

# Helping out from home

Exploring different ways  
to volunteer remotely





There are so many ways to help out your local community and people in need. If you want a flexible, approachable, accessible and fun way to volunteer, check out these ways to help out from home!

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# Arts and crafts





Feeling creative?  
Why not make  
something special  
for someone in  
need!

# Red Cross, Trauma Teddies

Knit a colourful teddy to comfort a child in need. Find a local knitting group or give it a go yourself. Follow the pattern on the Red Cross website.

Send items to your local Red Cross office or contact the Red Cross to arrange delivery or collection.

**P:** 1800 733 276

**E:** [contactus@redcross.org.au](mailto:contactus@redcross.org.au)

**Website:** <https://www.redcross.org.au/get-involved/connect/volunteer/knitting-for-kindness-trauma-teddies>

## Knit and Natter

Knit and Natter create and collect knitted, crocheted or sewn items to assist a wide range of people in need. You can work at your own pace at home or come along to your nearest Knit and Natter (KAN) meeting. They accept items such as booties, beanies, scarves, gloves, socks, jumpers, lap rugs and animal blankets.

Get in touch with your local group to find a time and place to drop off your items.

**E:** [KANadelaide@groups.io](mailto:KANadelaide@groups.io)

**Website:** <https://groups.io/g/KANadelaide>

# Miracle Babies

Knitting or sewing items for Miracle Babies supports bereaved parents and parents with babies who are in neonatal intensive care units or special care nurseries. Find various patterns and tips on their website.

Send items to the Miracle Babies Foundation,  
PO Box 95, Moorebank NSW 1875.

**P:** 02 9724 8999

**Website:** <https://www.miraclebabies.org.au/content/knitting-sewing/gjxlh4>

# Wrap with Love

In 1992 Wrap with Love began with the idea to help as many people as possible by providing warmth. A wrap is a blanket that can be knitted, crocheted, machine knitted or woven, with wool, acrylic or lined patchwork. You can also just make patchwork squares, to be sewn together by another volunteer.

Send items to: PO Box 10, Rosebery, NSW 1445.

**P:** 02 8399 3000

**Website:** <https://www.wrapwithlove.org/how-it-works/>



# Gardening and the environment





Spend some  
time in the  
sun for a  
good cause!

# Trees for Life

Raise native seedlings over summer and get them ready for planting by landholders and community re-vegetation projects in winter. Staff will provide advice and support to growers throughout the growing period to ensure that the healthiest, most robust seedlings are produced.

Pick up your seeds, grow them over summer, then drop off your saplings at your nearest drop-off point.

**P:** 08 8406 0500

**Website:** <https://treesforlife.org.au/grow-seedlings>

# Bush for Life

Attend a Bushcare Workshop and learn the best strategies and minimal disturbance techniques for bush restoration. You can then adopt your own site and create a plan of action with your Regional Coordinator. You can visit the site when it suits you and work at your own pace to make a big difference to the health of your local environment.

**P:** 8406 0500

**E:** [bfl@treesforlife.org.au](mailto:bfl@treesforlife.org.au)

**Website:** <https://treesforlife.org.au/bush-for-life>

# Share produce with your community

Share the spoils of your veggie patch or fruit trees with your local community! Get gardening and share your fruit, veggies or herbs with:

- your local community centre
- your friends, family or neighbours
- a local neighbourhood swap-meet (find one near you, or start you own!)
- Fruit Share Adelaide

## Grow lunch for a zoo animal

Feeding a zoo full of hungry creatures is no easy feat! Help out by growing some bamboo, or by donating excess trees, plants and produce. Please note that most zoos require larger donations.

