

VOLUNTEERING IN THE SHOALHAVEN

Registration form

If you would like to be registered in the directory please complete the form and return to Shoalhaven Neighbourhood Services

134 Kinghorne St Nowra NSW 2541, Fax: 4421 6872 E nnc@sns.org.au

Your details:

Organisation name: _____

Contact phone: _____ Fax: _____

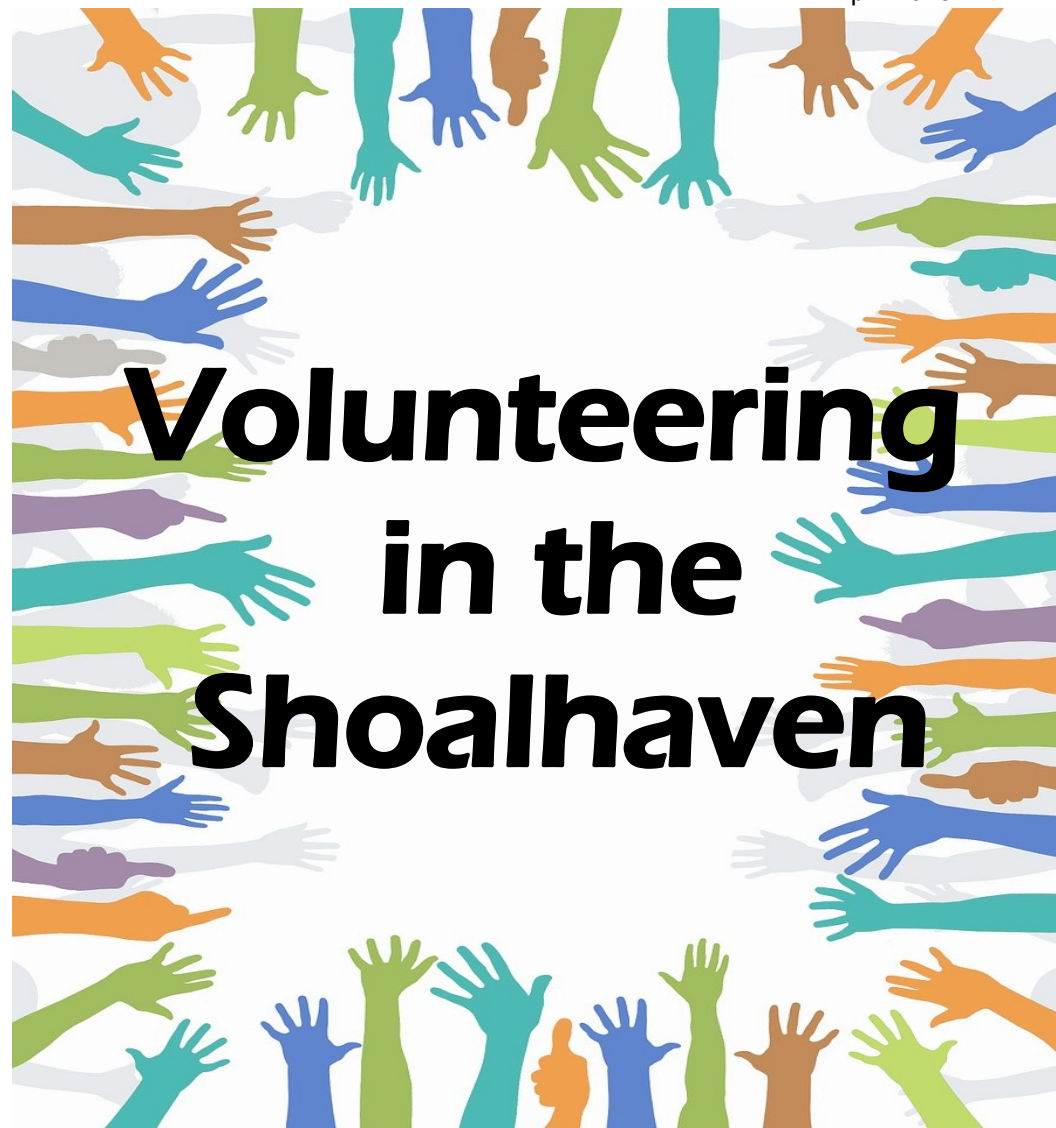
Address: _____

Suburb: _____ Postcode: _____

Email: _____

Description: (please give a description of what your organisation does, who it caters for, services offered, activities provided etc)

Volunteer opportunities within your organisation: (please provide a list of tasks/activities volunteers can be involved in within your organisation e.g. typing, office duties, gardening etc.)



