



# Be Valued – Volunteer!

UnitingCare Ageing Northern Sydney Region is holding a series of **Volunteer Education Workshops** for people who are interested in assisting seniors in our residential aged care facilities or community day programs.

Meet like-minded people and equip yourself with a valuable range of practical and interpersonal skills:

## **Friday Workshops (3 weeks)**

9.30am– 2:30pm

October 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>

Keenagers *keen for life!* Day Activity and Respite Centre  
2 Chapman Avenue, Chatswood

Workshop content covers a range of topics:

- Changes as people age
- Mobility issues including use of mobility aids
- Understanding dementia
- Managing grief and loss & the ageing process
- How to deal with conflict and the boundaries of volunteering
- Communication skills to assist with working with the elderly.

Participating speakers include the Alzheimer's Association, physiotherapists, chaplains, aged care trainers and other health and communication experts.

**For more information, please contact Robyn Madry on 9975 0502  
or via email – [volunteers@nsr.unitingcare.org.au](mailto:volunteers@nsr.unitingcare.org.au)**