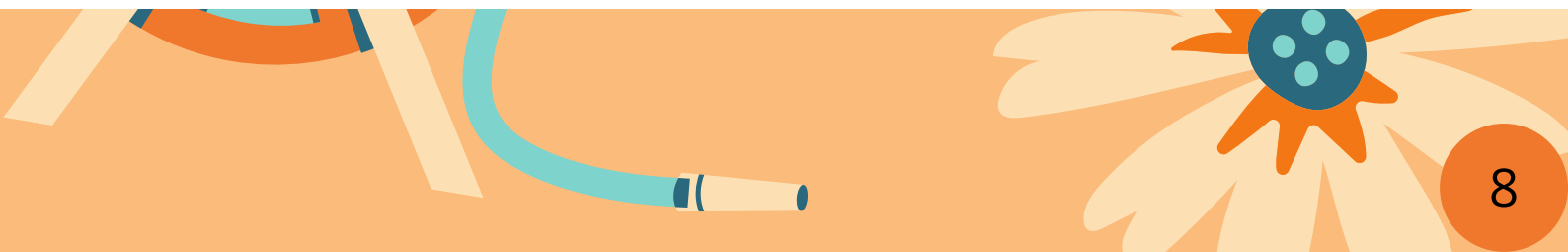
Contact Adelaide or Monarto Zoo and see how you can help!

Adelaide Zoo:

**Website:** <https://www.adelaidezoo.com.au/visitor-information/adelaide-zoo-gardens/>

Monarto:

**Website:** <https://www.monartosafari.com.au/help-feed-monartos-animals/>



# Friends of the Hooded Plover

Volunteers can help to protect this vulnerable species through a range of important activities including: nest monitoring, locating new nests, wardening busy sites, participating in activities to raise community awareness, constructing chick shelters and helping put up fences and signs.

**E:** [hploversmornpen@gmail.com](mailto:hploversmornpen@gmail.com)

**Website:** <https://hoodedplover.com/get-involved/>

## Adopt a Spot

AAS volunteers aim to minimise litter in the environment, and prevent rubbish from entering the ocean. Volunteers can help through regular collections & removal of waste at volunteer-elected locations.

Nominate a spot (your street, the local park, a nearby creek, or head down to the beach), and free it of litter and rubbish.

**P:** 0408 838 191

**E:** [adoptaspotscheme@gmail.com](mailto:adoptaspotscheme@gmail.com)

**Website:** <https://www.facebook.com/adoptaspotscheme/>

# Grow Free

Grow Free is an initiative which aims to share plants and seedlings among communities, to help people grow their own gardens! Contribute vegetable, herb or flower seedlings to your nearest cart, or even start your own!

Find a cart near you, or find out more by visiting the Grow Free website:

**Website:** <http://www.growfree.org.au/>

# Fishcare

Fishcare Volunteers help with fishing education programs. Their tasks include giving advice and assistance to the public, educating recreational fishers about South Australian fishing rules and regulations, handing out fisheries information brochures and educational devices and attending community events throughout the state.

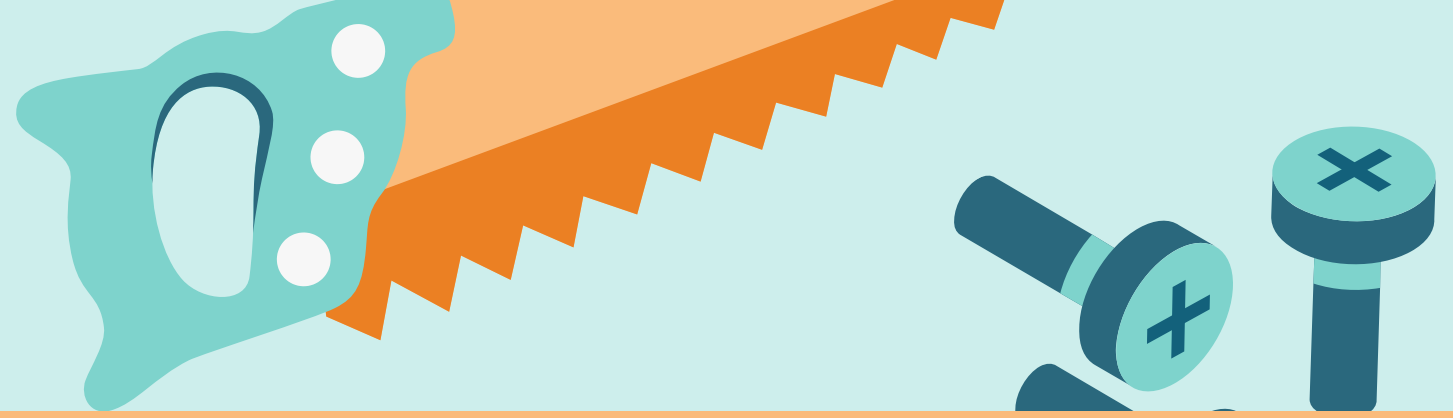
Ensure your local marine ecosystem is looked after, contact Fishcare to find a volunteer opportunity near you!