Nowra Neighbourhood Centre Project
A division of Shoalhaven Neighbourhood Services Incorporated

134 Kinghorne Street
NOWRA NSW 2541

Phone: (02) 4421 5077
Fax: (02) 4421 6872

Email: nnc@sns.org.au
Website: www.sns.org.au

Basin View Masonic Village	Ph: 4443 5034
Bay & Basin Community Resources	Ph: 4443 7681
Community Visitors	Ph: 4423 0053
Culburra Meals on Wheels	Ph: 4447 4870
Department of Veterans Affairs	Ph1300551918
Hammond Care	Ph1300879112
Health Promotion Service for Older People (CPSA)	Ph: 9281 3588
Magnolia Cottage Adult Day Care	Ph: 4422 4161
North Shoalhaven Meals on Wheels	Ph: 4422 5111
Nowra Adult Day Centre	Ph: 4421 9075
Nowra Park Retirement Village	Ph: 4422 4488
Red Cross	Ph: 4428 4900
St. George's Basin Residential Care	Ph: 4443 7566
Shoalhaven Community Transport Service	Ph: 4423 6044
Shoalhaven Neighbourhood Services	Ph: 4421 5077
South Shoalhaven Meals on Wheels	Ph: 4455 2861
Uniting Aged Care	Ph: 4421 6400

WORKING WITH PEOPLE WITH DISABILITIES

Tasks Include; Supporting people with a disability.
Working with children and teenagers with a disability.
Participating in a recreational program for and with people with disabilities. Providing transport (Transit van, wheelchair, scooter).

<i>Organisations</i>	<i>Contact Details</i>
Care South	Ph: 4423 6833
Centacare	Ph: 4424 5600
Havenlee	Ph: 4421 37
House with No Steps	Ph: 4422 9888
Interchange Shoalhaven	Ph: 4423 0255
Life Without Barriers	Ph: 4421 2461
Noah's Ark	Ph: 4423 5022
Nowra Adult Day Centre	Ph: 4421 0975
Refresh Community Café	Ph: 4423 3637

VOLUNTEERING - GETTING STARTED!

Step 1 Volunteering should be fun!

Think about the things you enjoy doing as well as your skills and experience.

Step 2 Choose the organisations that appeal to you.

Have a look through the list of volunteering possibilities and decide which organisations you might like to contact.

Step 3 Contact the organisations that you are interested in.

Most organisations will ask you for a little information about yourself for example; your contact details, age, availability, whether you have your own transport, what type of volunteer work you would like to do, your skills and experience and why you would like to volunteer for that organisation. They may send you a form and/or invite you in for an informal interview.

Step 4 Decide whether you would like to train as a volunteer with that organisation.

Ask questions about what you will be doing (they may have a position description). You should also check whether the organisation has insurance covering volunteers and what the policy is on reimbursement of out of pocket expenses. Also ask about what training is provided and check who the volunteer manager/coordinator is, so you know where to go if you have any further questions or need support later on.

Step 5 Give it a go and decide whether it suits you.

Ideally, you will find something you really enjoy straight away. However, if you don't feel that it is the organisation for you, let them know and think about what else you could try.

VOLUNTEERING - INTERESTING FACTS!

Volunteering

A key to personal happiness? According to the Australian Unity Wellbeing Index survey ¹, Australians involved in volunteer work are the most personally satisfied with their lives.

The survey also found that Australians engaging in volunteer work also enjoy high levels of satisfaction over other aspects of their lives, for example; in work and leisure, health, sense of community connection and religion or spirituality.

