

Volunteer **B**uzz



Hi from **Stacey**

Season's greetings!

Thank you for the joy you bring, helping us all to feel good and be inspired by the good work you do. There are two examples (right), of volunteers sharing their musical talents. On page 11, there are a few more examples of the great work you do. Imagine if photographs of all of you were able to be included – this newsletter would be a very large book.

Whilst we have welcomed new volunteers, we have also farewelled some who have been volunteering with us for many years and will be fondly missed – see page 2.

We also have three volunteer bus drivers who are hanging up their driving hats after many years of driving the Resthaven Rosa Bus, including Max Howland and Jeff Lintern. We thank them so very much for their driving skill, focus and good cheer.

Sadly, we also farewell Volunteer Support Officer, Jessica Pigram, who has made the difficult decision to finish at the end of 2018 to focus on her young family and changing needs. Jessica has provided tremendous support and we thank her greatly.

On a brighter note, how wonderful are all the new buildings and redevelopments. Thank you Pam Smith, for your special blessing at the celebration at Resthaven Westbourne Park.

We look forward to working with you in 2019 and welcoming new volunteers.

We wish you joy with your loved ones over Christmas and a wonderful new year.

Stacey Thompson

*Manager,
Volunteer Services*



Music in the air this festive season

We have some very talented musicians, including volunteers, Jai Paris and Wendy Cram.

Pictured right is Jai at Resthaven Leabrook, playing the piano with Mr Frank White. They can often be heard playing duets together.

Wendy is below, pictured bringing her special flair to the sing-along at Resthaven Westbourne Park with her piano accordion skills.

Christmas is even more festive because you share your talents, voices and yourselves. Thank you for contributing to the wellness of so many people across Resthaven.



**Season's
greetings
to all.**



Statement of Purpose

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

Our Values

- Trust
- Dignity
- Choice

Resthaven is a richly diverse South Australian community founded on the principles of inclusion and unity, embracing and respecting each person's beliefs, culture, language, background, lifestyle, life experience and values.

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In this Issue...

What's the Buzz? 2
 From the CEO..... 3
 Building Update..... 5
 Residential Services..... 6
 Community Services..... 7
 Chaplaincy 7
 Work Health and Safety..... 9
 Public Relations..... 10
 ICT Tips..... 10
 Out and About..... 11

What's the Buzz?



First Aberfoyle Park Volunteers on Board

The volunteer team is growing at Resthaven's newest residential aged care home at Aberfoyle Park, which officially opened on 12 October (see page 6).

Beverley, left, with Manager Residential Services, Mia Brooks, is one of the volunteers who recently joined the Resthaven Aberfoyle Park team.

15 Year Volunteer Farewell

In October, Resthaven Westbourne Park fondly farewelled volunteer, Mrs Colin Edwards, right, with Lifestyle Coordinator, Verona Rix. Col has volunteered with Resthaven for 15 years, supporting the School for Seniors group, and is described as 'a breath of fresh air who will be dearly missed'.

Even though Col has decided to retire, we are delighted to hear that she'll still pop in to listen to the School for Seniors presentations from time to time.



Shop Volunteer Farewells

In November, we farewelled Resthaven Craigmoreshop volunteer, Jan Rothwell.

Jan is moving to Whyalla to be with family. Jan first settled in Whyalla when she arrived from England.

We thank Jan for her tremendous Chaplaincy and Shop support for the past eleven years at Resthaven Craigmores.





From the CEO

As another year draws to a close, I am reminded of the everyday importance of our purpose: working together each day with individuals in sustaining their needs and quality of life in their circumstance. This reflects the important relationships between volunteers and staff, and each individual, and their support network. It emphasises the importance of trust and how we go about respecting the dignity of each person.

Capital Works

I note the completion of several major building redevelopments, and the opening of our new residential aged care home at Aberfoyle Park (see page 6). A formal opening and dedication by the Moderator of the Uniting Church in Australia, Rev Sue Ellis, on 12 October, was a great occasion.

