



# VOLUNTEER

How to become a volunteer

# VOLUNTEER

You can get this service in  
ARARAT - STAWELL



Our services are safe, confidential,  
and understanding



STAWELL  
HORSHAM

8-22 PATRICK ST\*  
70-72 HAMILTON ST  
*Entrance via Darlot Street*

03 5358 7400

ARARAT  
WARRACKNABEAL  
ST. ARNAUD

60 HIGH ST  
2 COX ST  
85 NAPIER ST

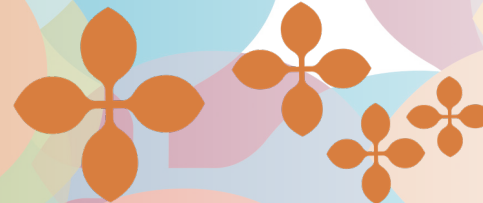


GRAMPIANS COMMUNITY HEALTH  
Google: Grampians Community Health

\*REGISTERED COMPANY ADDRESS  
[www.grampianscommunityhealth.org.au](http://www.grampianscommunityhealth.org.au)  
EMAIL: [gch@grampianscommunityhealth.org.au](mailto:gch@grampianscommunityhealth.org.au)



GRAMPIANS  
COMMUNITY HEALTH  
 03 5358 7400



# Why volunteer?

## Through volunteering, you can:

- Have the opportunity to contribute
- Learn new skills and gain confidence
- Gain satisfaction in the knowledge that volunteering really does make a difference.
- Make new friends.
- Have fun
- Help promote awareness of the needs and services in our community
- Be a significant part of a team

## Training is available!

New volunteers undergo a general information and orientation session and will be provided with specific training in their roles.

Volunteers may also have the opportunity to attend further training courses and community information sessions throughout the year.

# GCH Volunteer Programs

**DO CARE** program which establishes friendships, social support and care of older people and young people with a disability. This service is in the Northern Grampians Shire.

**TALK, LISTEN, CARE** program which establishes friendships between Volunteers and Carers who look after a family member who has a mental illness or an intellectual disability.

**ACTIVE FOR LIFE** An exercise program to promote fitness, friendship and fun

**COMMUNITY CAR Transport** assistance for people who do not have access to other transport for out of town appointments. For the Northern Grampians Shire.

