

This program is an opportunity to form a two-way friendship which can be mutually beneficial.

What volunteers say about a similar program:

"Anybody can do it as long as you can talk and listen to someone else"

"We have a good old talk together"

"It is a two way relationship – we swap recipes and craft ideas. It is nice to get something back for what you do."



Where to contact us:

**Talk Listen Care
Co-ordinator**



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Supporting the Northern Grampians,
Ararat Rural City Council and the
Pyrenees Shire

Talk Listen Care Visitor



What is a TLC Visitor?

TLC is a friendly visiting program which establishes friendships between volunteers and carers who look after a family member who has a mental illness or an intellectual disability. TLC assists individuals to become involved with and remain in the community.

Who are the volunteers?

TLC volunteers are people of all ages with a positive attitude to life.

What is involved?

Volunteers contribute an hour or two a week socially, with people who are supported through our service.



What can a volunteer do?

Volunteers share social, leisure and recreation based activities such as:

- Conversation
- Local outings
- Accompanying the person to a group or activity

It all depends on mutual interests and how much time both people have available.

How does TLC work?

The TLC co-ordinator receives referrals from services who feel that a family would benefit from more social interaction. These individuals are then matched with a volunteer visitor who visits them on a regular basis.

They both choose a mutually convenient time for the visit, while forming a valuable friendship.

The co-ordinator maintains contact with both people, to ensure that the friendship is progressing well.

How Are Volunteers Supported?

- All prospective volunteers participate in an orientation and initial training program.
- Volunteers receive ongoing education, skill development and enhancement.
- Volunteers receive support and supervision.

