

4 December 2018

Christmas hampers lift seniors' spirits

The festive season will be a little brighter for 500 people this year with the delivery of VMCH's annual Christmas hampers.

The hampers, packed and delivered by VMCH staff members, will be given to financially and disadvantaged people accessing our services, including people who live in affordable housing units on Friday, December 7.

The hampers are part of the award-winning VMCH Arts in Action program, which sees aged care residents use their artistic skills to make crafts for the hampers.

For the past few months, around 100 residents have been busy creating 2500 items including decorations, soaps, notepads and pens. The process is popular among residents, who benefit from social connections, a sense of purpose through giving to others, hand dexterity and joint movement and mental stimulation.

As a way of thanks, a group of affordable housing residents also joined together on November 12 to create some beautiful Christmas wreaths to give back to the aged care residents who've worked so hard on their hamper items.

Balwyn affordable housing resident Michael Cutler said he was thrilled to have received a hamper for the past two years.

"We all (residents) really appreciated the hampers and were very pleased to get one. I think it means a lot to a lot of people, especially if they're on their own (around Christmas)."

The hampers are funded through workplace giving programs from within VMCH and the Catholic Archdiocese of Melbourne (CAM).

Arts in Action was awarded a 'highly commended' notation as a finalist in the 2018 Meaningful Ageing Australia Quality in Pastoral and Spiritual Care Practice Awards in September.

MORE



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About Villa Maria Catholic Homes

Through our passion and commitment to everyday people, Villa Maria Catholic Homes (VMCH) works in partnership with people of all ages and abilities. From all faiths and backgrounds, to achieve their goals, remain connected to their community and maintain independence.

We're a Catholic not-for-profit organisation, providing services to 7,600 people across Victoria. Ask anyone at VMCH and you'll find we're driven by wanting to achieve outcomes that enhance the lives of older Australians, people with disability, families and carers.

We have a long history in listening to what people want and need. By making sure we can deliver services to match those needs, we can offer greater choice and opportunity to our customers. We want to help build compassionate and sustainable communities, so everyone is included.

Today we offer services that cover affordable housing options, residential aged care, retirement living, home community and disability services and specialist education. We're an agile organisation constantly improving how we do things.

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