

THANK YOU

VOLUNTEER NEWS & WELLNESS

EDITION 3, DECEMBER 2021



Celebrating **2021**

Bloomhill's Christmas party on December 2 was a great finish to an incredible and challenging year. Thank you volunteers!



FUNDRAISING WINS SUPPORTING BLOOMHILL'S CANCER CARE

Since the previous edition of this mag in August Bloomhill has received considerable community support and valuable donations.

This includes a new relationship with the Apex Foundation who made a generous \$12,000 donation (thank you!!) and some larger \$5,000+ donations from former clients and local community members who support our work.

With your help we raised \$26,084 during October, Breast Cancer Awareness Month, where donations made in op shops and café were significantly higher for the month (\$3,796) and that was so wonderful to see. All up we reached our goal of full sponsorship for 100 women for the After Breast Cancer (ABC) program. At \$250 per client this will cost \$25,000. Thank you to everyone who promoted the campaign, including the op shops, many of which went all out in pink to raise awareness and funds.

In particular a huge shout-out to those involved in the activewear pop-up shop on October 31 at Fisherman Road Market in Maroochydore, and a team of students from Sunshine Coast Grammar School who held a car wash fundraiser on October 23. Not only did they wash a lot of cars, they raised an incredible \$1,028.30! Thank you to everyone who was part of the day including to

those who had their cars washed and supported the fundraiser.

The team behind the activewear pop-up shop encouraged the public to purchase items as a "conscious donation" of what they feel the item is worth, after explaining where the funds were going. They raised \$1504! The initiative tied in with Bloomhill's ABC program, raising funds to support breast cancer survivors to get strong and active again.

Our friends at Jaz Realty now have 37 incredible classic cars to raise funds and spread Christmas cheer – the Sunshine Coast Classic Car Christmas Pageant. This is in addition to 'Santa' bringing gifts to Bloomhill children, which Rick and Jaz will be doing in December. The Christmas pageant event on 17 December aims to bring much Christmas cheer to the community and will see them cruise from Buderim to Noosa along a beautiful coastal route. To see pics of the cars or bid for a spot as a passenger please visit <https://sunshinecoastchristmaspageant.com.au/>.

Alternatively you can also let people know they can make a donation to our general Christmas Appeal. To support those touched by cancer visit www.bloomhill.com.au/donate.

Farewell Trish



It's with gratitude and more than a hint of sadness that we give our farewells to outgoing Care Manager Trish Wilson, who started her new role at the Thompson Institute at the end of October.

Trish was with Bloomhill nearly six years and touched the lives and hearts of many in our community.

A number of volunteers worked closely with Trish, from reception and concierges, to the transport team and gardeners.

Trish is a deeply caring and empathetic person, a skilled researcher and a great team leader. She is an eloquent and graceful communicator, and represented Bloomhill's values and the community it cares for with passion and poise. We wish you a bright and joyful future and please pop back in any time.

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BLOOMHILL
CANCER CARE



Letters welcome! Email your feedback, news, recipe, photos or letters to Nicky.Moffat@bloomhill.com.au or post to us.

WHAT A YEAR!



CHRISTOPHER JOHN

Chief Executive Officer

It's been a year since my Bloomhill experience began and it has flown! A year ago when I came down the welcoming avenue of trees I felt the peace and tranquillity so many clients speak of. Now when I enter that driveway I also see the nurturing care of dozens of volunteer gardeners behind each tree. Behind every beautiful flower is a human being, dedicated to giving it space to be, and taking care of its needs – not unlike the personalised attention our care team members give each client.

Behind every clean sheet and washed dish, every dollar raised and item sold, every car taking off to collect a client, every therapy session, mindfulness class or nursing consult there are people like you giving time so this incredible organisation can continue its vital work. I've come to learn how deeply and personally connected Bloomhill's volunteers are to its purpose and values. Many have their own cancer experiences, and once received help at Bloomhill or had a family member or loved one who did, or still does.

Thank you for everything you have done and are doing to enable the uniquely personalised care those touched with cancer receive at Bloomhill. You are valued and loved by everyone at the wellness centre, not the least the clients. Here's to another year working with you! In this mag you'll find a range of stories on everything from the new Montville Marketplace concept store to op shop relocations and gardeners' huge recent success. We hope you enjoy.

I want to thank you for sending in story ideas and photos. You may notice a few adverts at the bottom of the pages – our plan to cover costs through advertising is coming together thanks to some friendly local media businesses. Please send Nicky any ideas you have for businesses who may like to advertise in Bloomhill's Thank You – email her on Nicky.Moffat@bloomhill.com.au.

