

## Why Volunteer?

Volunteering at CBCHS increases participation by community members. By volunteering you can gain new skills and confidence, make friends and have fun while you enjoy the sense of reward that comes from really making a difference.

**Volunteering is a great way of gaining work experience for future employment.**

## Who volunteers?

Volunteers come from all walks of life, including:

Parents with spare time during the day.

Professionals who want to be involved in their community.

People seeking new skills and work experience.

Retirees who want to meet new people, help others and stay active.

*No formal experience or education is required, just enthusiasm.*

## Vision Statement

**Quality. Community. Wellbeing.**

## Training

Formal orientation and training is provided in all aspects of the area you will be volunteering in. Orientation is provided and Volunteers receive an Information Kit with details of CBCHS.

Support is provided at all times.

Volunteers are required to complete an Application Form and Police Check, prior to starting with the Service.

## How you can help?

Opportunities vary according to the interest of each volunteer, but can include:

- A weekly visit to a lonely resident in a nursing home or hostel
- Assisting with outings and fun activities for the Aged or Disabled
- Helping in the kitchen of our café or catering room
- Fundraising activities with the Auxiliary

Time spent volunteering can range from an hour a week to more, depending on the program and your availability.

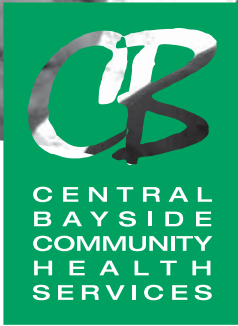
*See overleaf for details regarding the 3 main areas of volunteering at CBCHS*



## Central Bayside Community Health Services

**Head Office** 335 Nepean Highway Parkdale 3195  
Telephone 8587 0200 Facsimile 8587 0210  
Email [info@cbchs.org.au](mailto:info@cbchs.org.au) Web [www.cbchs.org.au](http://www.cbchs.org.au)

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## Planned Activity Groups PAG

PAG provides social support opportunities for the elderly and adults with a disability through engagement in purposeful and meaningful activities.

Volunteers provide support to staff in order to help deliver services in a timely, efficient and effective manner to all clients. The role of the volunteer at PAG is very hands on with the majority of the responsibilities involving direct 1:1 client contact with activities and outings.

Possible tasks could be assisting with meal preparation, helping with activities and outings, bus driving and socialising.

Volunteers are needed during day time hours, Monday to Saturday.

Please call the Service Delivery Manager on 9583 6970

## Community Visitors Scheme CVS

CVS matches volunteer visitors with isolated residents in aged care homes, for the purpose of friendship and companionship.

The Volunteer and resident spend time together that is mutually satisfying. This will usually involve chatting together as friends do, or perhaps having a gentle stroll together or sharing an activity such as cards or reading. Some Volunteers, with permission of the home, take their residents out for coffee or for a drive.

Volunteers commit to visiting for about an hour once a fortnight, as a minimum, but are free to visit more often. We ask that potential Volunteers consider if they are in a position to make that fortnightly commitment for at least one year.

The visiting area is Mt Eliza to Brighton so Volunteers are normally placed near where they live to make visiting as convenient as possible.

Please call the Coordinator on 9781 9333

## Adult Community Options ACO

ACO provides day programs for adults with an intellectual disability.

Volunteers assist staff to deliver programs at a centre or in the community.

The role of the volunteer can vary greatly. Assistance may be required to access the community, general outings, swimming, activities such as cooking, sport, art/craft, computers etc. We also have a café that always could do with an extra pair of hands!

Volunteers are needed during day time hours, Monday to Friday.

Please call the Service Delivery Manager on 8587 0250