

Volunteer Update

September was another wonderful month for volunteering across Warrigal. One of the highlights for me was attending the **Social Justice Awards** luncheon with some of our volunteers, where we heard from **ABC National Disability Affairs Reporter Nas Campanella**. What stood out was how volunteering featured so strongly throughout the speakers' stories, and the important role it played in shaping their careers and developing them as leaders.

During 21 to 27 September, we recognised **Dementia Awareness Week 2026**. Across Warrigal, we have a number of volunteers who have undertaken dementia training and support residents through one to one visits, reminiscence activities and Life Stories, helping build meaningful connections and celebrating the person behind the diagnosis.

R U OK? Day 2026 was also recognised across Warrigal on Thursday, 10 September, with everyone encouraged to wear yellow and take part in activities across our homes and services. The day is a reminder of the importance of checking in, starting a conversation and supporting each other, not just on R U OK? Day, but throughout the year.

To all our 630 volunteers across Warrigal, thank you for the time you give, the care you show and the connections you create every day. Your contribution is so important in helping us achieve our vision of a world where older people feel **known, loved, and connected**.

Michelle Chate, **Volunteer Manager**



Getting Creative at APR



Every Tuesday afternoon, our Card Making Group gets together in the JML Hall, hosted by two of our wonderful volunteers, Tracey and Pauline.

Together, the group has created quite the collection of handmade cards which are sold at the APR Café. From Father's Day and birthday cards to thank you and Christmas cards. They can even create custom cards for those extra special occasions.

There is always lots of fun and laughter during the group, and it is something our residents really look forward to each week.

A big thank you to Tracey and Pauline for sharing your time and creativity!



Southern Inland Volunteer of the Year Awards

During September, we were delighted to celebrate some of our wonderful Warrigal volunteers who were nominated at the **2026 Southern Inland Volunteer of the Year Awards in Goulburn**.

A huge congratulations to all our nominees who proudly represented Warrigal and were recognised for their valuable contribution to our communities.

The NSW Minister with responsibility for Volunteering, Jodie Harrison said *"Congratulations to our everyday heroes, the nominees and winners of the Southern Inland volunteer of the Year Awards. From the bush to the sea, volunteers are the true heartbeat of our communities. Thank you for your invaluable contributions. You make New South Wales the best state to live in. In partnership with the Centre for Volunteering, the NSW Government continues to build a sector that is strong and diverse, and to make sure volunteers like you are recognised and supported in what you do"*.



Congratulations

Ian Smith
Goulburn (absent)

Derek & Jacqueline
Bedson
Queanbeyan

Warrigal Goulburn Cafe
Goulburn

Izzy Venables
Goulburn



Creating Connections at Stirling

Nelson is a **Veterans Assistance Dog**, specially trained to support veterans and first responders living with PTSD. Together, Nelson and his owner Terry volunteer at Warrigal Stirling.

Terry and Nelson were also part of a very special outing with Warrigal Stirling resident Tony, who served during the Vietnam War, attending the Vietnam Veterans' Day Memorial Service on ANZAC Parade. The day was made even more memorable when they had the opportunity to meet Australia's Governor General, Sam Mostyn.

Another wonderful example of how volunteering can create meaningful connections and some very special memories along the way.



Cycling Through the Illawarra

Residents across Warrigal's Illawarra homes, villages and social groups continue to enjoy regular outings with the **Cycling Without Age** volunteer team.

Each week, specially trained volunteer cyclists give their time to help older people across the Illawarra get out and about, enjoy the fresh air and take in our beautiful coastline and local surrounds.

The rides give residents the chance to enjoy the outdoors, have a chat and spend time connecting with others.



Garden to Goodness Brings Generations Together

The **Garden to Goodness** program recently welcomed students from **Corpus Christi** to join Warrigal residents for a special morning of gardening, learning and connection.

The visit provided an opportunity for different generations to come together, share experiences and learn together in a relaxed and welcoming environment.

It was great to see the students and residents engaging so easily, sharing conversations, laughs and experiences throughout the morning.

We believe the students are already looking forward to their next visit.

Scott Rayner, Village Business Partner



Student Volunteers Make Their Mark at Coniston

Earlier this month, we farewelled Vivian, Vicky, Zoe and Kiki from **Taipei Medical University** after they completed a four week student volunteer exchange at Warrigal Coniston.

During their time with us, the students spent time volunteering alongside residents and team members, gaining a firsthand look at aged care in Australia and the important role volunteers can play in creating connection and meaningful experiences.

Their time at Coniston was a wonderful exchange of stories, culture and learning, and they quickly became a valued part of the home.

Thank you Vivian, Vicky, Zoe and Kiki for the time, energy and kindness you brought to Warrigal Coniston. You will certainly be missed by our residents and team.



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