The latter part of this year saw celebrations of the completion of the redevelopments at Resthaven Mitcham and Westbourne Park, and the 60th anniversary of Murray Bridge this year.

In total, \$52.8 million was invested into these capital works during the 2017-18 financial year, creating jobs for many South Australians.

Royal Commission into Aged Care Quality & Safety

On 23 September, the Prime Minister, Scott Morrison, announced a Royal Commission into aged care, to be held in Adelaide. The two Commissioners appointed to lead the Royal Commission into Aged Care Quality and Safety have begun recruiting staff, and established a website.

The Commission is due to provide an interim report to the Federal Government by October 31, 2019 and a final report by April 30, 2020. We share the dismay felt by the community when older Australians and their families are hurt by poor or negligent care.

We believe that all older Australians should expect and receive high quality care, and strive to provide it each and every day.

Aged Care Quality & Safety Commission

On 24 October, Australia's first Aged Care Quality and Safety Commissioner, Janet Anderson, was appointed to lead the new and independent Aged Care Quality and Safety Commission. She will oversee establishment of the Commission, as it prepares to start intensified compliance monitoring from 1 January 2019.

The Commission will oversee the approval, accreditation, assessment, complaints resolution, monitoring and compliance of Commonwealth-funded aged care providers. The Commissioner will report directly to the Minister for Senior Australians and Aged Care, the Hon Ken Wyatt MP.

The new commission will absorb the roles of the current Aged Care Complaints Commissioner and the Australian Aged Care Quality Agency and, from January 2020, also take over the Department of Health's aged-care compliance responsibilities.

Additional Services Announced

Recently, an additional \$100m in funding for the Commonwealth Home Support Program (CHSP) was announced.

This is welcome for important additional services such as domestic assistance, meal deliveries, transport, and home maintenance.

However, the number of people still waiting for a Home Care Package is a most disconcerting 121,000 people, including 40,000 people assessed as needing a high level package but who have been assigned a lower level package than they require.

Those, and others who are waiting without any support, have the highest levels of need but are waiting more than a year for a Level 3 or Level 4 package to enable them to live safely in their own homes.

In recent weeks, various significant announcements were made by the current Government as we approach the next election in early 2019. These include announcements affecting schools, child care, small business, farming communities; all worthy areas of need.

We await the significant announcement required for aged care to ensure that individuals assessed for care can achieve access to their assessed care within three months or earlier - such as Home Care packages - and also ensure that residential homes remain open and sustainable in local areas (noting nearly 50% are struggling to achieve viability).

Aged Care Single Quality Standards

A change set for 1 July 2019 is a single set of new Aged Care Quality Standards that will apply to all aged care services, including residential care, home care, flexible care and services under the Commonwealth Home Support Program.

The Aged Care (Single Quality Framework) Reform Bill 2018 replaces four existing sets of standards. The new standards deliver a single approach to indicating quality expectations across all aged care settings, including residential care and home care.

We expect the reforms will involve changes to processes to assess performance against the new standards, and improve the information available to consumers.

Continued page 4...

From the CEO (continued)

The new standards are:

1. Consumer Dignity and Choice
2. Ongoing Assessment and Planning with consumers
3. Personal Care and Clinical Care
4. Services and Supports for Daily Living
5. Organisation's Service Environment
6. Feedback and Complaints
7. Human Resources
8. Organisational Governance.

We are working towards ensuring our systems and processes reflect the new standards, which have a consumer focus.

Staff Matters

Executive Manager, People & Culture, Des Itsines, will retire from her Executive role at the end of this year. We sincerely thank Des for her significant contribution to Resthaven over almost 20 years of service and leadership, and wish her all the best in her well-deserved retirement.



Wendy Morey, Executive Manager Workforce Development and Governance has given notice of her intention to explore opportunities overseas in 2019. She plans to work in different communities with her husband Sandy, as they have on previous occasions. Wendy has been a valued leader at Resthaven over two decades, and will leave a positive legacy.



