

Volunteers Newsletter

CEO Update

Hi All,

As some will know, Fi Corboy has been unwell. Rather than me speaking on her behalf, Fi says it best. Her words are below. I'm sure you will join me in wishing Fi all the best and sharing our support and love. Phil

"As some staff and volunteers who have known me since I commenced volunteering at SCH in 2003 and then employed since 2010 – may know I have struggled with some health issues over these years. In 2012 I was diagnosed with early Stage 2 Lobular Breast Cancer and with immediate surgery and radiation treatment I had been cancer free for the past 4 years.

In July this year, I was again diagnosed with Cancer – Metastatic Small Cell Carcinoma and have commenced chemotherapy, as the only treatment, at the Epworth/Freemason Hospital. My condition has already improved enough to allow me, on good days, to return to work.

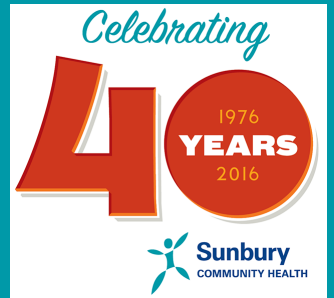
As some of you may know, for some on chemotherapy treatment means hair loss – to better manage the situation I chose to cut/shave my hair, at the earliest sign of hair loss and subsequently I am now officially carrying off the "Nude Nut" look.

I have been sharing my situation with my family, friends and friends at SCH from the earliest stage of feeling unwell right through to today – I wish to share my story with you to let you know, by acting quickly when I first felt unwell, I was diagnosed early and provided immediate treatment – which is a huge positive. I hope to encourage and inspire anyone who has unexplained pain and has been holding back from visiting their GP or Specialist, so please don't put it off because you're busy or frightened - go and get answers – you owe it to yourself and your family and friends. If you do receive news you were not expecting, at least you are then in control of it early, rather than it controlling you.

I wish to thank my team members – Gail, Erin, Amanda and Manager Bernie, the Client Corporate Staff – Cathie, Megan, Simone, Cheryl, Anna, Lisa M, and Ross, People & Culture Lisa T and CEO Phil for their wonderful support. I have been showered by messages of hope, courage, strength and love – believe me it all helps.

I have been an advocate of Cancer Council Australia for nearly 20 years – fundraising for continual early diagnosis, research and improved lifesaving treatments – I am comforted by the knowledge I have the best Oncologist in this field, I have the love and support of my husband, children, family and friends and hopefully you.

I look forward to seeing and speaking with you soon."
Kindest regards, Fi Corboy



"Weaving a stronger social fabric"

At Sunbury Community Health, we help our clients stay as active, connected and independent as possible...

We do things with clients and not for clients.

CEO Update Cont...

My Aged Care – new gateway to aged care services.

In Victoria, funding for services for people aged over 65 recently moved from the State to the Commonwealth Government responsibility. This has begun to change the way that people can access services to keep them active, safe and residing in the community with or without support of family.

These include SCH services such as Physiotherapy, Podiatry, Occupational Therapy, Activity Groups and Respite, as well as services provided by Hume

City Council such as delivered meals and home care.

The change means that people accessing services for the first time will need to go via My Aged Care www.myagedcare.gov.au or phone the contact centre on 1800 200 422. This will result in a referral to either the Aged care Assessment Service or the Regional Assessment Service at Hume City Council for a comprehensive assessment of need. Relevant referrals are then sent on to SCH.

SCH recently held a series of four information sessions in partnership with Carers Victoria to inform the community

about these changes, to discuss entry into residential aged care for respite permanent care, and to assist people with planning for the future for themselves or family members. Any enquiries can be directed to Jo Howard Manager of Health and Wellbeing Unit – 9744 4455.

See attached flyer for upcoming FREE Positive Ageing Expo 11 am on Wednesday, 19 October, at Memorial Hall.

Phillip Ripper
Chief Executive Officer

Evaluation Survey Winner

Congratulations to Jim – winner of two Readings Cinema movie tickets as part of the National Volunteer Week Evaluation Survey drawn in June.

We hope you enjoy the movies and popcorn Jim!



Carers Group Christmas Lunch

All carers welcome

Date: Wednesday, 30 November

Time: 12.00 pm to 2.30 pm

Location: Sunbury Football Social Club Bistro (private function room)

Cost: approx. \$15

RSVP: Rachael or Tracy on 9744 4455



Christmas Break-ups

Volunteers, please speak with your Program Coordinator regarding Christmas break-up dates.

Orientation “Welcome Day”

Last chance this year to attend our quarterly Orientation ‘Welcome Day’ on Monday, 7 November 2016.

Remember, this day is an opportunity for you to meet other volunteers, staff, health professionals and Managers, CEO and Board members.

For volunteers who have recently signed their new Role Agreement, this day counts as part of your Training and Development requirements.

There are limited places, so please fill the slip below and return to reception staff by Friday, 14 October.

Orientation Sign Up Form



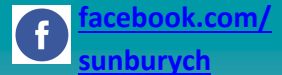
Orientation ‘Welcome Day’ Expression of Interest Form		
Please return to Volunteer Coordinator or reception staff		
Name:		
Home Phone:		Mobile:
Email Address:		
Current Areas/Programs:		
Please Tick	Definitely book me in	Tentatively book me in
Monday, 7 November	<input type="checkbox"/>	<input type="checkbox"/>



12–28 Macedon St
Sunbury VIC 3429

Phone: 9744 4455
Fax: 9744 6777

www.sunburychc.org.au



What's On

Positive Ageing Expo (free)
Wednesday, 19 October
(see flyer attached)

Women's Money Wellness (Free)
Starts Thursday, 13 October
(see flyer attached)

POSITIVE AGEING EXPO
11AM TO 2PM
WEDNESDAY
19 OCTOBER 2016



MEMORIAL HALL
STAWELL STREET
SUNBURY VIC 3429

REFRESHMENTS &
ENTERTAINMENT
PROVIDED

FREE PARKING AT THE
GATEHOUSE SALESIAN
COLLEGE WALKING GROUP
& FREE BUS AVAILABLE

FREE EVENT

ENQUIRIES TO TRACY OR RACHAEL 9744 4455 OR CHECK OUT WWW.SUNBURYCHC.ORG.AU/EVENTS

Check out the latest SCH events at www.sunburychc.org.au/events

Change of Details

It is important to stay in touch, if any of your details changed in 2016 e.g. new phone number, home address, email address etc. please advise using the form below. Thank you.

Change of Details Form to be returned to Volunteer Coordinator @ SCHC	
Personal Details	Please insert NEW details only.
First Name:	
Surname:	
Address: Home/Postal	
Home Phone:	Mobile:
Email Address:	
Availability: Please circle	Monday am/pm/Tuesday am/pm/Wednesday am/pm/Thursday am/pm/Friday am/pm
Alter information regarding Program:	

Fi Corboy | Volunteer Coordinator | Building Healthy Communities | fic@sunburychc.org.au