According to Professor Robert A Cummins from Deakin University's Australian Centre on Quality of Life (where the research was carried out), giving a helping hand to a chosen cause puts you on the road to higher personal satisfaction.

Millions of hours of volunteer work

According to an Australian Bureau of Statistics survey²;

- In 2010, 6.1 million people aged 18 years and over participated in voluntary work.
- the total annual hours volunteered in 2010 was 713 million.
- The proportion of the population who volunteered at least once in a 12 month period has gradually increased from 24% in 1995, 32% in 2000, 35% in 2006 to 36% in 2010.

The most common types of organisations that people volunteered in included sport and physical recreation, community welfare, religious groups and parenting, children and youth groups.

TRAINING & EMPLOYMENT

Tasks include; supervision of work experience participants,

Organisations
Refresh Community Café

Contact Details
Ph: 4423 1191

TRANSPORTATION

Tasks Include; Community transport drivers, Meals on Wheels Drivers, assisting with other transport, Transport for medical appointments, day respite & driving buses or cars.

<i>Organisations</i>	<i>Contact Details</i>
Bay & Basin Community Resources	Ph: 4443 7681
Helping Hands	Ph: 4423 4987
Illawarra Multicultural Services	Ph: 4422 5933
Interchange	Ph: 4423 0255
Magnolia Cottage Adult Day Centre	Ph: 4422 4161
Meals on Wheels (Head Office)	Ph: 4422 5111
Nowra Youth Centre	Ph: 4422 1988
Shoalhaven Community Transport Service	Ph: 4423 6044
Southern Shoalhaven Meals on Wheels	Ph: 4455 2861

WORKING WITH THE OLDER PERSON

Tasks Include; Adult Day Centre, Assisting residents with activity programs, accessing the community , visiting people in residential care.

Organisations
Anglicare South Coast

Contact Details
Ph: 4454 2965

SPORTS

Tasks Include; Referees/umpires, Officials, Fund Raising, Administration, Helping with sporting events,

<i>Organisations</i>	<i>Contact Details</i>
Shoalhaven PCYC	Ph: 4421 8588
Local Sports clubs in your area	

SUPPORTING YOUNG PEOPLE AND CHILDREN

Tasks Include; Support young people getting involved with community projects, Mentoring, reading programs, support playgroups, supporting young families in crisis

<i>Organisations</i>	<i>Contact Details</i>
Angels Mollymook Pre-school	Ph: 4455 3066
Bay & Basin Community Resources	Ph: 4443 7681
Bomaderry High School	Ph: 4421 0699
COOSH Cambewarra	Ph: 4446 0515
CareSouth Aunties & Uncles	Ph: 4423 6833
CareSouth Youth Hostel	Ph: 4422 7625
Illawarra Multicultural Services	Ph: 4422 5933
Interchange Shoalhaven	Ph: 4423 0255
Jumbunna Children's Centre	Ph: 4422 1622
Noahs Ark Shoalhaven	Ph: 4423 5022
Nowra Family Support Service	Ph: 4421 5499
Nowra Youth Centre	Ph: 4422 1988
Sanctuary Point Connect,	Ph: 4443 0520
Schools as Community Centres	
Shoalhaven PCYC	Ph: 4421 8588
The Smith Family	Ph: 1300 397 730
YWCA NSW	Ph: 4423 8501

VOLUNTEERING - BENEFITS

Volunteers

Some of the benefits Volunteers report ³ they get from volunteering are;

- An opportunity to meet new people.
- A chance to help others or give something back to the community.
- Gain work experience or try out a possible career.
- Learn new skills or put a hobby to good use.
- Learn about other lifestyles.
- Build self confidence or re - enter society.
- Be active and involved or keep healthy.
- Feel useful.
- To have fun.

Organisations

Organisations can benefit from volunteers as they;

- May contribute special talents.
- Provide the enthusiasm of fresh work force.
- Help keep in touch with grassroots issues.
- Represent different community views.
- Allow more services to be provided.

