



Helping Hand
AGED CARE

Helping
South Australians

Is Volunteering for you?

Some questions to consider
prior to volunteering...

Before you volunteer, think about...

How much time can you realistically give?

Are you responsible and reliable?

Can you commit to volunteering?



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The next step is to...

- Consider what interests you...
- Are you passionate about a particular area for example, Connecting with the Community, Seniors, Newsletter Editing, Mentoring, Coordinating Activities or People of a different cultural background?
- What do you do in your spare time... can you do that as a volunteer?
- Do you have a special skill, hobby or talent you could offer?



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Now think about...

What do you want to achieve...

- Do you want to learn new skills for paid employment
- Do you want to meet people?
- Do you want to “give back” to the community?
- Do you want to explore a career change?



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Be honest with your answers...

- Health & Wellbeing offers volunteer roles to help support the many services and programs it provides. It is important that you decide volunteering is for you because you will affect these services and programs once you come on board as a volunteer



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So what can we offer...

We provide...

- Training – Prior to starting and ongoing
- Support – From Volunteer Coordinator, Program Coordinator and fellow volunteers
- Recognition – Individual program and services celebrations as well as annual events during National Volunteer Week and at Christmas



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What's the next step...

- Once you have decided to volunteer the next step is to contact the Volunteer Services Coordinator on 8241 9021 or download a Volunteer Expression of Interest Form from

www.helpinghand.org.au complete and forward via post or email to

H&WBVolunteerServices@helpinghand.org.au



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Thanks...



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We thank you for considering
volunteering with
Health & Wellbeing



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