

Road Watch—Adopt A Road



Programs 25th year

In this issue



Many of you may know Gavin from Mannum as a passionate volunteer in his own patch as well as surrounding communities. This includes but is not limited to bush care and revegetation, water, soil and community health monitoring as well as litter cleans.

He's been involved with KESAB for over 20 years and continues to provide regular information and suggestions which are greatly appreciated.

- 25 year thank you
- Volunteering strategy
- Mannum Lions Club return
- Learning opportunities
- New recruits
- Ongoing efforts
- Safety: fractures & dislocation
- Free CPR training

It's commitment and engagement like this that we **celebrate in 2021 as the program marks its 25th year!** Long standing RW groups include: Tidy Towns Goolwa, Rotary Club of Gawler Light, Barry Wilson, Friends of Port Hughes, Rotary Club of Barossa, Kiwanis Club of Reedbeds, Rotary Club of Mount Gambier West, Rotary Clubs of Victor Harbor/ Strathalbyn & Onkaparinga, Lions Clubs of Kimba, Lameroo, Mannum & Aberfoyle Districts, Ahmadiyya Muslim Association, Gomersal Community Incorporation, Ford Residents, Elena McRae, Cittaslow Goolwa, Mark Tuckwell, Fiona Bennett, Malley B12, Flagstaff Hill Scouts, The Clean Up Couple, Waikarian, Rubbish Riders, Tzu Chi Foundation Australia, Cearnamont Residents, Community Youth Justice and many more.

KESAB, The Department for Infrastructure & Transport and the broader South Australian community are forever grateful for your fabulous contributions! We look forward to some form of celebration to mark this milestone. If you have suggestions or want to share stories/images, please contact us.

Volunteering in South Australia

The Volunteering Strategy for SA is a unique partnership agreement that has been collaboratively designed, is sector-led and has cross-sector support. It aims to find innovative ways of working, mobilising expertise and resources, create shared accountability and generate value. This partnership is currently finalising an updated strategy to ensure that volunteering in SA remains vibrant and strong. The 2021-2027 strategy sets out goals and commitments for the next 6 years, outlining improvements for volunteering experiences. The focus is on implementing effective ways to collaborate, participate and set measurable ways to record achievements.

Volunteering Strategy 2021-2027

If you'd like to review the strategy, please see the website: <http://www.savolunteeringstrategy.org.au/volunteering-strategy-2021-2027/>



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Welcome back Mannum Lions Club

Returning with gusto

The Mannum Lions Club have recently re-engaged with the program and after inducting 10 volunteers, completed their first activity in August.

This saw 7 bags of litter collected over 2 hours.

Plastic food wrappers and bags continue to be the most common items as many of you report and whilst this may be seen as a frustration, it was reported that the activity and results were very satisfying. The group had a great time working together whilst being social and keeping physically fit.



We hope that other groups are also enjoying similar benefits, as working together with like minded people is just one way we can stay connected and resilient, especially in current uncertain times. Congratulations on your efforts.

If you/your group would like to share your experiences and images, please forward stories, reports and/or images to: roadwatch@kesab.asn.au. We are also welcoming any suggestions and stories for our upcoming 25-year celebration. Some groups have suggested that case-studies from groups could be shared so please do forward on anything you'd like to share.

Learning opportunities

For volunteering in South Australia



Catalyst
Foundation

People Helping People

KESAB acknowledges that we are moving further into a digitally focussed age and we are always on the lookout for programs that our volunteers may benefit from. Digital literacy can help keep us all connected, comfortable and safe. If you'd like to learn more about everyday digital skills like how to use a device, online banking, how to avoid scams and more, the Catalyst Foundation offer learning opportunities. These can be in free webinar format or booked as one-on-one information and skill development sessions. If you'd like to get involved, please see their [website: https://catalystfoundation.com.au/learning/](https://catalystfoundation.com.au/learning/)

The Australian Government has also initiated a support line for older persons and COVID-19.

If you'd like to discuss, free call :1800 171 866



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New recruits

Welcome

In 2021, our 25th year, Road Watch has seen renewed interest and engagement in the program. Whilst we continue to appreciate all the effort and input of our long-standing groups, we would also like to welcome our newest groups/ re-invigorated groups including: Karen Goldie in the Yankalilla area, Lions Club of Lameroo & Neighbourhood Watch Group 631 & Morphett Vale East School. There are several other prospective groups on the list so we look forward to welcoming more soon.

As you are aware, volunteering in physically active and community connected programs helps support resilience and wellbeing. The Government of South Australia now has some useful links and resources for wellbeing in nature that may interest you, which are available on [this website](#). We hope you all enjoy the benefits of volunteering.



Ongoing efforts

Thank you

A big thank you to those groups who are able to complete activities, submit reports or share photos. It's absolutely fantastic to see what you're achieving and we are constantly inspired by your commitment and passion. Below on the left is an image from the Onkaparinga Lions group who teamed up with their local Rotary group to complete a combined community service project in October. They cleaned the roadside as well as the Amy Gillett track between Woodside and Oakbank, filling almost 8 wheelie bins! Not only is this a great service to the community and environment, but specifically to one local who had a lost mobile phone and card wallet returned.

The image on the right shows some of the Tzu Chi Foundation's smiling masked faces. They continue to regularly clean streets around the Adelaide CBD. Whether you were able to get out or not, we thank you for your engagement and interest.



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KESAB
road watch

Safety & Equipment

Equipment checks

Have you checked the condition of your equipment recently? Are all your volunteers comfortable with the safe use of these items?

Please call (08)8234 7255 or email: roadwatch@kesab.asn.au if you require replacement equipment or would like more information about the correct use of materials. Please also continue to sanitise materials between use to keep COVID safe. It is important that all volunteers feel comfortable and safe at all times so please let us know if we can assist.

Fractures & dislocation



SAFETY SPOTLIGHT: Fractures & dislocation

Fractures can occur when force is exerted against a bone that is stronger than what the bone can withstand. If a fracture is suspected, please follow these steps:

1. Follow DRS ABCD: Danger checks, Response checks, Send for help, Airway checks, Breathing checks, CPR & Defibrillator application.
2. Remain still/ask the patient to remain still.
3. Control any bleeding, covering any wounds and checking for other injuries.
4. Immobilise the affected limb/s by placing a padded splint along the injured limb.
5. Support the limb and secure the splint by passing bandages above and below the affected area, tying away from the injured side.
6. Check that the bandages are not too tight by watching for signs of reduced circulation every 15 minutes.
7. Seek medical aid, complete an [incident report](#) and communicate with KESAB: (08) 8234 7255/ 0499 553 385

**With acknowledgement & thanks to St Johns Ambulance Australia for information*

Free CPR training

Free development opportunity

A reminder that you can still take advantage of the free CPR training provided by St Johns Ambulance Australia with generous funding from Masonic Charities SA & NT.

Simply [view the available public training sessions](#) for your area and then call 1300 785 646 to make a booking under this free option. (Please note that online bookings may not be registered under this free offer so please call to confirm).

You'll receive a certificate of attainment as well as a personal leisure first aid kit.

Get in quick as the offer is limited.



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