**P:** (08) 8429 3878 or 0438 112 036

**E:** [pirsa.fishwatch@sa.gov.au](mailto:pirsa.fishwatch@sa.gov.au)

**Website:** [https://www.pir.sa.gov.au/fishing/fishcare\\_volunteers](https://www.pir.sa.gov.au/fishing/fishcare_volunteers)





# Building, making and repairs





Feeling handy?  
Build, repair or  
modify something  
for someone in  
need!

# Technology for Aging and Disability (SA) Inc.

TADSA is dedicated to helping people with disability and the aged be as independent as possible. Technical volunteers design, make or modify equipment for clients where nothing commercially available is suitable, tailor-making each solution to suit the needs of the client.

Volunteers work out of their own sheds in their own time. As a technical volunteer you would need to have your own workshop and tools.

**E:** [admin@tadsa.org.au](mailto:admin@tadsa.org.au)

**Website:** <https://tadsa.org.au/volunteer-get-involved/>

## Build an animal habitat with Backyard Buddies

Utilise your handy-skills to create a tailor-made habitat for the creatures in your backyard. Whether it be a home for a possum, bird or bee: you can make them a new habitat they'll love.

Check out Backyard Buddies website to learn how to make a variety of habitats for native animals. Place them in your own backyard, and do your bit for your local environment!

**P:** 1800 898 626

**Website:** <https://backyardbuddies.org.au/create/>

# Join your local men's shed, or start your own

Men's sheds are a great opportunity to meet new people, share skills, or just have a coffee and a chat. The Men's Shed movement has become one of the most powerful tools in addressing health and wellbeing and helping men to once again become valued and productive members of our community.

Check out this website and find a men's shed near you, or see if you may be able to start one in your local area.

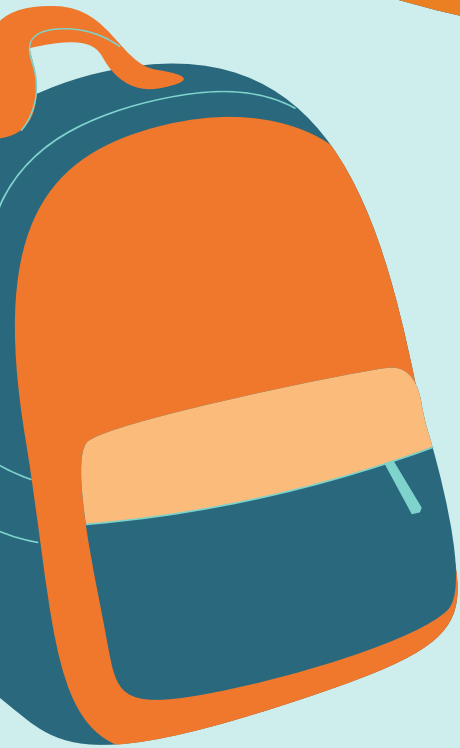
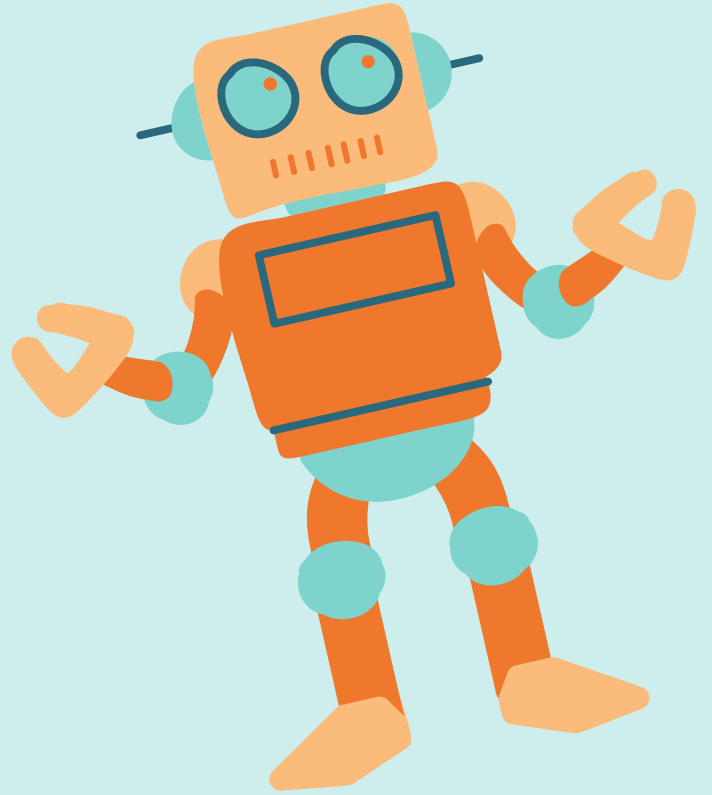
**Website:** <https://mensshed.org/>