Reference:

¹ *Wellbeing monitor October 2002'*

Website: www.australiaunity.com.au

² *Australian Bureau of Statistics– Voluntary Work. Australia 2010.*

Website: www.abs.gov.au

³ *Volunteering Illawarra training material*

Further information about volunteering, including rights and responsibilities, can be found at www.volunteeringaustralia.org

VOLUNTEERING - ORGANISATIONS IN THE SHOALHAVEN

ANIMALS

Tasks Include; Wildlife rescue, Rehabilitation, Fundraising

<i>Organisations</i>	<i>Contact Details</i>
RSPCA Nowra	Ph: 4446 4199
RSPCA Ulladulla	Ph: 0414 749 490
Shoalhaven Branch NSW Animal League	Ph: 4422 0997
Shoalhaven Dog Training Club	Ph: 4422 4656
Shoalhaven Zoo	Ph: 4421 3949
Wildlife Rescue Southcoast (Nowra Mobile Service)	Ph: 0418 427 214

ARTS, CRAFT AND CULTURE

Tasks Include; Museum/gallery, Musicians, Performers, craft activities

<i>Organisations</i>	<i>Contact Details</i>
Berry Museum	Ph: 4464 3097
Fleet Arm Air Museum	Ph: 4424 2192
Indigenous Community Links	Ph: 4421 6342
Jervis Bay Maritime Museum	Ph: 4441 5675
Kangaroo Valley Pioneer Museum	Ph: 4465 1306
Tabourie Museum Foundation	Ph: 4457 3689
YWCA NSW	Ph: 4423 8501

Noah's Ark Shoalhaven	Ph: 4423 5022
Nowra Family Support Service	Ph: 4421 5499
Nowra Healing Rooms	Ph: 4422 6883
Nowra Youth Centre	Ph: 4422 1988
Shoalcoast Community Legal Centre	Ph: 4422 9529
Shoalhaven Community Drug Action Team	Ph: 4423 1784
Shoalhaven Community Transport Service	Ph: 4423 6044
Shoalhaven Neighbourhood Services	Ph: 4421 5077
Shoalhaven PCYC	Ph: 4421 8588
Shoalhaven Women's Health Centre	Ph: 4421 0730
Ulladulla District Community Resource Centre	Ph: 4454 0477
Wildlife Rescue Southcoast	Ph: 0418 427 214
YWCA NSW	Ph: 4423 8501

OUTDOOR WORK

Tasks Include; Bush regeneration, gardening, lawn maintenance, assisting with outdoor activities

<i>Organisations</i>	<i>Contact Details</i>
Angels Mollymook Pre-School	Ph: 4455 3066
Bay & Basin Community Resources	Ph: 4443 7681
Helping Hands	Ph: 4423 4987
Indigenous Community Link	Ph: 4421 6342
Noahs Ark Ulladulla	Ph: 4455 1318
Nowra Adult Day Centre	Ph: 4421 0975
Nowra Family Support Service	Ph: 4421 5499
Shoalhaven Neighbourhood Services	Ph: 4421 5077
Shoalhaven PCYC	Ph: 4421 8588

GENERAL HEALTH

Tasks Include; Providing social support for those who are being treated for cancer. Assistance for the dying and their families, people with Vision impairment, mental health clients and People with an acquired brain injury.

<i>Organisations</i>	<i>Contact Details</i>
Helping Hands	Ph: 4423 4987
Shoalhaven Palliative Care Services	Ph: 4424 6300
Vision Australia	Ph: 4220 4300

INFORMATION SERVICES

Tasks Include; Visitor centres reception, Neighbourhood centres reception

<i>Organisations</i>	<i>Contact Details</i>
Bay & Basin Community Resources	Ph: 4443 7681
Shoalhaven Neighbourhood Services	Ph: 4421 5077
Ulladulla Community Resource Centre	Ph: 4454 0477

OFFICE WORK,ADMINISTRATION

Tasks Include; Office administration, filing, mail outs, word processing, data entry, reception etc

<i>Organisations</i>	<i>Contact Details</i>
Bay & Basin Community Resources	Ph: 4443 7681
Indigenous Community Links	Ph: 4421 6342
Interchange Shoalhaven	Ph: 4423 0255
Jumbunna Children's Centre	Ph: 4422 1622

