

Volunteer Update

Spring has arrived, bringing warmer days, more sunshine and lots to look forward to over the coming months.

August was another busy month for volunteering, with plenty to celebrate and share.

On 7 August we celebrated Aged Care Employee Day, followed by National Youth Volunteer Week from 10 to 16 August, giving us an opportunity to recognise the growing number of young people giving their time to volunteering.

We also welcomed four Taipei Medical Exchange students who have been volunteering at Coniston over the past four weeks. I had the pleasure of attending the resident choir performance at Warrigal Wollongong and also had the opportunity to speak on a Swinburne University online panel, sharing Warrigal's experience with the Know Me Digital Stories in Aged Care program.

To finish off a great month, we attended the 2026 NSW Volunteer of the Year Illawarra Awards, where we celebrated some very special Warrigal volunteers and recognised the wonderful contribution volunteers make across our community.

As always, thank you to all our volunteers for your time, commitment and the joy you bring to older people across Warrigal. We are very grateful for everything you do.

Michelle Chate, **Volunteer Manager**



Men's Ministry Lends a Hand



A big thank you to the Men's Ministry from Sound Church who recently spent an afternoon volunteering at Warrigal Coniston and Shell Cove.

The team rolled up their sleeves and helped with a range of projects, including mulching gardens, staining outdoor furniture, pressure cleaning, washing wheelchairs and walkers, before enjoying afternoon tea and a chat with residents.

It was wonderful to welcome members of our local community who were so generous with their time and willing to lend a hand. Their enthusiasm and hard work were greatly appreciated by our residents and staff.



National Youth Volunteer Week

National Youth Volunteer Week (10-16 August) is a wonderful opportunity to recognise the incredible contribution young people make to our communities. At Warrigal, we are proud to welcome volunteers of all ages, from young children volunteering alongside their parents, to high school students completing the Duke of Edinburgh Award and other school based programs, through to university students supporting residents through initiatives such as the Know Me Dementia Program.

Our young volunteers bring energy, fresh perspectives and create meaningful connections with residents in our care homes.

One of the things our residents enjoy most is spending time with younger people. Whether it's sharing stories from their youth, offering life advice, or simply enjoying a chat, these interactions build friendships, and create moments of genuine joy.

Fifteen year old volunteer Bella began volunteering at Warrigal through her Duke of Edinburgh Award and quickly discovered just how rewarding the experience could be.

"I enjoy chatting with residents and hearing their stories. They are always really interested in what I'm doing too, which makes it fun to talk to them."

Bella says volunteering has taught her that everyone has a story worth telling. *"You can learn a lot from talking to older people. Everyone has interesting stories to tell."*

Like many young volunteers, Bella was a little nervous when she first started, but she now encourages others to get involved. *"It might seem a bit scary at first and I was a bit nervous, but everyone is so nice to talk to and it is very rewarding."*

Our youngest volunteer, Violet, aged three, visits with her mum and has already become a favourite among residents. *"I love to have a chat and get to know new people,"* she says.

Her favourite part of volunteering? *"I love to be funny and silly. I get lots of smiles and attention from everyone!"*

And, according to Violet, an occasional chocolate from residents and staff is a pretty good bonus too.

At Warrigal, we believe there is a place for everyone in volunteering, regardless of age. Whether you're making new friendships, learning valuable life skills, sharing a laugh, or simply brightening someone's day, volunteering creates meaningful connections that benefit both volunteers and residents.



2026 NSW Volunteer of the Year Awards

This week, we attended the 2026 NSW Volunteer of the Year Awards for the Illawarra region to recognise and celebrate the wonderful work of volunteers across our local community.

We were incredibly proud to have a number of Warrigal volunteers nominated for the difference they make to the lives of older people at Warrigal. To receive a nomination is a wonderful achievement and recognition of the time, care and commitment they give so generously.

It was lovely to see our volunteers presented with their nomination certificates alongside fellow volunteers from across the Illawarra, with local Mayors and MPs joining the celebrations.

Congratulations to all our Warrigal nominees, and a big thank you to all our volunteers for everything you do to help older people feel **known, loved and connected**.



Congratulations

Pauline Baxter
Mt Warrigal

Dinah Bosward
Mt Terry

Mary Johnson
Mt Terry

Ukulele
Entertainment
Shell Cove, Mt Terry

Albion Park Rail
Cafe
APR

Bundanoon Cafe
Bundanoon

Warrigal Care
Auxiliary & Op Shop
Warilla

Janice Grimson
Bundanoon

Don McAlister
Mt Warrigal (absent)

Farewell Gail

Last week Warrigal Central said farewell to Gail, who has dedicated an incredible eight years and more than 6,000 hours volunteering with Warrigal.

Gail's commitment and willingness to help wherever needed is a wonderful example of the difference our volunteers make every day at Warrigal.

We are grateful to Gail, and to all our volunteers, who generously give their time, skills and friendship to help older people.

Thank you, Gail. Wishing you all the best for a happy and well-deserved retirement.

Meet Izzy from Goulburn

At just 17 years old, Izzy is already making a meaningful difference at Warrigal Goulburn.

Driven by a passion for helping others, Izzy began volunteering to bring kindness, connection and smiles to those around her. Her favourite part? Spending time with residents, building genuine friendships, and learning from their incredible life experiences.

One of her funniest memories involved blowing up balloons for an activity that kept popping. The laughter was contagious and quickly became a highlight for both residents and volunteers alike!

Through volunteering, Izzy has learned that everyone deserves love, kindness and companionship, regardless of age. She says volunteering leaves her with a warm feeling, knowing she has helped brighten someone's day.

"Volunteering is a rewarding experience where you can make a real difference in someone's life, build meaningful friendships, learn new skills, and create memories you'll never forget."



Fleet Services

Kerin Knuckey 0477 793 833
kknuckey@warrigal.com.au

Community Facilitator

Shell Cove - Carly Tobias 0476 858 872
ctobias@warrigal.com.au

Warrigal Social

Illawarra - Lee-Anne Sutton 0436 815 911
lsutton@warrigal.com.au

Goulburn - Rachael Edwards (02) 4823 0600
redwards@warrigal.com.au

Lifestyle Team Leaders

APR - Natasha McAlister 0476 858 870
nmcalister@warrigal.com.au

Bundanoon - Corae Marx (02) 4884 6100
cmarx@warrigal.com.au

Calwell - Belinda Huntly 0448 586 928
bhuntly@warrigal.com.au

Coniston - Kylie O'Brien 0458 114 410
kobrien@warrigal.com.au

Goulburn - Kirilee Luxford 0488 712 487
kluxford@warrigal.com.au

Hughes - Angie Falls (02) 6283 4903
afalls@warrigal.com.au

Mt Warrigal - Stella Banks 0458 110 571
sbanks@warrigal.com.au

Mt Terry - Amanda Brien 0472 620 536
abrien@warrigal.com.au

Multicultural Village - Rebecca Marshall
0418 977 433 rmarshall@warrigal.com.au

Queanbeyan - Aryan Sachdeva (02) 6298 5200
asachdeva1@warrigal.com.au

Stirling - Sushila Subedi 0427 013 890
ssubedi@warrigal.com.au

Wollongong - Michael Patterson 0458 068 486
mpatterson@warrigal.com.au

For all volunteer enquiries please contact us

Tel: 0436 806 723 | Email: volunteering@warrigal.com.au