



AMBO CARE

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Preamble

One of the primary aims of the SA Ambulance Service Retired Officers Association (SAASROA) was to support the psycho social and day to day needs of our former colleagues. Our organisation has come a long way since its establishment, with the introduction of a number of initiatives in support of our members and their partners, i.e., *a welfare officer, monthly coffee mornings, bi monthly luncheons, monthly newsletter and SAAScene, the caravan group, the ongoing establishment of the vehicle and equipment museum, the driving group and the website.*

However, we need the assistance of our members to establish the *new initiative*, AMBO CARE. Often our Welfare Officer (for privacy and or other reasons) is not notified of issues that have or are, impacting on the health and or welfare of members and their partners. As an organisation we respect the *right to privacy* of our members and their partners however, it is difficult to ascertain how, when and where we can assist our people who are in need of assistance, if we are not advised.

Whilst the committee is absolutely committed to assisting people, we need members to become involved in this project, if it is to be successful.

So, how can you help?

During our careers with the ambulance service most of us experienced the camaraderie and friendship that prevailed throughout the service, at that time. Many of those friendships have endured the passage of time however; many have not, for various reasons.

What AMBO CARE aims to do is to encourage members to re establish contact with other members/former colleagues, their widows/widowers and partners, to avoid where possible, the scourge of social isolation. It really can be as easy as making a telephone call to them. Of course, if they are not keen for this to happen then their privacy must be respected but, at least an effort has been made to make contact.

Other ways that members and their wives/partners can assist other members/partners, who find themselves in difficult circumstances, include the following examples;

- Take them shopping, if they are unable to drive
- Take them to medical/hospital appointments
- Make hospital visits
- Gardening/busy bee's
- Household chores
- Providing a meal/s
- Post hospital visits
- Companionship

The above is not an exhaustive list.

If people are willing to assist with this project, please contact either Bill Bourn or myself so, that a list can be compiled. When you do assist someone could you also let either Bill or me know so, that we can keep track of the number of people who have been assisted.

NB: All information will remain strictly confidential.

Yours sincerely,

SAAS Retired Officers Association Inc,

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