Stay safe, *Christopher*

THIS MAG IS FOR YOU



ALEXSANDRA BERT

People Team Lead

Hello everyone! Thank you for an outstanding year. If you've picked up a copy of the Annual Review which was published in September, you'll see the impressive impact volunteers had in the 2020-2021 financial year. For example, client care volunteers drove 41,699km for 890 trips transporting clients to and from the wellness centre and medical appointments. The total contribution across everything from fundraising to gardening and op shops was 79,027 hours, amounting to an estimated dollar value of \$1,975, 675. Wow!

If many hands make light work, too few make it a burden. Friends, thank you also for sticking with us when so many volunteers worldwide have chosen to reduce or stop volunteering. The flow on effects of the pandemic are being felt in so many different ways, and reduced volunteer numbers is unfortunately one.

I understand many volunteers are putting in double the effort to try and compensate vacancies in their teams. Thank you for your hard work. I want to urge you to put your own health and wellbeing first, no matter what, and to reach out if you would like someone to talk to about it. Thank you for your patience while we recruit new team members – we have a social media campaign underway and several adverts circulating, and have already welcomed recruits for all areas that need them.

As Christopher mentioned at the Christmas Party, we are just finalising information on the volunteer review and will be sharing this with you all very soon.

Thank you and take care of yourself. I hope you enjoy this magazine, it's here for you so please let Communications Lead Nicky know any topics you'd like to hear about. Please email her on nicky.moffat@bloomhill.com.au.

I hope this Christmas is full of laughter and joy with your loved ones. See you in the new year!

In respect and friendship, *Alex*

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OPEN FOR ALL TO *Enjoy*

Volunteer gardeners reap rewards after years of hard work.



When the Chief Executive Officer arrives on Monday morning "with a smile from ear to ear" you know an event has been a success, Café Coordinator Diane Daly said after the recent Buderim Open Garden weekend.

"Saturday was the biggest day financially we have ever had in café since the day we opened," Di said.

Bloomhill's property was part of the Buderim Garden Festival, which saw bus-loads of visitors arrive on the weekend of October 16-17.

The café, with its full range of lunch, coffee and treat options, was run both days by volunteers who were "on the go all day," Di said.

"We had three wonderful baristas who worked both days: Janet Pead, Wendy Newlan and Terri Cooke two lovely ladies in kitchen both days, Ruth Wise and Emily Shea-Lee and Wendy Keats who helped on Sunday. They did an amazing job."

Aside from the financial benefit the open garden was a great way of spreading the word about Bloomhill, Di said.

"There were a lot of community people coming in who drive past every day but don't really know what we do, or

that there is a café here," she said. "Also people who came from outside the region — it was making people so much more aware of what do.

"Kudos to the gardeners, the grounds looked absolutely beautiful."

Head gardeners Vanessa and Richard Harvey and their team had worked for weeks beforehand preparing the beautiful Bloomhill gardens. They mulched, 'dead headed' and tidied, and the Friday immediately prior to the event they spent a full day raking leaves and making sure everything was ship shape. On the weekend they had a stall selling potted plants and Faye's jams.

"We raised \$735 - \$262 from jams," Vanessa said. "Richard was even selling walking iris that he was pulling out of the garden. It's such a pretty little yellow iris just starting to come out now. We've got lots of it so Richard was digging it out and selling it for \$3."

The potted plants were such a hit Vanessa sold \$50 worth while she was setting up the stall.

Vanessa says 300 people went through the garden on Saturday and another 200 on Sunday.

"They had to walk past our stall so we welcomed everyone to Bloomhill and asked if they knew what Bloomhill did. We told them our story."

Vanessa said the gardens received much praise from the visitors and "on Saturday arvo when we left people were still sitting on seats and looking and talking."

Events Lead Joe Surace hailed the weekend a huge success with takings of \$2,500 and sent a huge thank-you to the "incredible work of the volunteers who made the day possible."

He also has a special thank-you to the Buderim Garden Club who donated \$300 towards beautifying the gardens for the event and Manawee Garden Centre who donated quality bags of mulch and bird netting used "to stop the kangaroos eating the herb garden!"

Joe said as well as praise for the gardens and the great food in the café the murals painted by artist Mark Barnas were also a hit.

