

It's about you. Always!
Communities@Work

Companionship, making a difference, meeting people and having fun are just some of the benefits of volunteering.

Communities@Work has over 150 volunteers who dedicate their time and skills each week to help break the isolation experienced by many in the community. Isolation through advancing age or disability can be a real challenge. A friendly listening ear or help with shopping or transport can make all the difference.

Families too can feel isolated, particularly when faced with raising healthy children without extended family close by. For many people on a low income meeting the most basic requirements of day-to-day living can be a huge challenge. This is where SuperGrand Volunteers or Friendship Volunteers can help. SuperGrand volunteers provide one on one mentoring and coaching for young parents and families in skills they would like to improve such as organisation of the home, household budgeting and cooking. Friendship Visitors can provide companionship to families – particularly for those without parents or grandparents.

Volunteering is for people of all ages. For many younger people it provides an opportunity to try something new and to gain experience towards employment. Communities@Work encourages and supports young people. They have helped in marketing and promotions and assisted with children's activities in Communities@Work Early Childhood Centres, assisted in research work and surveys, shopping centre expos and festivals.

There are also lots of social activities that volunteers support and are involved in, such as the Tuggeranong 55 Plus Club, Weston Seniors Community Garden, Tuggeranong Seniors Singalong and the Tuggeranong Neighbourhood Womens group. The Tuggeranong 55 Plus Club is keen to hear from those who have an interest in leading group activities such as Saturday Bike Riding or Lake Walks, Table Tennis or Chess. Information about the new Seniors Club is available from Tuggeranong Community Centre or call 6293 6500.

During 2007 Communities@Work was the State winner (Tas/NT/ACT) in the NAB Volunteers Award for best practice – large organisation. They are committed to supporting and training volunteers and recognise the enormous benefit that they bring to the community.

In honour of National Volunteers Week there will be a free Volunteers picnic, provided by Communities@Work, at the Cotter Reserve on Tuesday 13 May 2008 from 11 am - 1.30pm. If you would like to know more about volunteering or would like to come along to the picnic to check us out please call Communities@Work Volunteers Coordinator Adrienne Rothwell on 6293 6500.

Contact: Jill Faulkner, Marketing Director
6293 6507 or 0410 546 216
jill.faulkner@commsatwork.org

M E D I A R E L E A S E