



### A message from our CEO

This message comes out at a time of deep reflection for us all, and indeed this is happening across WA, Australia and the Globe. We are in the middle of one of the most significant economic and social changes in our history, and our lives at the moment are so different from our previous culture that we are all a bit unsettled and some in our community are stressed and lonely and uncertain!

We have also just come out of Easter with its focus on Death and Resurrection and new life: and we are now going through Anzac Day as we honor and reflect on lives lost and service undertaken by so many to defend our country.

At Melville Cares we have many staff, volunteers and clients who connect with some or all of these journeys. We are still striving to deliver ongoing and high quality services to our over 2,300 clients in very challenging circumstances. Many of you have taken time out to isolate and look after yourselves and your family. I hope that life is going OK for you and that you are all safe and well. We look forward to you re-joining us in the not too distant future. In the meantime, take care, stay safe and keep physically and mentally healthy. See you soon I hope. **Ian Carter AM**

### Message from our Executive Manager Community Services & Coordinator of Volunteers

Firstly, let us **THANK YOU** our volunteers for the past year of your volunteering. This year unfortunately we are unable to get together and celebrate **YOU** as we have done in the past five plus years during Volunteer week celebrations in May.

It is fascinating to discover why people volunteer. For many they are giving back to community, some have family that received services from Melville Cares, other reasons are of a personal nature,. The time you give as a volunteer in our Community is truly appreciated by all at Melville Cares.

This past couple of months have been very challenging and reflective. It has been an interesting time for our volunteers at Melville Cares. We have seen the community come together as individuals or as organisations such as Rotary and Inner Wheel to support vulnerable people during COVID19. We have received many donations and beautiful letters of support and drawings from children of hope and encouragement via our social media appeals within the Melville Community and via Facebook.

COVID19 advice from the health Department has recommended isolation for vulnerable people and the over 70's. This has resulted in our Friendship Groups, Grand Collective and Pathways to Abilities programs closing until further notice. We are aware that volunteers are eagerly awaiting to return once it is safe we give that notification. Transport is still operational with a few volunteers who are taking the clients to medical centres and hospitals. We have some new volunteer drivers using their own vehicles to drop off three course frozen meals to our clients. Our talented cook Lynn and volunteer Emma have been busy prepping and preparing these delicious meals. Needless to say we are still operating to the best of our ability during these times and will be contacting you to advise when things slowly unravel to some kind of normal in the future.

The Community Visitors has remained operational sending virtual visiting, cards and letters to their residents. This has been an interesting learning experience for both parties. CVS volunteers must now have proof of a flu shot to re-enter the nursing home they were visiting. Melville Cares management strongly encourage all volunteers to have a flu shot this year. It is also

recommended that you download the COVID19 tracking ap on your mobile.

We are very glad you have been safe and social isolation has not been too long here in WA. Be kind to yourself in this time as we recognize and celebrate **'YOU'** during National Volunteer Week.

**Avril Eady-Rivers Coordinator of Volunteers**

**El Bennett Executive Manager Community Services**





**NATIONAL** 18-24 MAY 2020  
**VOLUNTEER**  
 CHANGING COMMUNITIES. CHANGING LIVES. **WEEK**



National Volunteer Week (NVW) is the annual celebration to acknowledge the generous contribution of our nation's volunteers. The dates for National Volunteer Week 2020 are Monday 18 May – Sunday 24 May.

The theme for National Volunteer Week 2020 is

***“Changing Communities. Changing Lives”***

**Melville Cares Management would like to acknowledge and thank our wonderful volunteers.**

**20 years plus**

Alyce Mourad      Treasur D’Cruz      Ray Price      Gillian Stewart      Alan Rye      Yanee Giangiulio

**15 years plus**

Hayden Binning    Christa Kaltenbrunn-Long    Teresa Abelha      Keith Jarvis      Joseph Brion      Amanda Waller      Debbie Broadbent

**10 years plus**

Kevin Dalziell      Lynton Moore      Dita Fogarty      Sarah Henley      Gary Siew      Craig Johns      Peter Clark      Keith Penter

**5 years plus**

Joesphina De Souza      Peter Monteath      Ciaran Van Der Walt      John Carlini      Janet Pasqua      Trish Clark  
 Jeremy Reed      Joy Monteath      Esmee Cruickshank      Derek Burns      Mark Johnston      Glynn Franche  
 Mathew Charlton      Judith Simper      Nicky Vass      Gail Dutton      Don Stallard      Helen Antonas

