

# Volunteer with us



# Contribute to our work

## Volunteers make an invaluable contribution to the life and work of residents and staff at Abound Communities.

Our volunteers come from all walks of life and all ages assisting in our villages in Berwick, Euroa, North Fitzroy and St Helena. Each brings with them a special talent, skill and passion to transform the lives of older Victorians in need.

Some of our volunteers have used their experience as a stepping-stone into employment in the aged care sector. Others have used the opportunity to gain pre-employment experience in the caring professions.

### Ways you can help include:

- Reading to and socialising with our residents
- Supporting our many groups, including arts and crafts, art therapy, animal therapy, or the men's group
- Assisting with transport and outings
- Maintaining our libraries
- Teaching residents' IT skills.

### Our support for our volunteers

At Abound Communities we treat our volunteers as equally and fairly as our paid staff, valuing them for their input and calling for their opinions. We know first hand the immense contribution that all our volunteers make.

### Once you join us

Once you have signed up to become a volunteer, you will have to get a police check and provide us with the names of referees.

Once you have started volunteering with us, you are covered by our public liability insurance and you will be reimbursed for all out of pocket expenses.

Every volunteer is given a comprehensive orientation to Abound Communities.

### Social functions

We recognise and value our volunteers' contribution through an annual recognition celebration, Christmas party and special events.

## Elaine Maker



Elaine Maker visited her parents most days at Leith Park for 10 years, before her mother and then her father died. Today she volunteers once a week, visiting people who are lonely or who need to be driven to medical or other appointments. Elaine's services are also called upon sometimes in the office to help with printing, or working alongside residents collating their family information and putting it into a small booklet for them.

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“ Some people don't have families to visit them and they love to sit and chat. I try and brighten up their day a bit. It makes them feel good and it does the same for me. ”

## Mary McLure



Mary first learned about the organisation when she worked as an accountant for a local yarn distributor in the Banyule area and used to collect spare yarns which were donated to Abound Communities, for residents to knit with.

Mary is no stranger to the organisation and has been volunteering with Abound Communities for almost 20 years. She has received an award from the Order of Australia and from the Banyule City Council for her volunteering efforts, and contributions to the local community.

Mary does several volunteering activities including driving the bus for the residents' café outings and contributes her time to the library reading sessions.

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“ Some of the residents I read to are either visually or hearing impaired, so some find it hard to join in other activities. By reading to them, it can best suit their interest as well as an opportunity to keep the residents up to date with daily news and ongoings. ”

# About Abound Communities

For almost 150 years, Abound Communities has welcomed older Victorians with particular needs into its four villages, where they enjoy balanced, active, social and healthy lives.

## Our mission

Abound Communities is a charity serving elderly Victorians needing affordable, safe and dignified independent community living, together with appropriate and practicable continuing care.

## Our history

Abound Communities was founded in 1869 and has been providing accommodation and care to elderly Victorians ever since. Today we have four villages:

- Braeside Park (independent and assisted living)
- Currie Park (independent and assisted living)
- Leith Park (independent living and aged care)
- Rushall Park (independent and assisted living).

## Our values

- Safety
- Dignity
- Openness
- Responsibility
- Continual improvement
- Affordability
- Diversity
- Inclusion



### Abound Communities

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 [facebook.com/aboundcommunities](https://facebook.com/aboundcommunities)

 [linkedin.com/company/aboundcommunities](https://linkedin.com/company/aboundcommunities)

 [instagram.com/abound\\_communities](https://instagram.com/abound_communities)

### Rushall Park

20 Rushall Crescent  
Fitzroy North VIC 3068  
T: 03 9481 9300

### Braeside Park

19 Clyde Road  
Berwick VIC 3806  
T: 03 9707 3700

### Leith Park

339 St Helena Road  
St Helena VIC 3088  
T: 03 9433 1100

### Currie Park

58 Weir Street  
Euroa VIC 3666  
T: 03 5795 1822

[aboundcommunities.org.au](https://aboundcommunities.org.au)

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