I want to volunteer! Where do I start?

- **Contact ViM to arrange a free and confidential interview to help you find volunteering opportunities suitable for your own circumstances**

  E: vimsupport@doncare.org.au
  W: www.vim.org.au
  T: (03) 9856 1500

- Search on our website for local opportunities at over 90 organisations in or near Manningham
- Search for opportunities further afield on www.govolunteer.com.au
- Attend a free Introduction to Volunteering session, held monthly. Ring ViM to book a place.

"Did you know that human beings have evolved so that when we help other people we feel good?"

DONCARE
COMMUNITY SERVICES
STRENGTHENING THE LOCAL COMMUNITY

Volunteering in Manningham (ViM)

is a program of Doncare Community Services

ViM:

- is a first contact point to find volunteering opportunities in the Manningham area
- helps organisations fill volunteer positions
- supports volunteers and agencies
- promotes volunteering within Manningham

VOLUNTEERING IN MANNINGHAM
Linking Volunteers and Community Services

Doncare relies on volunteers and donations to provide our services. Donations of $2 or more are tax deductible.

Interpreters available by appointment. For language assistance call (TIS) 131 450

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Doncaster East and Templestowe Village
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DONCARE
COMMUNITY SERVICES
STRENGTHENING THE LOCAL COMMUNITY

Volunteering in Manningham (ViM)

Anyone can volunteer!

Doncaster Community Care and Counselling Centre Inc.

Suite 4, Level 1, MC²
687 Doncaster Road, Doncaster Victoria 3108
T: (03) 9856 1500
F: (03) 9856 1599
E: doncare@doncare.org.au
W: www.doncare.org.au

Volunteering in Manningham (ViM)

What is volunteering?

- Volunteering is unpaid work people do to help the community
- Volunteers can help individuals, groups or not-for-profit organisations
- Volunteers choose to give their time without payment

Conservation Volunteers Australia

Types of volunteering

There are many different ways that you can volunteer. The most common are:

- fundraising, including op shops
- preparing and serving food
- teaching and tutoring
- office and administration work
- being involved in sports and recreation
- caring for the environment
- social visiting and companionship
- helping older people
- working with young people
- helping people with a disability
- providing emergency services
- driving people and transporting things

Why should I volunteer?

There are many benefits of volunteering. These include:

- helping others
- meeting new people & making new friends
- learning new skills and using existing ones
- building your self-confidence
- improving your ability to get a job
- improving your language skills
- experiencing a different work environment
- connecting with your community
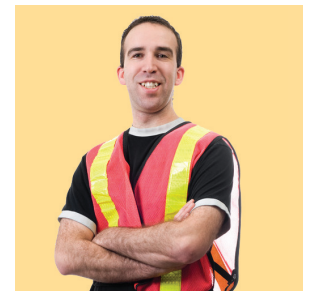- having fun

Who can volunteer?

Anyone can volunteer!

It doesn't matter if you:

- are young or old
- are looking for work or studying
- are working full-time or part-time
- have limited English skills
- have a little or a lot of time
- volunteer once a week or once a year

There's a volunteering role for you!

Research tells us that people who volunteer generally live longer and are happier and healthier!