthaven Murray Bridge, following Kelly Gladigau's farewell. Charlie will relieve at the home until further notice, and we are very grateful to her for providing this stability to the site team.



I am pleased to welcome Catherine (Cathy) Ryan to the role of Relieving Manager Residential Services. Cathy has managed aged care homes for a number of years.



Finally, we welcome new Coordinating Chaplain, Mary Kemp, to Resthaven Craigmore, following Samson's farewell.



Please make all new members to the Resthaven team feel welcome.

Quilt Donation

Resthaven Fleurieu Community Services client, Mrs Wilma Whitbread, has donated ten beautiful hand-made quilts to the residents of Resthaven Port Elliot, made with her late friend, Jenny Yale.

Wilma and Jenny met as nurses working at the Julia Farr Centre in Adelaide, and reconnected when they both returned to Victor Harbor to retire.



Community-minded Jenny was a keen quilter, and together she and Wilma created many quilts. Sadly, Jenny died in 2023, leaving behind a pile of quilts that Wilma was determined should go to good cause, carrying on Jenny's legacy of giving to the community.

The lovingly made quilts were hand-delivered by Wilma to Resthaven Port Elliot Manager Residential Services, Louise Banner, on 30 April (pictured above), with the promise that they would be handed out to residents who did not receive a lot of visitors or who needed a little lift. Thank you to Wilma and Jenny for this wonderful gift to the Resthaven community.

Thank You

Having celebrated National Volunteer Week during May, we give a special 'thank you' to all volunteers who support us, and older people to live well in our residential aged care homes.

Your support is greatly appreciated. Thank you.

Kelly Geister

Executive Manager
Residential Services



'Have a go' says Rusty



Rusty Novice, a volunteer at Resthaven Aberfoyle Park, is a firm believer in the sense of satisfaction that comes from achieving.

'I always encourage people to have a go,' Rusty says.

This attitude in life has led Rusty to many experiences; now, volunteering to support the Men's Shed group at Resthaven Aberfoyle Park.

Rusty's Resthaven volunteering began with the Resthaven Aberfoyle Park Lifestyle Coordinator asking if he was a bit "handy". Rusty says, 'I don't know where she had heard that, but when she mentioned starting a Men's Shed group, I was certainly interested.'

The group has been running for around eight months now, and so far, has worked on projects including photo display frames, and an Australian Army Rising Sun.

'Some of the guys have never done anything like this before, while others know their way around,' Rusty says. 'It's always nice when they see the finished project.'

Community Services & Retirement Living

Office Openings

On Friday 12 April, we officially opened the new Resthaven Limestone Coast Community Services office at 13 Penola Road, Mount Gambier.

On Monday 20 May, we opened the new Resthaven Paradise & Eastern Community Services office at 255 Main North Road, Sefton Park.

Both events were attended by Board members, managers and executives, local staff, stakeholders and politicians, and the most important guests, Resthaven clients.

Thank you to both teams for working hard to make a smooth transition to these new spaces. We know they are looking forward to working in their larger premises, allowing us to continue to support older people in the area.

Resthaven Murray Bridge Community Services

The division of the Murray Bridge, Hills & Fleurieu Community Services into two regions (Murray Mallee Hills, and Fleurieu) is well underway. Thank you to the site teams for their support as we undergo this transition.

Retirement Living

Plans for the \$7.8m expansion at Resthaven Chiton Retirement Village have been approved by Alexandrina Council.

There will be an extra eleven dwellings built onsite, as originally planned. There will be two types of design - seven with single car garages and four with double garages.

A caravan parking space and additional landscaping are part of the expansion. Sales from off the plan will commence shortly.



Above: Theresa Connor (Manager) and Mark Porter (Board President) cut the celebratory cake at the Resthaven Limestone Coast Community Services Mount Gambier office opening on 12 April.

Below: Darren Birbeck (CEO), Mel Ottaway (Executive Manager Community Services & Retirement Living), Dana Wortley (State Member for Torrens), Steve Georganas MP (Federal Member for Adelaide), Eli Ulbrich (Manager), and Claire Boan (Mayor, City of Port Adelaide) celebrate the Resthaven Sefton Park Community Services office opening.



Delayed Transition

The Department of Health and Ageing has announced that the Commonwealth Home Support Programme (CHSP) has been further extended from 1 July 2025 to 30 June 2027. This means that CHSP providers will transition to the new Support at Home program no earlier than 2027.

Mel Ottaway
Executive Manager,
Community Services
& Retirement Living



Feeding the birds, having a laugh, making a cup of tea



With a wry smile, his signature hat and a good dose of humour, volunteer Graham Ward connects with clients, such as Judy Potter at Resthaven Paradise and Eastern Community Services.

