



Ballarat Health Services
Putting your health first

Volunteer News

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Meet your Volunteer Liaison Reps...



Our Volunteer Reps, back left Amanda, Mary, Maureen and Merrilyn and in the front, Moira, Lorrae, Trish, Paul, Heather and Jim. (Absent, Barry, Robyn and Margaret)

They represent volunteers in the Emergency department, Gandarra, Elizabeth Brown, PS Hobson, Jack Lonsdale, James Thomas, Steele Houghton, 'Buddy Up', Friends and Relatives Ass, and the QE Ladies Auxiliary. We would love to have reps from all volunteer groups, so if you are interested in becoming part of this group, please let Sue know.

New Volunteer Meal Assistance program...

The Volunteer Meal Assistance pilot is new program where volunteers provide meal assistance for patients in hospital. This program is aimed at improving the nutrition of patients who require assistance for meals. In November 2011, 16 volunteers underwent the Volunteer meal assistance training program over two days. This training included information regarding nutrition, meal assistance, modified diets, food safety, understanding cognitive impairment and effective communication strategies. The volunteers have also undergone two mandatory sessions providing meal assistance to patients under the supervision of the speech therapist and project officer. The volunteers have been providing meal assistance at lunchtimes to patients in Inpatient Rehabilitation Unit, Queen Elizabeth Centre since December 2011. Meal assistance can include providing set up (unwrapping food, placing within reach etc), encouragement and full meal assistance. All patients who receive assistance have been referred to the program by the nursing staff, occupational therapist or speech therapist. The volunteers who have taken part in the pilot program have found it very rewarding- "It's great to be able to do something really useful"; "I thought people might be embarrassed about having someone help them, but they seem to really be glad"; "It's wonderful to see the patients improve from needing a lot of help to doing it by themselves". This program is scheduled to be introduced at the Ballarat Base Hospital in March/April 2012.

Anna Wong Shee



Current Volunteer Vacancies- Jan-Feb

Residential Aged Care:

- ❖ 2 volunteers required to assist with a morning coffee group at PS Hobson, helping to take residents across to Wendouree Village on a Wednesday morning.
- ❖ Activities assistants required for fun activities with residents at Talbot Place in Dana Street.

Midlands Planned Activity Group:

Volunteers required to help with daily activities, such as craft, games, outings, etc

Book Trolley Sales Assistants:

Volunteers required to take a book trolley into the wards and around the hospital and sell second hand books to patients, visitors and staff. *Contact Sue for more information on 5320 6931*

Some snaps from our Christmas Luncheon



And a word from Sue...

Hi everyone, and welcome back to another year of volunteering! And it looks like being another busy one for the Volunteer Program- I already have about 15 people applying to volunteer with BHS in various areas.

You will have read the article on the first page about the Meal assistance Program, implemented by Anna, who is also the Coordinator of 'Buddy Up'. We hope to offer more training for this program later in the year, so keep an eye out for that.

This year, I have taken over the Volunteer Coordination at Gandarra, which has added some hours to my role, so I will be spending some of my time over there.

