

# Volunteer with us



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

Our vibrant and growing volunteer community includes people from all age groups and from all walks of life – including students, professionals, community and business groups, and retirees.

There are numerous and varied opportunities to get involved as a volunteer from running art therapy and easy exercise programs, assisting in bus tours, through to reading to residents, helping out our mens' groups, and providing social support. Volunteers assist in our four villages located in Berwick, Euroa, North Fitzroy and St Helena.

### **Why volunteer with Abound Communities?**

Our volunteer program offers people many different opportunities to get involved in our work to support older Victorians in need.

The benefits are huge to us, but volunteering with us offers you the chance to meet new people, make new friends, stay active, retain or learn skills and gain experience.

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

Every volunteer is given a comprehensive orientation to Abound Communities. All volunteers are required to provide a police check which Abound Communities pays for.

### **For further information you may visit:**

[aboundcommunities.org.au/get-involved/volunteer](http://aboundcommunities.org.au/get-involved/volunteer)

### **To talk to our Community Engagement Officer:**

T: 03 9433 1120

E: [volunteers@aboundcommunities.org.au](mailto:volunteers@aboundcommunities.org.au)

W: [aboundcommunities.org.au](http://aboundcommunities.org.au)