

WHO TO CONTACT :

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THE BENEFITS OF VOLUNTEERING

Volunteering enables you to:

- **Become actively involved in the community**
- **Help other people**
- **Build confidence and self esteem**
- **Meet other people**
- **Develop personal and professional skills**
- **Learn new skills**
- **Participate in community life**
- **Combat boredom**
- **Share your talents**

- Free training provided
- Expenses paid
- Support from qualified staff
- Personal satisfaction
- Opportunity to gain new knowledge and experience

**Contact Neighbourhood Care
and discover how
YOU can make a difference**



centacare
fraser coast
Community Support Services

**NEIGHBOURHOOD CARE
PROGRAM**



**VOLUNTEERS
WANTED**

IT'S ABOUT PEOPLE

HELPING EACH OTHER



NEIGHBOURHOOD CARE PROGRAM

**Exists to enhance the quality of life
and promote independence of
eligible people through
appropriate individual social
support**

Neighbourhood Care is a program specifically tailored to provide friendship and support to aged people and those with a disability.

'It is about people helping each other'

The role of the Volunteer is to visit clients for companionship, coffee, chat, social support and assisting them to stay in their own homes longer.

Appropriate training is provided.

No qualifications are necessary:

If you enjoy meeting people and sharing your skills and experience, or want to brighten up someone's day

Become a Neighbourhood Care Volunteer

HOW YOU CAN HELP

VISITING:

Volunteers visit people in their own homes for a chat and friendship.

ASSISTED SHOPPING:

Volunteers accompany and assist people with their shopping, banking, going to the library, etc

SOCIAL OUTINGS:

Accompany people on social outings when they need physical assistance or emotional support

LITERACY:

Volunteers assist with filling out forms; read books or newspapers, assist with mail etc.

SUPPORT:

Neighbourhood Care volunteers offer a friendly, supportive presence for those who require assistance when visiting a doctor, solicitor, bank, etc. (We do not provide transport only)

ACTIVITIES:

Share your skills and knowledge with others through participating in Arts, Crafts and other interest groups.

PLANNING:

Volunteers with organisational skills and enthusiasm help to plan events and activities.

ADMINISTRATION:

Volunteers help with reception, photocopying, data entry, office cleaning, etc.

PROMOTIONS

Assist in the promotion of the Neighbourhood Care program in the community

**A few hours a week or a few hours a month– whatever time you have to spare
can make a big difference to someone else's life!**