**Up to 5 years**

Adam Hewber      Joe Hewber      Dennis Bernecker      Graham Davey      Bill Keenan      Ronald Byrne      Dawn Rivers  
 Imre T      Sally Marston      Peter G      Stuart Douglas      Jodie Ball      Gerry Sagaram      Judy Mac  
 Gregory Ryan      Mark Chapman      Dene Staples      Jacqui Jansen      Kate Dival      Jennifer Gunnell      Shane Martin  
 Roger Dadd      Alan Bates      Colin Tyler      Robin Emmett      Brian Kowald      Alison Wreford      Graham Chauvin  
 Joe I      Peta & McKenzie      Nick Prizmic      Bill Cromarty      Gerald Farrell      Bob Fraser      Tony Martinovic  
 Stefan Chung      Marilyn Paul      Kathryn Hanlon      Malcolm Wilkinson      Jayne Boers      Cheryl G      Wendy Krawczuk  
 Cecily J      Patricia Maren      Geoff Sandford      Andrew Galin      Les Burge      Lowenna Brogan      Claudia Spittle  
 Michael Oliver      Amanda Hamilton      Sophie Rutigliano      Margaret Moores      Martin D      David Sharples      John Burrell  
 Daphne Kirsten      Tian Yi      Garry Maddeford      Robin Anderson      James Paul      Bruce Sleeman      Keng Hock Seah  
 Gillian Bailey      Lorraine Anthony      Ann-Marie Watson      Doris Friend      Elizabeth Aaron      Janet Hudson      Alan James  
 Champika Srirarjan      Andrea Burnett      Rosaria Fazio      Richard Shepherd      Moh Leng Wong      Geoffrey Kean      Jovencio Villarino  
 Astraea Shakti      Tony Forrest      Mark Vassallo      Bzuayehu Heres      Emma Smith      Craig Smith      Hugh McKiie  
 Jenette McKay      Gary Fernihough      John Royle      Amber Clifford      Barbara McKinnon      Jay Samuel      Peter Mattner  
 Gisela T      Charlotte Tenbey      Elfi H      Vikki Gates      Ian Saunders      Roy McInnes      Julie Crowley  
 Kathleen Knight      Jane Loveday      Beryl Maynard      Lisa Kovac      Peter Smith      Steve Robins      Gangadhar Hegde

**Sonny , from the Best Exotic Marigold Hotel said:**

***“Everything will be all right in the end—if it’s not all right then it’s not the end”***



It's the small things we do that can make the biggest difference. Shakespeare's Hamlet said, "for there is nothing either good or bad, but nothing makes it so". In these troubled times, instead of scaremongering, let us all practice **care mongering**. This movement, of doing and accepting acts of kindness and care, started in Canada and is spreading around the world. So, let's think about the ways we can care for the people around us. Perhaps you can chat on the phone, or online to a friend who is isolated? Maybe you can share some groceries with someone who can't get to the shops? What about discussing positive stories with someone who is feeling anxious? If you can't offer a hand, don't forget that you can offer hope, compassion and love.

Agape is universal love. The love for strangers, the community and nature. This is the love that will get us through these difficult days. In these unsettling times, it is good to know that The Beatles were right when they said:

**"LOVE IS ALL YOU NEED".**



### Why be a Volunteer?

It's not for the money, it's not for the fame  
and it's not for any personal gain.

It's just for love of fellow man.

It's just to lend a helping hand.

It's just to give a tithe of self.

That's something you can't buy with wealth.

It's not the medals worn with pride.

It's just for that feeling deep inside.

It's that reward down in your heart.

It's the feeling that you've been a part  
of helping others far and near.

That's what makes **YOU** a **VOLUNTEER**.





## Covid-19

It is imperative you take every measure possible to keep yourself and other volunteers safe in the workplace. This includes following all advice provided by the Australian Government with regards to hygiene and social distancing. Where possible, consider how face-to-face contact can be lessened or removed altogether. Where face-to-face contact is an essential requirement, ensure you strictly comply with hand washing and sanitizing guidelines. Further, consider how you can assist service users to comply with guidelines to minimize the risk to yourself.

### Stay safe and informed.

Please refer to the section on our home page for an updated support article with Covid-19 News, Updates and Resources from credible sources.

#### Melville Cares

<https://melvillecares.org.au/>

#### Australian Government Department of Health

<https://www.health.gov.au/>

#### World Health Organization

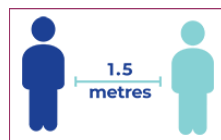
<https://www.who.int/>

#### City of Melville

<https://www.melvillecity.com.au/>

#### City of Melville Volunteering

<https://www.melvillecity.com.au/our-community/volunteering/melville-volunteer-resource-centre>



Let's pull together as a wonderful combined team to get through these times and volunteer together to combat and overcome the effects of Covid-19.

### *For a laugh.....*

- I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.
- 30 days hath September, April, June, and November, all the rest have 31, except for March which has infinite.
- In an unsettling reversal of our teenage years we are now yelling at our parents for going out.
- Self-isolation day 13: -Where is your partner? In the yard. But I don't see them. Oh, you just have to dig a little.
- After 30 days of lockdown, You're not fat, you're just... easier to see

