



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 (6 weeks)

9.30am – 12:30pm

23rd July to 27th August

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**