

Hello!

Tidings of Comfort and Joy....

Now is the time to think about your New Year's Resolution... Not an easy task, since it seems we all break our resolutions within the first month or so... So I would like to suggest one for all of you. How about recruiting two new volunteers throughout 2015 !!! Easy enough, isn't it? Feedback has shown us that volunteers look forward to their volunteering and even with the ups and downs they still carry on, because their true spirit of volunteering is 'giving'. It is a positive, uplifting experience for all recruits looking for something worthwhile to do. So at the moment there are over 150 volunteers, simple maths will tell us that if each of us recruits two new members, we would increase our family of VolServ Volunteers to 450. Wouldn't that be something? Next year will see a definite increase in assignments for all volunteers, with the opening of the Oncology unit and of course a steady flow of volunteers daily would help to make the scheduling more efficient. So how about it???

Pat

*Wishing you all a
Blessed Christmas
and a Healthy New Year*



"Trolley Dollies"

by Margaret

VolServ volunteers carry out a whole range of varied jobs at Mater Dei Hospital, but one of the most appreciated is that done by the Tea Trolley Team.

The "Trolley Dollies", as they are sometimes called, although we also have guys helping out, are very important to all the outpatients visiting Mater Dei Hospital on any particular day. The sight of our VolServ members in their orange jackets, pushing the Tea Trolley is always welcomed by all. The Tea Trolley is just what it says, it is: A Trolley that serves tea... and

The Server

Issue No. 2 – December 2014



Il-Volontarjat minn C.T.E.

SOS Malta temmen li l-volontarjat hu l-qofol ta' **Ċittadinanza attiva**, u ċ-ċittadini attivi, li jagħmlu l-valuri solidari Maltin fil-prattika, ġurnata wara l-oħra, għandhom ikunu appoġġjati. Il-voluntiera ta' VolServ huma involuti fl-isptar Mater Dei mingħajr il-motivazzjoni ta' gwadann finanzjarju, imma għall-benefiċċju tal-pazjenti rikoverati u l-familjari tagħhom. Huma tassew espressjoni solidari li qed jibnu l-identità Maltija ta' valuri sodi li minn qalbhom jagħtu lura lill-komunità b'impenn, ħin u enerġija.

VolServ hija għodda ta' **awtonomizzazzjoni** billi tipprovdi pjattaforma li ddaħħal lin-nies lura fis-settur edukattiv jew impieg, u ġeneralment billi tisfrutta l-potenzjal tal-individwu. L-attivitajiet tal-volontarjat huma parti mit-tagħlim **informali, kif ukoll nonformali**, għal nies ta' kull età u f'kull stadju ta' ħajjithom. Il-volontarjat jikkontribwixxi wkoll fl-iżvilupp personali u l-ħiliet ta' tagħlim u kompetenzi tal-individwi, kif ukoll ikabbar il-kuntatt soċjali u l-awtostima.

Persuni jagħzlu li jagħmlu l-volontarjat għal raġunijiet varji, però l-maġġoranza jidhlu fih biex personalment jagħmlu differenza u jikkontribwixxu għall-ġid komuni. Tkun xi tkun il-motivazzjoni tagħhom, il-benefiċċji tal-azzjonijiet tagħhom lis-soċjetà huma enormi.

Kif nistgħu nesploraw aktar ir-riżorsi tas-soċjetà tagħna biex joħroġ il-frott mill-volontarjat? Irridu **nirrikonoxxu** l-kontribuzzjoni li l-volontarjat jagħti lis-soċjetà u s-settur tal-kura tas-saħħa u nqajmu kuxjenza li l-volontarjat inaqas l-inugwaljanzi preżenti fis-soċjetà u fis-saħħa. Huwa billi noffru **rikonoxximent** li ser inkunu nistgħu nżidu n-numru ta' persuni li jinvolvu ruħhom f'attivitajiet volontarji.

APPRECIATION

VolServ is sad to announce the passing away of **Ron Johnston**, a very dedicated member of our group and our Newsletter Team. Ron passed away on the 3rd of November in the early hours of the afternoon.

Please remember him in your prayers.



coffee and water and squashes, always very needed, especially by those outpatients who would have been fasting from the previous evening to have certain medical tests carried out on them.

Before starting out with the Trolley, the girls and guys have to load all the necessary bits onto the Trolley. The water heater has to be filled, as has the sugar bowl. The milk has to be checked for expiry dates, and then put onto the Trolley.