# Collecting and donating items





Got some spare time,  
items or cash?

Pass it on to  
someone in need!



# Backpacks 4 SA Kids

Donate: Clothing, toys, school supplies, toiletries, homewares, and more, check their website for full details! \*New items only

Drop off at various locations statewide

**Website:** <http://backpacks4sakids.org/drop-off-locations>

# Foodbank

Donate: Non-perishable pantry items, personal hygiene products and household items. \*Items must be unopened and in-date.

Drop-off at 61 Beach Rd, Christies Beach or 377 Cross Rd, Edwardstown

**Website:** <https://www.foodbank.org.au/support-us/make-a-donation/donate-food/donate-food-individual/?state=sa>

# RSPCA SA

Donate: sheets, towels, blankets, empty cardboard boxes, cereal boxes, egg cartons, empty toilet rolls, two-litre ice cream tubs with lids, collars and harnesses, wet and dry pet food, plastic cat carriers, cat scratch poles, dog coats and beds, litter trays, flea and worm treatments, toys and baby wipes. \*Some second-hand items accepted

Drop-off at 9A Majors Road O'Halloran Hill

**Website:** <https://www.rspcasa.org.au/donate-options/give-to-shelters/>



# Share the Dignity

Donate: period products, sanitary items, toiletries, baby items, beauty products, and more!

Stop by a local participating charity during March or August to donate, or create a "It's in the Bag" handbag in November to help someone in need at Christmas.

**Website:** <https://www.sharethedignity.org.au/get-involved/drives-and-collections>

## Treasure Boxes

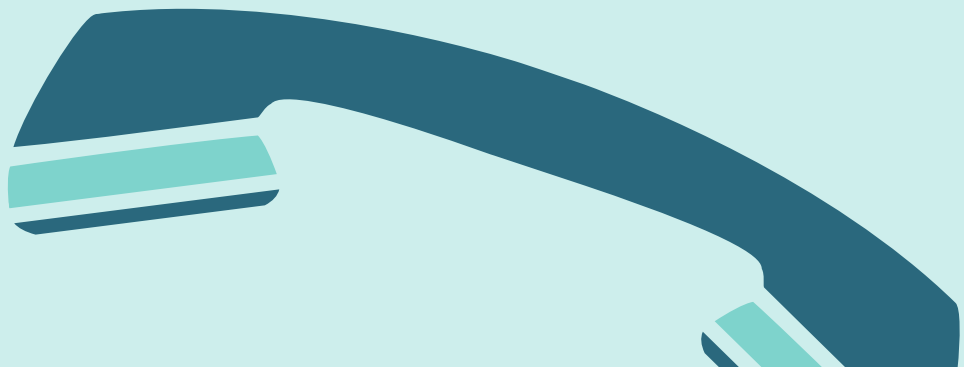
Donate: baby carriers, bassinets, bedding & linen, books, bottles & sterilisers, car seats & capsules, change tables, clothing, cots, high chairs, homewares, nappies, prams & strollers, safety gates, shoes, suitcases, toiletries, toys.