Although the timing of Wendy's departure is not yet determined, we wish Wendy and Sandy all the best in their new venture.

I am stepping down from the role of Chairperson of UnitingCare Australia's aged care network at the end of the year. I will continue in the network, as do others in the executive team.

Board Retirements

At the end of the year, we will farewell Geoff Tully from the Resthaven Board. Geoff has given tirelessly of his time over two decades, and we particularly thank him for his time as Treasurer.



Also retiring is Suzanne Fuller, who commenced on the Board in 2010 and has been a keen contributor to the Board Governance Committee.



I extend my sincere thanks to Des, Wendy, Geoff and Suzanne for their outstanding service.

Season's Greetings

I am proud of the high quality care and support we provide, working together in partnership to meet the needs of older people, and making a difference to their quality of life every day.

I wish you and your families a happy and peaceful festive season.



Richard Hearn
Chief Executive Officer

“ It is Christmas in the heart that puts Christmas in the air. ”

Keith Baines

Site Phone Number Changes

With the NBN being progressively rolled out across metropolitan Adelaide, please note the following recent phone number changes at several Resthaven locations:

Resthaven Mitcham

Old number (8271 0639)
changed to **8378 8999**

Resthaven Marion (residential)

Old number (8296 7555)
changed to: **8198 2000**

Resthaven Community Respite Services

Old number (8358 3173)
changed to: **8198 2060**

Resthaven Onkaparinga Community Services

Old number (8326 3444)
changed to: **8307 3700**

'Once Again'

Once again...

The months have flown,
December is now here.



Once again...

The bells ring out
In shops far and near.



Once again...

It's Santa Claus
Riding floats on high.



Once again...

The puddings cook,
The aroma fills the sky.



Once again...

It's greeting time
For family and friends so dear.
So...



Once again...

I say these words:
Have a wonderful,
Wonderful year.

Written by Bev Lee

Building Update

Completions

Since our last update, a number of official openings have occurred (see page 6 for photos).

Resthaven Mitcham

Completion of Resthaven Mitcham's \$14 million major redevelopment was celebrated on Friday 28 September, marking the end of three years of building work. The redevelopment has eliminated shared rooms on site, except for purposefully allocated couples rooms.

Resthaven Aberfoyle Park

On Friday 12 October, the new site at Aberfoyle Park was officially opened. The site is rapidly heading towards capacity. As the landscaping matures, the site will continue to evolve and soften. The \$30 million home will accommodate 100 older people and provide more than 100 ongoing jobs at capacity.

Works in Progress

Resthaven Westbourne Park

Minor works to the reception courtyard and 'link way' courtyard to Carlisle were completed at Resthaven Westbourne Park, ahead of the redevelopment celebration held in November.

Miscellaneous works included upgrade works to the five double rooms, the kitchen and the Hampton courtyard. The new sixteen place dementia specific area is a pleasant environment in which to live and work. The reception and café are popular meeting places for visitors and residents.

Below: A new single room at Westbourne Park.



Above: The major Resthaven Murray Bridge site redevelopment, completed in November 2018.

Murray Bridge

Construction Manager, Sarah Constructions, has completed both residential and Community Services developments at Murray Bridge.

Residential Services

The final stage of the \$16.5m redevelopment of Resthaven Murray Bridge (pictured above) is now complete, and includes a new entrance, reception, café and hall, offices and kitchen/laundry. The new hall is an especially welcome addition to the site, which has not previously had a central hall. The site now has 18 new places, bringing the capacity to 96.

Final touches include a new sculpture, which is a real talking point.

Community Services

The new Community Services Centre is complete, and handover and occupation occurred in mid November. The new offices and activity areas are light and airy and provide a centralised office for all community activities at Murray Bridge.

A combined residential and community services opening celebration is planned for early 2019.

Resthaven Limestone Coast Community Services

Resthaven Limestone Coast Community Services support people throughout the region, with offices in Naracoorte and Millicent. A new outreach office will open soon at 15B James Street, Mount Gambier.