'It's amazing the stories everyone has to share,' Graham says.

Graham and staff at Resthaven Paradise and Eastern Community Services work together to run sessions featuring activities such as painting, colouring and crafts, as well as playing cards and board games, watching movies, and listening to music.

Another enjoyable activity is to go for a walk down to the pond along Linear Park and feed the birds. Judy, a retired teacher and volunteer dog obedience trainer with the Guide Dogs, particularly enjoys this (above), watching the birds and sometimes patting dogs that are out for a walk with their owners.

'Graham is part of the team,' Nicola Grose, Therapy Assistant with Resthaven Paradise and Eastern Community Services says. 'He brings that extra something to the group that is hard to put into words.'

From page 1...

For the next Volunteer Forum, to be scheduled in August or September, the topic will be 'Wellbeing'.

We are currently exploring content and guest speaker options for the Volunteer Forum.

In the meantime, let us know of specific content you might like included. Email volunteer@resthaven.asn.au.

This forum will be held entirely online, for volunteers to tune in from home or via computer at sites.

This will ensure the best experience for all, rather than a mixed in person/online approach, which hasn't boded well in the previous volunteer forums.

Recently, I enjoyed reading about the Tovertafel interactive projection system being trialled with three pilots sites, as described on page 11.

For this edition, on the back page, we have included a snapshot of volunteer opportunities, for sharing and building momentum.

I have heard that Resthaven Port Elliot residents are interested in putting on their own stage production.

I also have it on good authority that community services would love to have a virtual choir.

Kindness and gratitude,

Stacey Thompson

Manager
Volunteer
Services



Volunteer **Celebration** Events 2024



Volunteer **Celebration** Events 2024



Health & Safety

Infection Prevention

During the last three years, many people have become much better and more aware of the importance of good hand hygiene. We have seen the benefits, with fewer people catching colds and influenza.

It is a timely reminder to keep up good hygiene practices. Infectious agents can be spread in a variety of ways, including:

- Airborne: coughs or sneezes release airborne pathogens
- Skin-to-skin contact: the transfer of some pathogens can occur through touch, or by sharing personal items, clothing or objects
- Contact with bodily fluids: pathogens in saliva, urine, faeces or blood can be passed to another person's body via cuts or abrasions, or through the mucous membranes of the mouth/eyes
- Contaminated objects or food: the pathogens in a person's faeces may be spread to food or other objects, if their hands are not thoroughly washed.

Standard precautions include:

- Good hygiene practices
- Frequent hand washing (including after wiping/blowing nose)
- Appropriate use of gloves (including to cover broken skin)
- Use of other personal protective equipment, such as eye protection, masks and aprons
- Safe use and disposal of sharp instruments and disposable equipment
- Correct cleaning, disinfection and sterilisation of non-disposal equipment
- Safe collection, storage and disposal of waste

- Appropriate use of cleaning agents
- Protocols for preventing and managing occupational exposures to blood or body substances.

Let's continue to sustain good infection control practices, and keep infections at bay.

Food Safety

As we age, our immune systems are less able to fight off infection, and our stomachs produce less acid, making it easier for germs to get through the digestive system.

If older people do contract food poisoning, they are affected more severely by the symptoms, and take longer to recover. For these reasons, Resthaven prepares and cooks food in accordance with strict food safe practices. We ask you not to bake and bring food for residents and clients.

Serving of Food and Drinks

Please follow these food safety precautions:

- Wash your hands with warm soapy water before handling food and food contact surfaces, when changing gloves, after using the toilet, etc.
- Inform staff if you are feeling unwell and experiencing symptoms of food borne illnesses such as vomiting and diarrhoea.
- Do not touch food with bare hands. Use tongs, paper serviettes or wear gloves.
- Do not provide food to someone unless you know it is safe for that person. Staff will provide you with information about individual dietary requirements.
- Be aware that dietary requirements can change often for individuals. If ever unsure, please double check.



- Dietary requirements may include food allergies, diabetes or swallowing difficulties. For example, a glass of water may be harmful for some people and may need to be thickened. Others may need their food vitamised.
- Please ask the staff you work with for information regarding individual requirements.

Hazard Management

Hazard management is a continuous process that is used to improve the health and safety of all workplaces. It is essentially a problem-solving process aimed at defining problems (identifying hazards), gathering information about them (assessing the risks) and solving them (controlling the risks).

We all have a responsibility to ensure that all hazards are reported. Please speak up with your teams about any hazards you may notice. Be brave, speak up, speak out. If you don't report it, we don't know about it. We can't fix it if we don't know it's broken.

Please let your key site contact know, or report it to reception.

Building Updates

The months keep rolling by! It's exciting as two of our largest projects are close to the finishing line for stage completion.

