



VOLUNTEERING TODAY

*Southern Volunteering (SA) Inc newsletter
for current and future volunteers*

Join us in the Volunteer Parade, Monday May 16th 2022!

The 16th-22nd of May is National Volunteers Week! This year's theme is "Better Together", and will celebrate the amazing way that volunteering brings together friends, communities, and society as a whole.

Southern Volunteering invites you to walk with us in the annual Volunteer Parade in the CBD. Come and celebrate all the fantastic work that volunteers do for their community! To be involved, email us via admin@svsa.org.au, and we will pass along further details about the day.



Blaz(e)ing the trail to Canada!

Our wonderful team member, and resident youth volunteering specialist, Blaze Pilgrim, has recently been invited to join the 2023 Global Volunteering Summit (GYVS) of the International Association for Volunteer Effort (IAVE) in Edmonton Canada.

Blaze was accepted out of a pool of thousands of keen applicants to be one of the 20 young people from around the world set to attend the summit. Not only that, she will also lend a hand in the planning and hosting the event!

Southern Volunteering is extremely proud of Blaze and her efforts and enthusiasm, and we wish her the best of luck for this amazing experience.

Campaign to save SVSA

Southern Volunteering is facing an uncertain future. Our current funding is set to end in June of this year. We are currently campaigning to state and federal government, and expressing the vitality of our service provision to the community.

If you would like to show your support, you can sign our petition by [clicking here](#), or contact us via email admin@svsa.org.au or phone **8326 0020** and share how Southern Volunteering has helped you on your volunteering journey.



CVS 30th Anniversary Celebration at Government House

On February 15th, the team at Southern Volunteering joined Northern Volunteering and our joint team of amazing Community Visitors, and headed down to Government House. An event was held to celebrate 30 years of the Community Visitors Scheme (CVS).

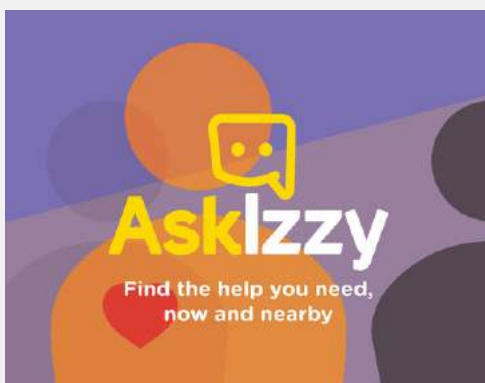
This event acknowledged the hard work of the Board Members, staff and volunteers of both organisations, who all work collaboratively to alleviate loneliness and improve the wellbeing of people living in aged care facilities.

A special mention was given to Elaine Glanville, the only volunteer still with the program since it began in 1992, delivering an incredible 30 years of service and companionship to Aged Care residents in the Northern Suburbs.

Interested in becoming a CVS volunteer?

If you or someone you know may be interested in providing some support and company to an older person, get in touch with our CVS coordinators. They will be able to find an aged care facility near you, match you with one of the residents, and help you to get started!

To volunteer in Adelaide's southern suburbs, contact Renai on **8326 0020** or email her at cvsteam@svsa.org.au to volunteer in the Fleurieu, contact Lynne on **8552 7858** or email her at regional@svsa.org.au



Need some extra support? Ask Izzy!

Ask Izzy is a website that quickly connects people in need with local support. It's free and anonymous, with thousands of services listed across Australia. If you, or someone you know, needs support related to housing, food, healthcare, finances, education and more, visit askizzy.org.au and explore the range of available services.

SVSA Specialist Support:

Volunteerability:

SVSA is collaborating with Orana Australia to help make volunteering more accessible to people with disabilities, and help more people to gain the many benefits associated with volunteering.

We can offer personalised info sessions, explore potential volunteer roles, and even accompany you on your first few shifts!

If you, or someone you know, would benefit from some extra support to start volunteering, please get in touch with our Volunteerability team member Sabina, via **8326 0020**, or email her at **evm@svsa.org.au**.

Youth Into Volunteering:

Volunteering is a great way for young people to develop skills, gain work experience, meet new people and try new things. Unfortunately it can be tough to get into, and to find an organisation that takes on younger volunteers.

That's where Blaze comes in! Our Youth Into Volunteering Coordinator is here to help young people find suitable and enjoyable volunteer opportunities.

To find out more, contact Blaze on **8326 0020**, or email her at **youthvol@svsa.org.au**.

Re-engaging Volunteers into Residential Aged Care Facilities

The Residential Aged Care Facilities (RACF)'s Program is a government initiative aimed to help ease social isolation, loneliness, and other mental health pressures experienced by aged care residents during the COVID-19 pandemic. They are currently seeking volunteers to provide short-term, non-clinical support to older people living in Residential Aged Care Facilities (RACF's).

Anyone who is over 18 years of age and fully vaccinated against COVID-19, can register their interest to volunteer within the next 3-6 months at an aged care facility local to where they reside. By volunteering your time, you will be supporting older people by meeting their social and emotional needs, whilst easing the loneliness and social isolation that they may be experiencing.