"The open garden had the added benefit of introducing many people to Bloomhill and its services. The volunteers were busy all day telling people about Bloomhill," Joe said.

THANK YOU BLOOMHILL CANCER CARE



**The best way to find yourself
is to lose yourself in the service
to others.** — Mahatma Ghandi

Every day Bloomhill Cancer Care and its community of like-minded individuals and businesses, unite in a mission to ensure cancer care and support is there when it is needed most.

The Sunshine Valley Gazette is proud to support the important, selfless work of Bloomhill Cancer Care in the fight against cancer.

VOLUNTEERS' ESSENTIAL HEALTHCARE WORK DURING PANDEMIC



A research paper outlining the extraordinary contribution of medical students during the COVID-19 emergency underscores the power of volunteering in healthcare.

Last year during the height of the COVID-29 pandemic, 580 medical students from one university in Poland mobilized to support its healthcare systems. They volunteered, performing triage, servicing call centers for patients and working at the admission ward, hospital clinics, emergency departments and diagnostic labs.

A study by Polish academics (see source below) describes the students' experience:

"The level of fear at the beginning of volunteering was relatively low in the studied group and did not increase over the course. The majority of students received positive feedback from families, friends, patients and healthcare workers, revealed a high level of satisfaction from volunteering (also when experiencing COVID-19 related prejudice), while gaining professional experience and a sense of giving real aid were among the most frequently indicated benefits."

Situations like this one observed by astute researchers in Poland remind us how effective volunteers can be to healthcare systems during times of emergency.

But Bloomhill's volunteers provide essential healthcare work every day. You clean sheets, sanitise door handles, welcome clients, drive those touched by cancer to and from medical appointments. You work in the café, connecting and chatting with clients. You manage shops, raising critically important funds.

Thank you for everything you do, beautiful volunteers. You are a great strength of this organisation and we value every minute you give, each of you are supporting those touched by cancer in your unique way.

Source: Bazan, D; Nowicki, M and Rzymiski, P (2021) Medical students as the volunteer workforce during the COVID-19 pandemic: Polish experience. *International Journal of Disaster Risk Reduction* vol 55.

Local Activities

SOCIAL, PHYSICAL, EMOTIONAL 'HEALTH COMPASSES'

We could all do with more time supporting ourselves to be fit and well, so please take a moment to check out these wonderful resources compiled by the Sunshine Coast Hospital and Health Service.

Health Compass is an online resource with lists of local, low-cost and free services and activities designed to support physical, emotional and social health.

It comes in three sections with simple, easy to read lists detailing the activity, organisation, location, time, and contacts with email and website links.

Activities and resources listed were taking place all over the Sunshine Coast and Gympie regions when it was published in March 2021. Please check with organisers before attending in case changes have been made.

Physical Health Compass: From Zumba in Caloundra to line dancing in Coolool, aqua aerobics to gentle movement and motion find the perfect activity to jump-start your physical health by visiting Physical Health Compass. Please use the camera on your mobile phone to scan the QR code, it will take you to this list.

Emotional Health Compass: For meditation, mindful movement, support groups and support websites, counselling and rehabilitation visit Emotional Health Compass. To access, scan the QR code on your phone.

Social Health Compass: For arts and crafts, cards and clubs, games or gardening, to learn a new language or attend a lecture Social Health Compass aims to support social wellbeing and connection. Please use the camera on your mobile phone to scan the QR code, it will take you to this list.



Physical Health Compass



Emotional Health Compass



Social Health Compass

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PROUD SUPPORTERS OF BLOOMHILL CANCER CARE

BIG MILESTONE BIRTHDAY COMING UP FOR BLOOMHILL

25 Years

In 2022 Bloomhill Cancer Care will turn 25!

Established in 1997 by oncology and palliative care nurse Margaret Gargan, Bloomhill was originally the Palliative Care Centre for the Living in Eumundi and has grown into a leading centre for integrative oncology in Australia.

It's a welcoming place any person touched by cancer can feel at home while getting health, fitness and wellbeing support that's right for them at any point on their cancer experience, from diagnosis to treatment and beyond.

We will be holding a celebration to mark this significant milestone and would love to receive

volunteers' ideas and involvement on the shape this event could take, in the new year.

The communications and events teams are also dreaming up a plan for how to best celebrate Bloomhill's legacy, through storytelling for example. But it could equally be through art; photographs; oral history.

Do you have a story to tell or ideas that come to mind? We would love to hear them. We are also seeking old photos, as many of the early records have perished. Any ideas or contacts would be warmly received. Thank you!

