

## CVS CHAT (*Issue #1 – July 2017*)

### **A Word of Welcome**

Welcome to the first edition of 'CVS Chat'.

My name is Swee Logie. I became the new CVS Coordinator in April this year.

I have been a TAFE lecturer for more than 20 years, involved in many different learning areas. Currently I lecture in the Community Services and Counselling Diplomas at North Metropolitan TAFE. I am also a trained teacher and counsellor. I am working three days a week for TAFE and two days for CVS. After the school holidays, my CVS days will be Thursdays and Fridays.

I would like to thank the church for their ongoing support for this program to be continued and to serve the elderly who are isolated in aged care homes. CVS is a Commonwealth Government initiative. The government provides funds for 22 volunteers to visit residents in local aged care facilities. In the past ten weeks, we have signed up eight new volunteers and there are four more in waiting.

We welcome volunteers on board: Tony, Swee R, Nalynn, Rebecca, Craig, Helen Pual and Regina. Thanks also to Maureen and Nalin for continuing.

I would like to thank Jade for her time as CVS Coordinator for the past 19 months and to record my appreciation for the time and effort put in by previous volunteers who were helping Jade. Please don't hesitate to contact me if your circumstances allow you to come back again. You are always welcome and appreciated.

Many of you have met Taylah, a student from TAFE, currently completing her Diploma in Community and Counselling. I would like to thank her for assisting over the last ten weeks. She has been a great help. She finished her practicum on the 4th July and I wish her all the best for her future studies and employment.

If you are thinking of becoming a volunteer, why not take the first step to commit yourself to this worthwhile scheme. You can become part of this caring group. Training, debriefing sessions, and social events are part of the benefit of being a volunteer. So if you would like to become a CVS volunteer, email Swee at [cvs@claremontbaptistchurch.com](mailto:cvs@claremontbaptistchurch.com) or ring 08 9385 2607.

I am happy to have a chat and give you more information



## ***Upcoming Events***

CVS is very excited to announce some new events and training which will become available to volunteers in the upcoming months.

**22<sup>ND</sup> JULY** - A breakfast event will be held in Cottesloe for our volunteers!

**25<sup>TH</sup> AUGUST (3:00pm-5:00pm)** – Afternoon tea social gathering for volunteers and sharing session

**Being a volunteer can be stressful at times.**

**Do you self-care?**

**If so... why not send in some of your ideas to share with others?**

## **Meeting with Maureen (CVS volunteer)**

Last week, I sat down with Maureen, our longest volunteer. She agreed to talk about her experiences with CVS, and her ideas of volunteering in general.

Maureen has been involved in a variety of volunteering work for almost twenty years. It began shortly after she migrated to Australia from South Africa. She noted that being in a completely new country was lonely and frightening, and volunteering felt like a rewarding way to fix that. She began volunteering for CVS, and wanted to focus on aged care to 'give something back'.

Over the years, Maureen has bounced between different volunteering work, as she managed her own career and personal life. Her memories of her work over the years are very positive. She said that working with disadvantaged individuals has allowed her to develop a greater understanding of her own life. She elaborated by saying that learning patience and acceptance have been life lessons she has gained over the years. At one point, Maureen laughed and said that, "God has given us two ears, and one mouth." – she believes that learning to stop and listen to others has been the greatest thing she has gained in her experience.

She views her volunteering as a genuine and positive experience, but didn't deny that it comes with challenges. She explained that starting out was difficult - working with at-risk clients who were struggling with dementia and other health problems was an obstacle. Learning to accept rejection, she said, was very

difficult, and required a lot of commitment to get past. She didn't really see it as being rejected, instead trying to remember that it came down to where that person is 'at' in the time. She added that the key to overcoming these challenges is being consistent and not give up after a bad session.

As Maureen shared her stories that her volunteering history wisdom. I asked her if there like to pass on to new the most important thing was any new volunteer should wait before deciding if they were visits. She believes in not being afraid of rejection, and that making sure you fully understand your responsibilities before taking on a volunteering role is very important.



with me, it was obvious has given her a wealth of was anything she would volunteers. She said that patience. She said that "at least three months" willing to continue the

Maureen believes that it's the backing of the CVS Coordinator that makes her experiences so positive. Being able to rely on and trust in a Coordinator is crucial for volunteers feeling safe, and knowing they are in good hands. She said that if it wasn't for the fantastic work of the CVS Coordinators over the years, she may not have felt as inclined to stay.

She has been visiting the same client every week for the past three years, and says she has no intention of stopping. We wish Maureen all the best, and hope her experiences inspire others to consider looking into volunteering with CVS.

If you would like to share your volunteer experiences with us please contact Swee