Head Office

Planning approval has been received from Unley Council for 18 additional car parks to be located opposite the existing car parks outside the offices to the front of the Resthaven Head Office building along Greenhill Road. The car parks aim to be completed by February 2019.

Looking Forward

Now is a time to review our projects and take in feedback to ensure that we continually develop and make improvements. We will then look at some new projects!

Emmet O'Donovan

Manager, Buildings and Capital Projects



Residential Services

Site Openings

Resthaven Mitcham

On Friday 28 September, the completion of the \$14 million major redevelopment at Resthaven Mitcham was officially celebrated with a cake cutting ceremony.

Residents and guests joined together to celebrate the end of three years of building work, which has resulted in a beautiful, modern home and all single rooms with ensuites. Board President, Mark Porter, officiated at the celebration, which was attended by more than 100 guests.



Above: Mandy Hutchinson (Manager Residential Services) and Tina Cooper (Executive Manager Residential Services) cut the ceremonial cake to open the Resthaven Mitcham redevelopment.

Resthaven Aberfoyle Park

On Friday 12 October, Resthaven celebrated the official opening of Resthaven Aberfoyle Park at 100 Hub Drive.

Kaurna Elder, Katrina Power, and her niece, Jo Agius, gave a heartfelt 'Welcome to Country'. The official opening and dedication by Rev Sue Ellis, Moderator of the Uniting Church in South Australia, culminated in the unveiling of a plaque to mark the occasion and a special prayer for Resthaven Aberfoyle Park.

It was a wonderful occasion, and very exciting to officially open and dedicate our twelfth high quality residential aged care home.



Above (L-R): Mark Porter (Board President), Rev Sue Ellis (Moderator of the Uniting Church in SA), Richard Hearn (CEO), Tina Cooper, and David Norton (Executive Manager Financial & Corporate Services) officially open Resthaven Aberfoyle Park.

Right: Mrs Audrey Rice (resident), Marian Greenshields (Manager Residential Services) and Tina Cooper cut the ceremonial cake to open the Resthaven Westbourne Park redevelopment.



Resthaven Westbourne Park

On Thursday 15 November, residents, staff and families joined together to celebrate the completion of the \$6m refurbishment and redevelopment at Resthaven Westbourne Park. Guests celebrated with a cake-cutting ceremony and afternoon tea.

Staff News

I am pleased to announce the appointment of Rachael Musico (right) to the role of Relieving Manager Residential Services, and Rebecca Bailey (second right) to the position of Relieving Care Coordinator. Please make Rachael and Bec welcome as they make their way around the residential homes.



Residential Focus Groups

Throughout November, Focus Groups were held across all Resthaven residential homes. These complement the Focus Groups and Community Advisory Groups held in our community services sector.

Focus groups are an opportunity for residents and their families to provide their feedback, comments, and suggestions to us.

Season's greetings!

Tina Cooper

Executive Manager,
Residential Services



Community Services

Homelessness

Resthaven provides advocacy and linking services to people aged over 50 years, who are homeless or at risk of homelessness, through the Commonwealth Home Support Programme, Assistance with Care and Housing service.

In 2017-18, we supported more than 100 people through this service: liaising with public housing representatives and private rental landlords, linking people with relevant services, and supporting people in seeking alternative housing situations or resolving issues such as hoarding or tenancy disputes.

Almost 15,000 older Australians experience homelessness or are at risk of homelessness due to lack of affordable housing, shortage of public housing, closure of private boarding houses and caravan parks.

Homelessness in older age has a profound impact on wellbeing: mental, physical and emotional health, the loss of social networks, vulnerability to physical violence and a loss of a sense of place in society.

Resthaven recently commissioned the University of South Australia to conduct research and prepare a report: 'The risk of homelessness for older women in South Australia' (Beer, A. and Spork, N. 2018). This report indicated that there is a growing demand by older women in tenuous housing situations for supported accommodation. There was a 31% increase in the number of homeless women between Census 2011 and 2016.