Volunteer tasks may include providing companionship, taking part in activities, assisting with exercise, or administrative support. If you, or someone you know, may be interested in offering support, visit the link below:

<https://www.surveymonkey.com/r/RACFVOL>



Looking to try something new? Here are just a few of the organisations currently looking for volunteers!

Volunteer in the Southern suburbs:

Woodcroft-Morphett Vale Neighbourhood Centre

Why not volunteer, to help other volunteers? The Woodcroft Morphett Vale Neighbourhood Centre has two exciting new roles to assist their amazing team of volunteers.

You could support the team of front desk volunteers, help out with volunteer recruitment, or join in on one of their numerous volunteer programs!

Check out the range of volunteer opportunities on offer with the WMVNC:
<https://govolunteer.com.au/volunteering?organisationId=14578>



Bridges and Pathways

This organisation aims to improve services for the one million Australians affected by ME/CFS (Myalgic Encephalomyelitis / Chronic Fatigue Syndrome) and Fibromyalgia pain syndrome.

They are entirely volunteer run, with a diverse range of roles in administration, marketing, fund raising, mentoring, and more. Check out their website for more information:

<https://bridgesandpathways.org.au/volunteering-opportunities/>

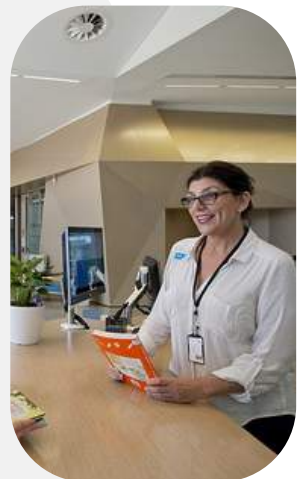


City Of Marion

This local council has so many great programs that you can volunteer with. If you have skills in repairing, sewing, building or admin, help out in their Repair Cafe! Or why not volunteer as a community bus driver and help isolated individuals get around? Or if you're a people person, consider helping out in one of their social groups!

Find out more about the City of Marion's volunteer opportunities through the link below:

<https://govolunteer.com.au/volunteering?organisationId=25856>



Volunteer on the Fleurieu:

Meals on Wheels, Victor Harbor

Since 1954, Meals on Wheels have assisted many people in the community to live independently in their own homes by providing meals for up to 7 days. Our clients include those who cannot cook or shop for themselves with ease.

Meals on Wheels Victor Harbor is currently in need of Kitchen Helpers, Deliverers, Drivers and Admin Assistants.

Check out the range of volunteer opportunities on offer here:

<https://govolunteer.com.au/volunteering?organisationId=23233>



Victor Harbor Toy Library

Calling all "kid at heart" adults! Do you like to see children getting a kick out of the enjoyment toys bring to them? Noah's Ark Community Toy Library operates just like a book library but with toys. Enabling children to loan a variety of toys and return them by a specified date.

Help is needed to maintain the display of toys, booking loans out and answering inquiries. Check out the role advertisement for more information:

<https://govolunteer.com.au/volunteering/opportunity/81639/toy-library-assistant---victor-harbor-community-toy-library>



Alex FM, Radio Goolwa

Are you an organised person with initiative and a flexible approach to varied tasks? Radio Goolwa, Alex FM is currently seeking volunteers who would like to assist our team by providing reception and administrative support in a friendly and professional environment.

TO apply or find out more, click the link below:

<https://govolunteer.com.au/volunteering/opportunity/173210/office---administration-alex-fm-91-5>



Or visit govolunteer.com.au and check out more volunteering opportunities!

Volunteering Quiz!

1. *How many Australians volunteered in 2020?*
a. 500,000 b. 1,000,000
c. 2,000,000 d. 5,000,000
2. *What is the most common type of organisation to volunteer for?*
a. Local Council b. Sport and Recreation
c. Community Centre d. Religious Organisation
3. *What is the most common reason for volunteering?*
a. To help others/the community b. To be active
c. To gain work experience d. Having friends or family who already volunteer
4. *True or false: Most charities are run by paid staff, and only assisted by volunteers.*
5. *True or false: Volunteers are more likely to participate in local community events.*
6. *True or false: People who volunteer are more likely to feel satisfied with their lives.*

*answers at the bottom of the page

[Click here to take the quiz online!](#)



Have a story to share about volunteering?
Email it to evm@svsa.org.au and you could be included in the next newsletter!

Quiz Answers:
1. d) In 2020 over 5,000,000 Australians donated their time to support a good cause.
2. b) Over 30% of all volunteers help out in their local sport or recreation program!
3. a) In a recent survey around 75% of people stated that the main reason they volunteer is to help others and the community.
4. False, lots of charities are run entirely by volunteers! In 2019 over half of all Australian charities were 100% volunteer-run.
5. True, a recent survey found that 81.8% of volunteers had attended a community event recently, compared to 55.2% of non-volunteers.
6. True, a recent survey found that 82% of volunteers were delighted, pleased or mostly satisfied with their lives, compared to 75% of non-volunteers.