Ready to Go!!!

Rita, one of our Trolley ladies, has been operating the Trolley for the last six years. When she first joined VolServ, she'd mentioned that she had done waitressing at some point, so she was asked to join the team. The Trolley has to be operated by at least two persons and Rita always goes out with Marlene and Tony. The Tea Trolley operates between 09.00 a.m. and noon. Keep it coming all you Tea Trolley members and well done !!!!

Sponsored by:



LOMBARD
Lombard Bank Malta p.l.c.



All VolServ volunteers were invited to attend a lecture in Physiotherapy which was held on Tuesday 21st October and this turned out to be a very interesting and informative session.

The first part of the lecture dealt with the main aims of Physiotherapy, i.e. those of helping patients regain their lost mobility after an operation or accident. The lecturers explained the feeling of helplessness experienced by such patients which is usually accompanied by fear that they may never be able to get about like they used to before.

A number of slides were used to demonstrate patients

in different scenarios. An array of aids for regaining mobility was also displayed and the lecturers invited us to use them.

The first aid consisted of a pair of crutches. Using them was not as easy as it seemed! The next aid was a wheelchair and we were asked to use it both as a patient and as a driver. Each driver has to learn how to tackle obstacles such as doors and, even worse, steps or outside pavements. The drivers have to use their own body leverage to overcome such obstacles.

The session turned out to be a very profitable experience for those volunteers who attended and many thanks to the personnel of the Physiotherapy Department and to the organisers of this event.

Basic Training

Tuesday 3rd February:
09.00 - 13.00

Introduction to Volunteering in Healthcare

Wednesday 4th February:
16.00 - 19.00

Communications Skills I

Thursday 5th February:
12.00 - 14.00

Communications Skills II

Friday 6th February:
12.00 - 14.00

Hospital Visit and Placement

February:

Support / Feedback Groups



Support VolServ by purchasing
POINSETTIAS
during our Annual Fundraising Event
at Mater Dei Hospital
from the 9th to the 12th December.

SUDOKU

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MESSAĠĠ TAL-MILIED

Wieħed mill-isbaħ rigali li nistgħu nagħtu dan il-Milied, hu li nagħtu siegħa jew tnejn mill-ħin tagħna lill-proxmu!

BRAN LOAF



Ingredients: 1 Measure Bran Flakes
1 Measure Skimmed Milk
1 Measure Mixed Dried fruit
1 Measure Self Raising Flour
2 Tablespoons Sugar

(The measure can be any size from an egg cup to a soup bowl. Same measure to be used throughout).

Flavour: Either rind of tangerine cut up or rind of 1 lemon or pinch of ground cloves plus pinch of ground cinnamon.

Method: Soak bran flakes in milk for 1 hour, add all other ingredients. Mix with fork and cook for ¾ of an hour in oven at 200° or 180° if using 'fan oven'.

**“ Don't cry over the past, it's gone.
Don't stress about the future,
it hasn't arrived.
Live in the present and
make it beautiful. ”**

Poezija

Imwaħħla fit-traffiku

Uħħ kemm sirt nitkellem waħdi!
Kliem ħelu ħelu ħiereg minn ħalqi;
Niddiskuti u nikkumenta,
Jew nikkritika u nilmenta.

Xi drabi naħseb li hemm xi proxxmu ħdejja,
Wiċċ gustuz iħares lejja;
Forsi l-Anġlu kustodju tiegħi,
Jew ommi l'għażiża tivvjaġġa miegħi.
Magħhom naqsam xi ħsieb jew tnejn...
Imma kemm hu huma bil-għaqal:
Qatt ma jgħidu xejn!

Uħħ, kemm sirt nitkellem waħdi,
... Vizzju ta' dejjem jew wieħed jgħaddi?

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Volunteer and make a difference!

Any volunteer who would like to contribute an article to be included in a future Newsletter, please submit it to the address or email listed below.

The Server Team

Margaret Andrews, Joseph Micallef, Josephine Sammut,
Mary Tanti, Mary Anne Tolu

2	6	4	1	3	7	8	9	5
3	7	8	9	5	2	6	4	1
5	1	9	4	6	8	2	3	7
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9	4	7	5	2	6	3	1	8
1	8	5	7	4	3	9	2	6
6	2	3	8	9	1	5	7	4

SUDOKU Solution