Resthaven Bellevue Heights

Works are progressing well on stage 2 of the Resthaven Bellevue Heights redevelopment. This incorporates 23 new rooms and a dementia-specific area. We expect to move into the new areas in late June.

The refurbishment of Acacia was completed in May. Once the new areas are complete, Grevillea will be demolished, and a new car park constructed.

Resthaven Westbourne Park

Stage 1 of the Resthaven Westbourne Park major transformation was delayed a little due several factors. However, we are now scheduled to move in mid-May. Stage 1 will include the construction of 42 new rooms to replace old rooms in Hampton and Richmond.

The project involves the application of a 'small house' model, with 'houses' of 13 or 14 residents. The site will now have seven 'houses' – Marlborough, Carlisle, Richmond, Hampton, Somerset, Narinna, and Kyeema.

The final stage of the refurbishment of Marlborough is now complete, and the area looks fantastic.

Marion Campus Master Plan

Marion is a major centre for our services in the area, providing a multitude of services including Residential Aged Care, Retirement Living, Community Services and Community Respite. An overarching master plan has been drawn up, and we will lodge a development application later in the year. A planning meeting was held in March.

Resthaven Chiton Retirement Living

The design of the Resthaven Chiton Retirement Living addition is now complete, and the planned units look fantastic. The scheme includes 11 additional retirement units, a garden reserve, and an area for parking caravans. This has been approved by council. The 11 units will complete the village and complement the existing units. Tenders have gone out to builders. It is expected the works will commence in the third quarter of 2024.

Rooftop Solar PV Project

The Rooftop Solar PV Project is well progressed, and will bring great benefit in reducing our carbon emissions. Installation is complete at several sites, including Resthaven Aberfoyle Park and Paradise (pictured below), and is underway or planned soon for others.

The estimated reduction in our carbon footprint is at 9%. We are also looking at displaying the live system supply at residential sites.



Resthaven Head Office

Due to growth over the last few years, Resthaven Head Office is expanding. We are in the detailed design phase to implement a workplace solution. This is expected to be progressed over the next 8-12 months.

Sefton Park Office

As mentioned on page 5, the Manningham team have moved into the new Resthaven Paradise & Eastern Community Services outreach office at 255 Main North Road, Sefton Park. The new office (above) accommodates the administrative team plus group activities and a clinical room. The official opening was held on 20 May.

Resthaven Malvern and Leabrook

A project is being initiated for upgrade works to parts of Resthaven Malvern and Leabrook. At Malvern, we will work on Dove, Lorikeet and Finch areas. Leabrook will be sitewide.

These projects will be great for the sites, and ensure that all areas are modern, contemporary, and meet the needs of residents.



David Norton
Executive Manager,
Finance & Technology



Closing the Gap Day 2024

On 21 March, Resthaven was represented at the 'Closing the Gap Day' event at the Wayville Showgrounds.

Resthaven Marion Community Services Home Support Worker, Alyson, arranged for a large group on 'Men on the Move' to attend the day (above). Thank you to Alyson for making all the arrangements for clients and staff to support this important day.

Thank you also to bus driver Greg, for a great trip for all on the Resthaven Rosa bus for this occasion.



Above (from top): The Resthaven Marion Community Services 'Men on the Move' group visits the Resthaven stand at 'Closing the Gap Day' at Wayville Showgrounds; Harmony Week celebrations at Resthaven Westbourne Park.

Harmony Week

Harmony Week was 18-24 March, and events were held across many Resthaven sites, including at Resthaven Westbourne Park (pictured right).

Well done to all who shared the message of Harmony Day that 'we all belong.'

Take care until next time,



Priscilla de Pree
Diversity & Inclusion Lead

Upcoming Significant Days/Events

July

- 1 Coming of the Light (Torres Strait Islander people)
- 1 International Tartan Day (Scottish)
- 7 Al Hijra (Islamic New Year)
- 7-14 NAIDOC Week (First Nations)
- 12-18 National Diabetes Week

New smoke-free and vape-free laws

From 1 March 2024, new laws came into effect banning the use of cigarettes or vapes within ten metres of the outdoor entrances of all non-residential buildings in South Australia.

The new law, called the *Tobacco and E-Cigarette Products (Smoking Bans) Amendment Regulations 2023* (under section 52(2) of the Tobacco and E-Cigarette Products Act 1997), affects all Resthaven residential aged care homes, community services sites, and administrative office locations.

In addition, from 7 December 2024, all residential aged care facilities need to be compliant with being smoke-free and vape-free in all public areas within the boundaries of the site, and 10 metres external to the boundaries. Penalties of up to \$750 can be applied to both Resthaven as the occupier of the facility, and also anyone who smokes in a prescribed public outdoor smoke-free or vape-free area.