\*Some second-hand items accepted if clean and in working condition

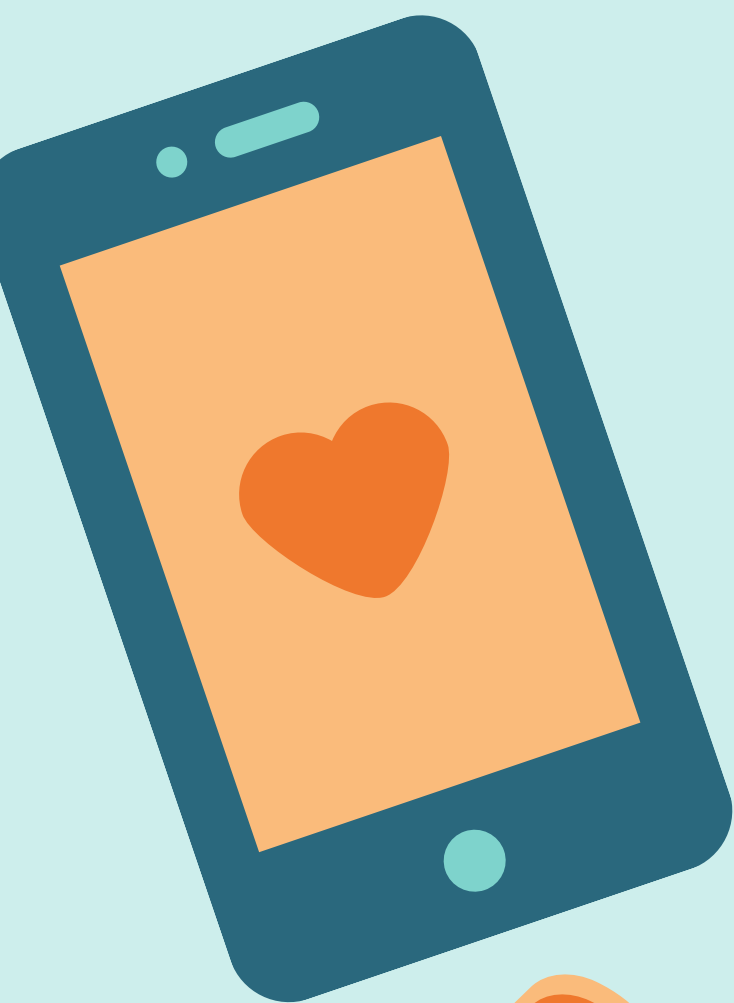
Drop off Warehouse 6, 1-5 De Laine Avenue  
Edwardstown SA

**Website:** <https://www.treasureboxes.org.au/>





# Over the phone



Have a chat, or  
download an app,  
there's lots of  
ways to volunteer  
with your phone!



# ECH Friendly Phone Calls

ECH is looking for volunteers to assist with their friendly phone calls program to make brief and friendly phone calls about everyday topics to people who would like greater social connections.

These calls support people to stay connected and maintain independent living and wellbeing. This volunteer role is aimed at people who are committed to making phone calls from the comfort of their own home at least once a fortnight.

**P:** 1300275324

**E:** ekleinig@ech.asn.au

**Website:** <https://www.ech.asn.au/volunteering/volunteer-friendly-phone-calls/>



## Be My Eyes

Help a blind or a low-vision person with anything from checking expiry dates, distinguishing colors, reading instructions or navigating new surroundings, through a live video call.

Look up Be My Eyes on the App Store or Google Play

**Website:** <https://www.bemyeyes.com/>

## My Charity Change

This clever app rounds up the few cents left over from your daily transactions and donates them to a charity of your choosing. Those small donations can add up to making a big difference!

