

# Volunteering is a joy for Joy

Providing clothes for some of WA's smallest babies and helping families in need are inspiring work for volunteer Joy Mazzella.

For over a decade, she has volunteered for the Women and Infants Research Foundation (WIRF) in the special care nursery, perinatal loss and social work departments at King Edward Memorial Hospital (KEMH), Subiaco.

"I began volunteering at KEMH after retiring from full-time work," Joy said. "I had my twins at the hospital and adore babies, so it was an easy decision where to volunteer my time and energy."

Joy organises tiny garments that more than 300 volunteers knit and sew for premature babies in the hospital's special care nursery.

"Many of the babies born at KEMH require specific, tiny garments to accommodate their needs in the nursery," Joy said.

She said her team also provided clothes so bereaved parents could dress their babies and provided clothing packs for newborn babies from disadvantaged families.

"I am constantly blown away by the generosity of many community-based knitters and sewers, and at how beautiful some of the donated garments are," Joy said.

"It feels like Christmas every time I come into work. When you open up the donations you never know what you will find!"

Within the hospital, WIRF also coordinates more than 100 volunteers who support patients and staff and help to raise funds for the foundation's research.

Volunteers work in the hospital's café, gift shop and op shop and provide support in patient-care programs.

Joy believes she benefits most from the volunteer work she does.

"I love making a difference to the lives of babies and children," she said.



**RIGHT:** Joy Mazzella loves to unpack all the little things created by the team of volunteers knitting for King Edward Memorial Hospital.  
Photo: Billie Fairclough

## Breaking news in world of ageing

Is it possible to prevent issues facing the elderly, like cognitive decline, mobility problems, falls, frailty, malnutrition, loneliness and cardiovascular diseases?

Kaisu Pitkälä, Professor of general practice and primary health care at the University of Helsinki is visiting UWA and will present a public lecture on how issues to do with the well-being of the elderly have developed over the past decade.

It is at 6pm on Tuesday, August 11, in the Theatre Auditorium at UWA's University Club.

She will also look at how this area can be improved, describing some examples of successful evidence-based interventions that have improved quality of life and well-being among older people.

Professor Pitkälä's visit is supported by the Institute of Advanced Studies, the general practice unit in the UWA school of primary, Aboriginal and rural health care, and the WA Centre for Health and Ageing. The lecture is free but it is essential to RSVP via [www.ias.uwa.edu.au/lectures/pitkala](http://www.ias.uwa.edu.au/lectures/pitkala).

## Ladies lunch for a cause

A warming soup and sandwich lunch proved very popular when the Western Suburbs View Club gathered for their annual Winter Warmer in Mt Claremont.

It was a day of fun and laughter, with a bring-and-buy stall with books, jewellery and hand-made items causing a buying frenzy.

The soup was followed by home-made slices, tea and coffee.

Providing the entertainment was comedian, and author and poet Yvonne Mettam.

The club, which is part of the Smith Family charity, meets on the fourth Wednesday of each month at the Mt Claremont Community Centre at 10am and welcomes any interested ladies.

For more information, call Ann on 9387 7104 or Glen on 0413 449 930.

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