

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: _____

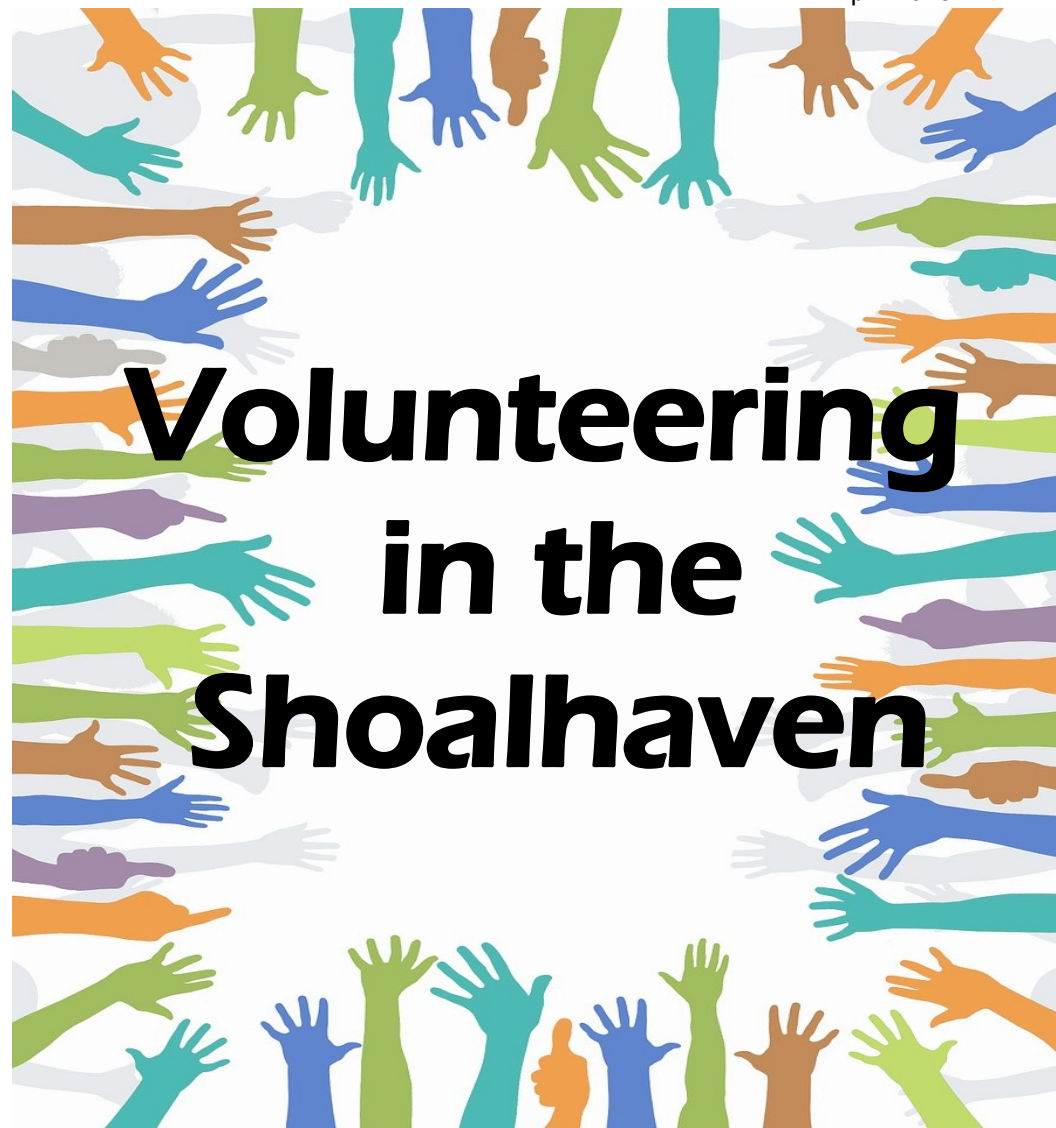
Address: _____

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

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|--|---------------|
| 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 |

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|--|------------------|
| 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 |
