



VOLUNTEERING

Volunteering is time willingly given for the common good and without financial gain. It can include formal volunteering or informal volunteering. Formal volunteering is usually arranged through not-for-profit or community organisations while informal volunteering includes helping friends and family with things like caring or home repairs.

Volunteering provides huge benefits to our communities. It also provides significant benefits to the volunteers themselves, with improved mental health and wellbeing. Volunteering can:

- help you feel connected to your community
- combat social isolation and stress
- teach you new skills
- give you a sense of achievement or purpose
- improve your self-esteem and confidence
- help you meet new people and maybe even make some new friends
- help you gain skills to add to your resume
- help you gain skills to transition to paid employment in the future

While volunteers must not undertake work for financial gain, they can be reimbursed for out-of-pocket expenses, given an allowance and be rewarded or recognised for their hard work by an organisation.

HOW MUCH TIME DO I NEED TO GIVE?

Whatever you can. The great thing about organisations that host volunteers is that they often have the flexibility to work around your existing schedule. That said, organisations rely on their

volunteers in order to operate effectively, so they do require your commitment and professionalism. Just like a paid job, you're expected to be reliable and punctual.

HOW DO I FIND A VOLUNTEERING ROLE?

Volunteering Australia is the national peak body for volunteering in Australia, with volunteering centres across the country. Your local centre would be a great place to have a face-to-face chat about the type of work you're looking for and find out what is currently available. You can find their locations at www.volunteeringaustralia.org

GoVolunteer allows you to search for volunteer opportunities nationally by cause, interest, availability, time commitment and more. You can create a personalised volunteer profile to share with organisations, and volunteer opportunities are also recommended to you based on the skills and information that you've provided.

www.govolunteer.com.au

You can also find volunteer work through:

- local council (including their webpage and social media platforms)
- newspapers
- community centres and noticeboards
- researching specific causes on the internet
- contacting charities
- searching for volunteering + your location on the internet
- talking to friends and family in your community

Call us on 1300 986 970
or visit feroscare.com.au/ndis



Delivering the NDIS in your community