
What's involved?

- a number of training or information sharing sessions with the emphasis on participation and hands-on;
- tips and tricks from experienced volunteers and staff;
- fun, laughter & stories;
- an opportunity to influence the policy and procedures of the VAOAT, Ambulance Tasmania and the State Government;
- an opportunity to discuss issues, ideas and problems relating to your ambulance volunteering;
- an opportunity to look at our VAOAT clothing, buy a vest or polo shirt to wear proudly in your community.

What's the cost?

If you are a current, active volunteer the weekend is **FREE**.

If you are the partner of a volunteer, an AT staff member, or other interested visitor, the entire weekend will cost you **\$80**. To attend just the Saturday night dinner we ask for a contribution of **\$25**.

We have also allocated some funding to pay all or part of the travel costs especially for far flung volunteers. If you need assistance prior to travelling please contact Marg Dennis ~ Ph - 6385 2147 or Email - mldennis@skymesh.com.au

What do I need to bring?

- Towel & toiletries

What do I do now?

Please let us know your intentions. We know that some of you will not be able to confirm until much closer to the date, but, to help catering and planning, we would like you to indicate your intention to attend. We will need confirmed numbers by 31st October.

To Register

The easiest way to register is online, keep checking our website regularly, we will shortly be including a link to register: www.tasmanianambulancevolunteers.asn.au

For further details, contact:

- **Accommodation** - Viv Holloway Ph: 6257 0344 or 0427 570 344 or Email: vivandchris@sctelco.net.au
- **Dietary requirements** - Diana Jongbloed Ph: 6257 0024
- **Programme & general enquiries** - Lesley Blackburn Ph: 0404 466 019 or Email: satin.peewee@gmail.com



Volunteer Ambulance Officers Association of Tasmania Incorporated

&

Ambulance Tasmania

invite you to join us for the

5th Volunteer Ambulance Officer Gathering

on

Friday, Saturday and Sunday

19th - 21st November 2010

at

Iluka Holiday Resort
Coles Bay



What is on the programme?

We understand that you prefer to start earlier and finish earlier and with that in mind we encourage you to arrive on Friday; we will provide tea. Proceedings will start at 7.00pm on Friday, and finish about 2.00pm Sunday.

Sessions include:

Learning more about ambulance work, including ---

- a seaside scenario, including sea & beach rescues, hypothermia, loading & unloading, CPR in a boat in transit - be prepared to get wet.
- handling injuries when in remote locations - advice from an Ambulance Tasmania paramedic on how to look after the patient and yourself.
- briefings from TAS Committees will update you on uniforms, equipment and protocols being considered.

Looking after ourselves covers ---

- taking care of our heads and hearts - teamwork, fun and stories to remind you that you are not alone.

Competitions

- 'We like being in our unit because.....' - What is important to you about your unit? What is it that keeps you volunteering even when things get tough? Sensational prize will be awarded to the unit that produces the best display of fun, games, sincerity, self promotion or sheer unadulterated ego. Start taking those photos & preparing the posters or PowerPoint displays.
- **Theme Dinner Costume** - prizes awarded for the best fancy dress ideas - on an 'S' theme (sun, scenic, surf, sand, sea, secluded, spectacular) - at our Saturday night Dinner.
- **Trivia Night** - teamwork and fun, with prizes for the top team.

And surprise special guests... but if we told you it would not be a surprise, would it?

Check out our website regularly for registration information and programme details
www.tasmanianambulancevolunteers.asn.au

What's included?

- Breakfast, Lunch, Morning & Afternoon Tea on Saturday and Sunday, Tea on Friday night and a special Dinner on Saturday night.
- Cabin accommodation
- All sorts of experience, skill and expertise relating to ambulance practice and people management.
- Lots of laughter, stories, information, and opportunities to get out of your seat and participate.
- Opportunities to meet other vollies; renew old friendships & make new ones.

Saturday Night Theme Dinner & Trivia Night

Dress 'S' - think about
Coles Bay: sun, scenic,
surf, sand, sea, secluded
& spectacular.



**All VAOs
& partners
welcome**