These changes impact staff, volunteers, clients, residents, visitors, and contractors.

We will confer across the organisation as we review our policies and procedures to reflect these legislative changes. Check in with staff regarding locations.



Chris Pelvin
Manager,
Work Health
Safety & Injury
Management

Meaningful Connections

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



Grant Success for Cassidy

Congratulations to Resthaven Riverland Community Services Registered Nurse, Cassidy Knight, who was awarded a \$5,000 grant from Australian Seniors, as part of their Aged Care Futures Grant program.

Cassidy was awarded the grant after submitting an essay on the subject of why she has chosen a career in aged care, and how her further study into dementia care will help her clients.

'I love knowing I can make a difference in someone's care, providing them with dignity and respect,' Cassidy says.

'I really feel appreciated for the work I do, and it's always nice to be able to stop and have a chat and see how things are going for my clients.'

'Being able to improve the quality of someone's day is one of the most satisfying and rewarding jobs anyone can do.'



A song and a prayer

For Deb Wotherspoon, one of the most rewarding things is to hear the voices of people singing along with her piano playing.

A volunteer at Resthaven Bellevue Heights, Deb, and her bordoodle (border collie/poodle) Fergus, support the 'Worship for Everyone' church service. Deb plays the piano during the service and then continues to play afterwards while the residents enjoy afternoon tea.

'I love the way music brings joy to the residents,' Deb says. 'And I love that Fergus brings them joy as well. To see the smiles on their faces is just amazing.'

Deb has been volunteering in aged care homes for around 20 years and has been with Resthaven Bellevue Heights for the past three years.

'There have been some amazing moments,' Deb says. 'Some residents will just make the slightest movement, and in others, you might just notice a tear sliding down their cheek. It's very rewarding.'



'Tovertafel' Trial

Three Resthaven residential sites - Mitcham, Marion, and Paradise - are currently trialling 'Tovertafel,' supporting residents living with dementia.

Also known as the 'Magic Table,' Tovertafel offers a blend of physical and cognitive stimulation, projecting interactive images onto a surface designed to evoke positive emotions and experiences.

Tovertafel offers opportunities for joy, accomplishment, and a sense of purpose, enhancing overall wellbeing.

During the trial, staff have observed residents laughing, reminiscing and discussing what they are feeling and seeing. Residents who would normally not engage in activities are observed engaging in Tovertafel activities and socialising.

The benefits of the Tovertafel will be evaluated following the trial. If you volunteer with one of these sites and are interested in knowing more, seek out your Lifestyle Coordinator.

Volunteer Opportunities Across Resthaven - Snapshot



Volunteer Services contact details: 8373 9036, or volunteer@resthaven.asn.au

Site/Area	Volunteer Opportunity/Activity
North	
Resthaven Craigmore	Musicians; leisure group activities
Resthaven Northern Community Services (Two Wells)	Volunteer with a pet dog, to visit a client who has goats
North East and West	
Resthaven Paradise	Chaplain's Assistant; musicians
Resthaven Community Respite Services Toorak House (Toorak Gardens):	Social activities with clients
Resthaven Paradise & Eastern Community Services	Social knitting group supporter
Resthaven Western Community Services (Woodville)	Creative and social groups; exercise groups
Metropolitan Adelaide	
Resthaven Malvern	Lolley trolley operator
Resthaven Mitcham	Chaplain's Assistant; carpet bowls; shop; board games
Resthaven Westbourne Park	Garden group; companions
South	
Resthaven Aberfoyle Park	Chaplain's Assistants
Resthaven Bellevue Heights	Companions; walking buddies
Resthaven Marion	Walking buddies; Chaplain's Assistants
Resthaven Community Respite Services (Marion)	Shed group activities (Like Rusty's group)
Resthaven Marion Community Services	Hot hand waxing; Friday social club
Resthaven Onkaparinga Community Services	Ladies afternoon
Fleurieu	
Resthaven Port Elliot	Stage Production Support – for residents putting on a play (costume design, set design, directing, coaching)
Resthaven Fleurieu Community Services (Victor Harbor)	Women's Wellness Group (meditation, exercise, themed days and social)
Resthaven Fleurieu Community Services (Goolwa)	Social group
River and Murraylands	
Riverland Community Services (Loxton, Berri, Renmark)	Social out and about groups
Resthaven Murray Mallee Hills Community Services (Murray Bridge)	Companions
Limestone Coast	
Resthaven Mount Gambier	Companions; Happy Hour
Limestone Coast Community Services (Mount Gambier and Naracoorte)	Companions
Virtual	
Online	Resthaven Community Services would love to create a virtual choir with volunteer support!