In following Resthaven's values of trust, dignity and choice, we aim to provide equity in access to aged care services to all older people, including those people with reduced financial means.

As Christmas approaches, it is food for thought.



Sue McKechnie
Executive Manager,
Community Services



Chaplaincy

God is with you this Christmas

A Christmas message from Resthaven Coordinating Chaplain, Rev Cate Baker (Resthaven Paradise and Leabrook)

Everyone experiences Christmas in different ways throughout their lives.

I remember the wonder and awe of trees, carols and large family gatherings as a child. Now, I am caught up in the 'busyness' of creating delight for my own children, whilst also managing the cooking, shopping and family organisation.

Later in life, I know there will be quiet Christmas mornings and afternoon rests.

Christmas can be a time of great joy, but also of grief. We miss those special people who sat at the lunch table with us. We miss being in the middle of the preparations. We miss the way things were.

Yet Christmas is also about our God loving us enough to become one of us; to have experienced those joys and griefs.

Our God shares our feelings, and understands them, for God in Jesus has felt them, and lived through them too.

However we feel, our God is with us this Christmas.

We have many activities coming up across Resthaven residential homes this Christmas; some joyful, others reflective.

The Chaplaincy team look forward to journeying through the festive season with you this year, wishing you a blessed Christmas.



Resthaven Westbourne Park Blessing

At the recent celebration of the Resthaven Westbourne Park redevelopment (see story opposite page), volunteer Chaplain's Assistant, Pam Smith, was invited to deliver the official blessing of the new site areas.

Pam delivered a heartfelt prayer to the assembled audience of around sixty guests.

Thank you, Pam.



Christmas Cheer

Here's a puzzle to get you in a festive mood!

Words can go horizontally, vertically and diagonally in all eight directions. Words can overlap and share 1 or more letters.

Good luck!



M P M K D S N O I T A R O C E D R
 J I C M C S U A L C A T N A S R N
 B O S U S W Z U I P S Y T T M V K
 X D A T I J C X Y L L O H G W W D
 T H P M L A K C T F R I E N D S O
 C P I M S E M X C R S M S L S N M
 Y N R R T W T B U T E L G N G O G
 U Y E C N X O O H A L E C L S D C
 O N I V E F B G E E K N X E B S A
 I A N J S Y I W B E J E F S A A R
 S M D T E L Q E V I I W M N U M O
 R W E L R M L I F E W Y Z I B T L
 Q O E I P G T F A Q T E Z T L S S
 X N R N N S L M M W U A B O E I Q
 R S P I E N K H I E U R B D S R W
 Q P J F L N K D L U P U K Y H H O
 T A Z D J N Y X Y G R U H X A C L

Clues

Baubles	Lights
Carols	Mistletoe
Christmas	New Year
Decorations	Presents
Family	Reindeer
Festive	Santa Claus
Friends	Snowman
Holly	Tinsel
Jingle Bells	Tree



Lateral Thinking...

Can you answer these lateral thinking puzzlers below?

Answers below.

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
3. Before Mount Everest was discovered, what was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. What word in the English Language is always spelled incorrectly?
6. In California, you cannot take a picture of a man with a wooden leg. Why not?
7. If you were running a race, and you passed the person in second place, what place would you be in now?
8. If a farmer has five haystacks in one field and four haystacks in the other field, how many haystacks would he have if he combined them all in another field?

1. Johnny, of course 2) Meat 3) Mount Everest; it just wasn't discovered yet 4) None; there is no dirt in a hole 5) Incorrectly 6) You can't take pictures with a wooden leg; you need a camera to take pictures 7) You would be in second. You passed the person in second place, not first 8) One; if he combines all of his haystacks, they all become one big one.

Work Health and Safety

Emergency and Fire Procedures

In an emergency, implement 'R.A.C.E.'

