

# Sands Community Day- Agenda

## 9:45am – 10:15 am Welcome refreshments

Meet staff and fellow volunteers while enjoying refreshments and music.

## 10:15am – 11:10am Start the day

Welcome, poem and lighting the candle.

## 11:10am – 11:45am Creating connections

A chance to connect with other volunteers and staff from Sands in a fun and relaxed way, acknowledging the value of all volunteers do.

## 11:45am – 12:00pm Pause to remember

Quiet time to pause and remember our precious babies, and the reason why we all contribute so passionately to the Sands community.

## 12:00pm – 12:55pm Lunch

Lunch & refreshments will be provided.

## 12:55pm – 2:30pm Enhancing connections

Conversations with staff and fellow volunteers about Sands work, sharing practical ideas and experiences that will benefit future activities.

## 2:30pm – 2:45pm Break

## 2:45pm – 3:15pm Looking ahead

Taking time to consider future events and activities, building opportunities to work together to continue the wonderful work volunteers do.

## 3:15pm – 3:45pm Time for reflection

Reflections for the day - what have I gained? What do I still need? Who can help? How will I move forward?

## 3:45pm Close