CHARITIES

Tasks Include; Charity, Warehouse Assistants, Op Shops, Fundraising Events Appeals, Disaster Services (personal support), Telecross

<i>Organisations</i>	<i>Contact Details</i>
Huskisson Uniting/Ch. Op-Shop	Ph: 4441 7495
Mission Aust. Big Heart Op Shop	Ph: 4421 0523
Red Cross	Ph: 4428 4900
Salvation Army	Ph: 4421 0747
St Vincent De Paul	Ph: 4421 0390

COMMITTEES BOARD MEMBERS/WORKING GROUPS

Tasks Include; Treasurer ,Bookkeeper, Committee members, Marketing, Fundraising

<i>Organisations</i>	<i>Contact Details</i>
Bay & Basin Community Resources	Ph: 4443 7681
Culburra Beach Meals on Wheels	Ph: 4447 2976
Interchange Shoalhaven	Ph: 4423 0255
Nowra Family Support Service	Ph: 4421 5499
Shoalhaven Community Transport Service	Ph: 44236044
Shoalhaven Neighbourhood Services	Ph: 4421 5077

COMPUTERS/TECHNOLOGY MEDIA

Tasks Include; IT Assistant, help with talking newspaper, Community Radio, Assisting with technology

<i>Organisations</i>	<i>Contact Details</i>
Bay & Basin Community Resources	Ph: 4443 7681
Vision Australia	Ph: 4220 4300

EDUCATION

Tasks Include; Adult literacy, helping children with literacy, Tertiary Mentoring, Learning Clubs

<i>Organisations</i>	<i>Contact Details</i>
Illawarra Multicultural Services	Ph: 4422 5933
Indigenous Community Links	Ph: 4421 6342
Nowra Family Support Service	Ph: 4421 5499
Sanctuary Point Connect– Schools as Community Centre	Ph: 4443 0520
The Smith Family	Ph: 1300 397 730
YWCA NSW	Ph: 4423 8501

EMERGENCY / SAFETY RESCUE

Tasks Include; Fire Fighting, Emergency services, Providing welfare, Emergencies/disasters

<i>Organisations</i>	<i>Contact Details</i>
Family & Community Services	
Disaster Recovery	Ph: 4424 5100
State Emergency Service– City Unit	Ph: 4423 0081
State Emergency Service– Sthn Unit	Ph: 4454 2121
Shoalhaven Rural Fire Service	Ph: 4424 4424

ENVIRONMENT

Tasks Include; Bush regeneration, Tree planting, bird monitoring, Advocacy, Lobbying

<i>Organisations</i>	<i>Contact Details</i>
Beecroft Peninsula Landcare	Ph: 4448 3312
Bherwerre Landcare group	Ph: 4443 9885
Conservation Volunteers Australia	Ph: 4228 9246

FOOD PREPARATION/ HOSPITALITY

Tasks Include; Helping prepare and deliver meals for meals on wheels, kitchen assistance, preparing and serving meals
Food Handling Certificate would be an advantage.

<i>Organisations</i>	<i>Contact Details</i>
Berry Meals on Wheels	Ph: 4464 1604
Culburra Beach Meals on Wheels	Ph: 4447 2976
Huskisson/Vincentia Meals on Wheels	Ph: 4441 8725
John Purcell House	Ph: 4423 3558
Nowra Adult Day Centre	Ph: 4421 0975
North Shoalhaven Meals on Wheels	Ph: 4422 5111
Nowra Youth Centre	Ph: 4422 1988
Shoalhaven PCYC	Ph: 4421 8588
South Shoalhaven Meals on Wheels	Ph: 4455 2861

FUNDRAISING

Tasks Include; Lobbying, events management, letter writing / mail outs etc

<i>Organisations</i>	<i>Contact Details</i>
RSPCA Ulladulla	Ph: 0414 749 490
Shoalhaven PCYC	Ph: 4421 8588
Shoalhaven Women's Health Centre	Ph: 4421 0730
