



Ballarat Health Services
Putting your health first

Volunteer News

No 2 Sept/Oct 2011

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The Buddy Up program which began in Inpatient Rehabilitation at the Queen Elizabeth Centre is now also in the acute site at the Base Hospital. It has been a smooth transition to the acute wards with many thanks to the new Buddy Up volunteers. Helen became a Buddy Up volunteer because she saw a need for the program after caring for a family member in hospital over a couple of months. Helen says she gets "a lot out of each pleasure helping patients to forget about their pain or discomfort"

Typical volunteer activities include:

- ❖ sitting with patients and doing one to one activities such as playing cards, jigsaws, quilts and board games
- ❖ talking to patients about news of the day
- ❖ listening to patients, encourage talking about past memories - this is a good mental exercise and usually patients are happy to reminisce
- ❖ making sure the patient is wearing their glasses and hearing aides and checking that these are clean and working properly.

Volunteers usually work three-hour shifts and do not provide clinical care or carry out duties otherwise performed by hospital staff. Volunteers taking part in Buddy Up receive education on working with patients with memory and thinking problems. Phone Sue for more information.



Patient Pearl and 'Buddy' Helen.



'Buddies' in Training





VOLUNTEERS NEEDED TO SELL BOOKS...



The Foundation has been offered some second hand books for sale as a fundraiser. We are looking for a small group of volunteers willing to help set up and man a regular book trolley, available to staff, patients and visitors to the Base Hospital. Please contact Sue OR Geoff Millar if you are, or know someone who may be interested in helping.

Current Volunteer Vacancies

- Outpatient Clinics- assisting in the waiting areas in the hospital
- Planned Activity Groups (Day Centres) - Assisting with client focused Activities
- Two volunteers to be part of a weekly (Wed) morning coffee group with residents of PS Hobson Aged Care Facility, and to push a wheelchair 100 metres (training provided)
- Talbot Place Aged Care Facility - activities assistant, especially craft and woodwork
- Expressions of interest for Day Oncology - Assisting patients in waiting area (full training will be provided)
- Gandarra Palliative Care Unit

Do you have your ID?

If you don't have a volunteer ID, please call up to the HR Department any day between 9.30 and 4.30 and the staff will be happy to assist you.

And a word from Sue...

BHS now has **265 volunteers** (as of this morning!) and that does not count the 10 applications sitting on my desk, waiting to be processed! We have grown from just under 200 at the beginning of the year. There has been great recruitment work done for specific areas, such as the ED, 'Buddy up', the PAGs and the Flower Shop, and I would like to thank the Managers in those areas for all their hard work and support.

I am finding that people are attracted to volunteering with BHS, whether they would like to give something back for the great service they received themselves, or they are new to Ballarat and would like to meet people, or have just recently retired, many people choose US! I struggle to keep up with them all! But, in an environment where it is usually difficult to attract volunteers, I think we are very lucky! THANK YOU for choosing BHS!

Volunteer Liaison Group- Any Volunteers?

I am establishing a Volunteer Liaison Group, with members to represent each of the Volunteer Programs/Units across BHS. I would like to have at least one representative from each area in this group and am looking for people to step forward. Thanks to those people who have already 'volunteered'!

It is anticipated that the group will only meet 3-4 times per year and will form a communication link between myself and the volunteers in each of the areas. You would simply be required to make yourself known to the other volunteers that you are their rep, and be able to assist me in disseminating information to the volunteers. You would also be able to bring any thoughts/ideas or concerns to the group from volunteers in your area, which will really help me keep in touch with the volunteers and ensure that everyone has a fulfilling volunteering experience. If you are interested, I would love to hear from you.

Sue Jakob

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