VOLUNTEERING WITH JOBSEEKER SUPPORT

Are you a senior on Jobseeker? Many over-55s meet all or part of their mutual obligation requirements by volunteering.

At Bloomhill we have dozens of happy volunteers working 15 hours a week to fulfil their Centrelink requirements. They help in our office, in the Wellness Centre and in our op shops performing a wide range of activities that help us to provide our services to those touched by cancer.

Instead of applying for jobs as a Jobseeker, you have a job, one that helps you connect with others in meaningful work.

Volunteering can be a great alternative to paid work. It can provide a transition to retirement, can help you keep your skills up-to-date for future work, and it can allow you to use skills that would otherwise be wasted.

Not all voluntary work is approved, but Bloomhill is a Centrelink Approved Voluntary Work Organisation.

You can learn about volunteering opportunities with Bloomhill on our website [Become A Volunteer | Bloomhill Cancer Care](#)

To find out whether you qualify for volunteering as a mutual obligation with Centrelink scan this QR code with your mobile phone's camera. It will take you to a Services Australia website explaining the JobSeeker Payment for those over 55 years

of age. You can also ask Centrelink or your job provider.



If you want to do voluntary work on your JobSeeker Payment you need to talk to us about it. Bloomhill needs to agree the work is suitable.

If you are between 55 and 59 you need to do at least 15 hours per fortnight in suitable paid work. You can't do more than 15 hours per fortnight of voluntary work. Your options for meeting the requirements change, when you've been on your current payment for 12 months. You can do voluntary work for up to 30 hours per fortnight and can choose to do a combination of voluntary and paid work, but with less hours of paid work.

If you are 60 or over, you can do voluntary work for up to 30 hours per fortnight while receiving a Centrelink payment. You can also choose to do a combination of voluntary and paid work, but with less hours of paid work.

MEMORIES FROM THE EARLY OP SHOP DAYS



Brother and sister volunteer duo Robin and Dave celebrate Melbourne Cup at Bloomhill Maleny Op Shop. Pic taken in 2020.

BY MARGARET JONES

I can't remember what year it was when I first started volunteering for Bloomhill in their op shop at Buderim but it was probably within the first year or so of their operation.

At the time there were two other op shops set up by Bloomhill as well at Nambour and Mudjimba.

To start with we were in the old Ginger Factory which had operated with market stalls for a time and then various business ventures after that, of which Bloomhill was one.

Areas were set up in alcoves and many like ours were just curtained off at the front. We shut up shop at the end of the day by pinning the curtains together with safety pins. The area was quite small, we had no sink and crockery that needed washing was put in a bucket and taken to the washroom/toilet to be washed.

The cash register, all transactions were written on paper. Takings were not great, sometimes only \$15-\$20 for an afternoon, although I can only speak for myself and Tuesday afternoons were the only times I was there. I remember the day was a Tuesday as on Melbourne Cup Day I was the only volunteer available and had the place to myself. It was a different world back then!

SHE WAS WISDOM All Over

BY JAN RICHARDS



Farewell Eva King, you will be missed.

"I think Mum would have been very happy," Cari Smith said of the celebration of life held for her mother Eva King, a long-term client and volunteer with Bloomhill.

"She wanted a big party," Cari said, "and that was what we gave her."

"We hired a hall, caterers. Mum's brother who lives in Sydney did a slide show presentation and her other brother did a soundtrack. Other family members donated to purchase the flowers."

"We invited anyone and everyone significant to Mum's life."

Among the guests were Bloomhill's Russel Lindsay ("mum loved him and he loved her"), Cari said, and Nicole Croft ("they were very close") as well as Carol who Eva worked with at Bloomhill's Op Shop Distribution Centre.

Initially a Bloomhill client, "Eva was grateful for the services available and the people were very supportive," Cari said. "She could hang out with people in same situation. When her cancer returned, she again accessed the services at Bloomhill." Eva's involvement with Bloomhill

included conducting art therapy sessions with Bloomhill clients, Eva was an artist, then later she became involved in the Distribution Centre at Kunda Park.

"Mum was an organiser," Cari said, "she could organise anything. She was also good at weeding out rubbish donations as opposed to what was quality. She loved the people at Bloomhill and the environment at the DC, it was the social aspect and sense of community."

As manager of the DC, Russell Lindsay knew Eva well and said he felt privileged to know her.