- Remove persons in danger
- Alert others
- Contain fire (close doors and windows, if safe)
- Evacuate

Emergency procedures are located at key workstations and staff common areas at each site. There are designated staff at each site, called Chief Wardens, who will take charge in an emergency. Everyone must follow their directions in an emergency situation.

Chemical Safety

There are many different types of chemicals used at Resthaven which include: alcohol gel, batteries, medications, aerosols, perfumes/aftershaves, nail polish, massage oils, craft items, fly spray, toiletries, etc.

We maintain a register of hazardous substances and specific safety data sheets to ensure safe storage and use of such items. As we provide these items, you are not required to bring them to sites.

EFM Partnership

Resthaven has partnered with EFM to provide discounted gym memberships to the Resthaven workforce. Resthaven employees and volunteers receive 20% discount on any EFM gym membership purchased, with the first 14 days free. Look for the posters on all site notice boards. For more details about this offer, please visit: www.efm.net.au.

There are 37 EFM gyms are located across South Australia. Visit www.efm.net.au to find your nearest location. Simply contact and book, and state you are a Resthaven volunteer.

COME TRY EFM PERSONALISED TRAINING



UniSA 'Campfire' Expo

Thank you University of South Australia! It was great to meet first year psychology students around a 'campfire' in October to share about volunteering. We congratulated the students on their first year of study with a handmade paper flower.

The event was promoting volunteering to psychology students as a way to broaden their life experiences through engaging with the community as a volunteer.



Global Centre for Modern Ageing

In October, PR Manager, Julie Johnke, and Manager Service Development, Lynn Openshaw, attended the opening of the Global Centre for Modern Ageing (below).

The centre showcases the latest innovations relating to wellness in older people, and includes a living laboratory called 'LifeLab', a testing and innovation facility which allows older people to co-design products and services.



Public Relations

Unley Legends II

On 17 October, Resthaven Malvern residents and volunteers were delighted to attend the launch of 'Unley Legends II: Age is a celebration', a joint project of the City of Unley and Resthaven. The event was the City of Unley's participation in COTA SA's 'Zest Fest' festival.

The short film showcasing positive images of ageing was screened to a full house at the Capri Theatre in Goodwood. The series of short vignettes showcased eight inspiring, everyday 'legends' of the Unley community.

Two City of Unley residents featured in the film were Resthaven Malvern resident, Mrs Bernice Roberts, aged 100, and Liz Scarce, a long serving Resthaven Malvern volunteer.

Both Bernice and Liz, along with fellow Resthaven residents and staff who appeared in the films, were in the audience. Following the launch, guests were treated to a free movie screening of Australian movie, 'Ladies in Black'.

The City of Unley and Resthaven first partnered to produce 'Unley Legends I' in 2017. The resulting videos are featured on Resthaven's YouTube channel.

Resthaven is a natural partner for the City of Unley's 'Active Ageing' strategy, which contributes to its recognition as an 'Age Friendly City'.

Julie Johnke

Manager, Public Relations



Right (from top): Rosemary and Vili (of Vili's bakery) are congratulated by CEO, Richard Hearn; the famous Capri organ; Resthaven Malvern residents and staff excited to see the legends on the big screen; guest with 'Legends' movie billboard.



ICT Tips

Have you tried turning it off and on again?

Turning something off and on again really can fix many issues on smart devices. Restarting allows the device to completely reset and start fresh – a bit like us most mornings!

Computers

No joke – yes this does often fix issues, so is always worth a try.

Mobile Phones

It is recommended that you restart your mobile phone once a week. This clears out running processes that are not required. Most phones offer an automated option. If not, try and make it a regular task to keep your phone performance up.

Home Internet

If you are experiencing any problems with your home internet, try restarting your router. It is also a good idea to completely switch it off for a couple of minutes, then switch it back on again.

Smart TV's

Now that TV's have become computers, switching off and on at the mains plug may fix some problems.

Chris Balogi

Manager, ICT



Out and About

Pack n Chat Christmas Cards

It's that time of year again when the 'Pack n Chat' group unite at Resthaven Head Office to pack the charity Christmas cards into packs, to be sold at all Resthaven sites. Pauline Pauline Ackland and David Le Cornu are pictured (right) in the midst of their packing duties.