Look up My Charity Change on the App Store or Google Play

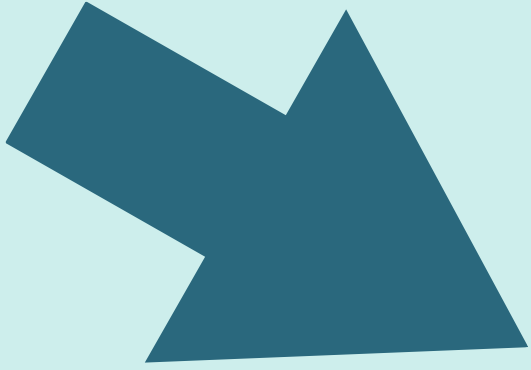
**Website:** <https://mycharitychange.com.au/>

## Free Rice

This free app is run by the U.N. World Food Programme, and has provided over 210 billion grains of rice through the app, or over 14 million per day. Just answer simple questions and watch your rice pile grow!

Look up Free Rice on the App Store or Google Play

**Website:** <https://freerice.com/>



# Volunteer online





Hop on your  
computer and  
get volunteering!



## Australian Museum

Transcribe text from images of specimen labels, field notes and archival material.

**Website:** <https://australian.museum/get-involved/citizen-science/volunteer-with-us/digivol-online-volunteers/>

## Biographical Database of Australia

Help to transcribe documents or help with data entry to do with Australian history.

**Website:** <https://www.bda-online.org.au/help-us/>

## Missing Maps

Missing Maps is an open, collaborative project in which you can help to map areas where humanitarian organisations are trying to meet the needs of people who live at risk of disasters and crises.

**Website:** <https://www.missingmaps.org/>

## National Archives of Australia

Join the online archIVE transcription community and help describe the records we hold that are not yet listed online. This will make them easier to find for everyone. Along the way you just might discover gems and delights from the archival collection!

**Website:** <https://transcribe.naa.gov.au/>

## Translators without borders

You can volunteer with TWB if you are fluent in at least one language other than your native language. Whether you are interested in translating medical texts or translating for crisis response, there are engaging projects available to suit all preferences.

**Website:** <https://translatorswithoutborders.org/volunteer/>

# Prosecution Project, Griffiths University

Become part of our research by assisting with the digitisation and data entry of historical court records.

**Website:** <https://prosecutionproject.griffith.edu.au/about/>

## State Library of South Australia

The libraries oral history collections comprise of hundreds of hours of interviews. The brief summaries of the interviews do not always highlight all the subject matter covered. You can help make the content more accessible by listening to them and adding topic tags to 'index' the content.

Identify unidentified soldiers in the library's collection of photographs or add more detail, such as service details, biographical information or stories of interest. They're also looking for photographs of the soldiers featured in the records of the South Australian Red Cross Information Bureau collection website. View the list of soldiers then search the internet for photos.

**Website:** <https://www.slsa.sa.gov.au/volunteer>

## DigiVol Wildlife Spotter

Help save threatened species and preserve Australia's iconic wildlife!

Become a citizen scientist and assist researchers by looking for animals in wilderness photos taken by automated cameras around Australia.

**Website:** <https://digivol.ala.org.au/wildlife-spotter>

Or use your skills to help out a local or international charity through remote volunteering opportunities.

**Check out these websites for current opportunities:**

[www.vollie.com.au](http://www.vollie.com.au)

[www.communitier.org/volunteers](http://www.communitier.org/volunteers)

[www.australianvolunteers.com/  
assignments](http://www.australianvolunteers.com/assignments)

[www.volunteer.com.au/  
volunteering/in-online-or-remote](http://www.volunteer.com.au/volunteering/in-online-or-remote)

## **Use your skills and work experience to help out with projects including:**

- graphic design
- administration
- social media
- accounting
- grant proposals
- copy writing
- report writing
- research
- editing
- legal advice
- fundraising
- IT support
- web design
- marketing
- project planning

# **Need more info?**



Contact the team at SVSA

**Christies Beach:**

P: 8326 0020

E: [admin@svsa.org.au](mailto:admin@svsa.org.au)

**Victor Harbor:**

P: 8552 7858

E: [regional@svsa.org.au](mailto:regional@svsa.org.au)