"Cari was right, I did love Eva. We had a special relationship - able to discuss all sorts of things. We shared the same work ethic, and the same frustrations."

Bloomhill's Nicole Croft also worked closely with Eva and added, "Eva wouldn't have wanted people to be sad. At the end of the service she wanted us all to get into a circle and say a few words. It was very special."

Nicole remembers Eva as "eccentric in her ways and thinking" and as a good conversationalist who could talk about anything. "She was wisdom all over."

Eva passed away at Dove Cottage in Caloundra where Nicole said she was very happy.

"The night she passed away she put on a light show - there was thunder and lightning," she said.

Nicole spent many hours with Eva at the DC where she sorted and packed bric-a-brac and electrical goods.

"She was just a goer," Nicole said. "She whizzed through work and those benches were always tidy when she walked out that door."

"She always wanted to keep busy and when she put her heart into something it grew and grew. She loved her garden and propagated plants. She would try to propagate anything."

"When I was at the wake, I was thinking about all her wild orchids dancing."

Bloomhill is lucky to have known Eva and we all send our love and condolences to her family and loved ones.



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CHRISTMAS GIFTS WITH PURPOSE AT MONTVILLE MARKETPLACE



A fine artist and a silversmith are among a handful of local makers whose works are part of Montville's newest shopfront, Montville Marketplace. Located next to Poet's Café on Montville's beautiful main street, the Bloomhill Cancer Care 'concept store' blitzed its first weekend after opening on Saturday November 27.

A new social enterprise raising funds for Bloomhill, Montville Marketplace is open seven days from 9am to 4.30pm and seeks to increase funds to support the growing need of those touched by cancer across the Sunshine Coast.

"We're thrilled, it's been a huge few weeks since we found this gem of a site and decided to open the shop in time for the Christmas rush," Bloomhill Cancer Care Chief Executive Officer Christopher John said.

"We have many ideal gifts and upcycled items here and people are snapping them up, every dollar helping support those touched by cancer. Montville Marketplace made more than twice the average daily takings in our op shops on its first full day of trade, which is amazing considering we're still signing up suppliers."

The new shop is a curated space for

local artisan's wares, with Bloomhill staff and volunteers selling goods on behalf of local makers under commission agreements. The store is seeking more suppliers to join while Christmas gifting is at the forefront of the community's mind.

Bloomhill Retail Network Lead Russell Lindsay said he was "really trepidatious" about the opening of this social enterprise, but needn't have been.

"Almost immediately when we opened we had people say, 'I want to be part of it' – as volunteers, and as suppliers - which is great because we have room for more. Please everyone spread the word!"

Gordon's story: Fine artist and former policeman Gordon Cramer, of Buderim, has supplied a selection of his works to be sold on commission to Montville Marketplace. Gordon uses pencils, fine pens, bamboo and ink or calligraphy pens to create art with words in his unique pieces.

"One I'll be dropping in this week is a scene with a flowing river and a tree, and the word 'life'. Inside each letter are up to 30 tiny different words. It's a range of feelings. The leaves change colour, alongside that word 'life', and what I'm saying is, no matter what's going on in



your life it's a season. Things change. There's nothing wrong with you."

Gordon enjoyed the idea his pieces will help Bloomhill provide personalised support to those touched by cancer, having had several friends and family members affected.

"It means a great deal to think that being part of Montville Marketplace will in some way assist people with a cancer journey, because I know firsthand from my loved ones how difficult a journey that can be," he said.

"Plus, it's Montville, and Montville is a delightful place. It's part of the soul of the Sunshine Coast – it's got everything in it. I love the Poet's café... that whole corner, it's a quality destination. I like the idea of a place people can go knowing they can find quality."

Find Montville Marketplace at 169 Main St, Montville. @montvillemarketplace #montvillemarketplace Email: montvillemarketplace@bloomhill.com.au



Gifts

'Tis the season for giving! Please consider sharing your Christmas cheer and picking up gifts at the Cotton Tree Market, which is held every Sunday, any of our 10 op shops, or the new concept store Montville Marketplace at 169 Main Street, Montville.



MONTVILLE

MARKETPLACE

169 Main Street, MONTVILLE

(next door to Poets Cafe)

FOLLOW US @montvillemarketplace

OPEN NOW

MONTVILLE MARKETPLACE

Located in the beautiful Hinterland, Montville Marketplace is an ever-evolving concept store showcasing unique pieces by local artisans. The very best locally-owned and designed products available for purchase will not only support local artisans but also support those touched by cancer.

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