Flower Arranging

Together, Mandy Laidlaw and Mrs Gary Jerkovic (below) have been collecting flowers from the beautiful Resthaven Marion site gardens, to arrange into bunches to display around the home. Mandy and Gary's efforts are bringing plenty of spring cheer into the home.



Show Day 'Pet Corner'

Volunteer, Vijay Selva-Nayagam, and his dog, 'Lucky' delighted residents at the Resthaven Leabrook Show Day, held in September. Vijay and Lucky are pictured (above), with Mrs Mavis Moore, aged 104.

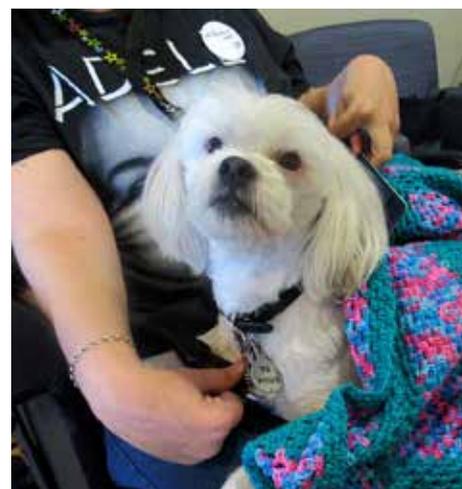


'Elvis' Themed Happy Hour

In August, Resthaven Bellevue Heights residents enjoyed an 'Elvis' themed Happy Hour, supported by Elisa Bello (left). Guests were 'all shook up' over the afternoon!

Pet Therapy

Casper (right) is a regular visitor at Resthaven Marion. Casper kindly brings along his human, Cheralyn Smith, and, together, they enjoy smiles and attention from residents across the home.



Volunteer **Featured** Opportunities

Do you know someone who'd like to give it a try?

Callout for more Bus Drivers!

Three of Resthaven's volunteer bus drivers are retiring at the end of the year, so we are putting this callout for more volunteer bus drivers.

You may know someone, your friends may know someone and your neighbours may know someone... Join us in spreading the word.

People really enjoy the bus trips, the destinations and sights on the way, including the hills and beaches, cafes and restaurants, dolphin cruises, chocolate factories, and night trips in December to see the Christmas lights.

The Rosa bus (based at Resthaven Malvern) requires an LR licence. We can help support people to gain this licence.

Opportunities include: weekly, fortnightly, or as a relief driver.



Above: When the Resthaven bus visits Belair National Park, the ducks know to follow it!

Resthaven Malvern

Men's Group Supporter

Thursdays at 10:30am (day and time are flexible)

Lolly Shop Supporter

Multiple opportunities across all days of the week

Bingo Supporter

Tuesdays, 10am—12 noon, weekly

Resthaven Northern Community Services

Morning Tea Host

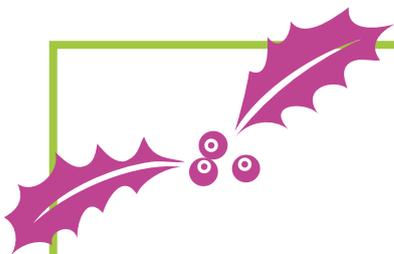
Wednesdays, 10am—12.30pm, two group sessions

Six weeks on, six weeks off



For more information, phone Volunteer Services on 8373 9036, email volunteer@resthaven.asn.au, or visit the 'volunteering' page of the Resthaven website: www.resthaven.asn.au.

Thanks for spreading the word to family, friends and neighbours.



'Let Every Day be Christmas'

*Christmas is forever, not for just one day,
For loving, sharing, giving, are not to put away
Like bells and lights and tinsel, in a box upon a shelf,
The good you do for others is good you do yourself.*

– Norman W. Brooks

Warm season's greetings from Resthaven Volunteer Services.