

Volunteer!

Lend a hand...
...make a difference!



Act as if what you do makes a difference. It does. ~William James

What can I do?

- ✓ Administrative Tasks
- ✓ Meal preparation & delivery
- ✓ Assistance with shopping
- ✓ Home Visiting
- ✓ Recreational Activities
- ✓ Driving for outings or appointments

The benefits...

- ✓ Participate in fulfilling activities
- ✓ Improve your quality of life
- ✓ Get involved in the community
- ✓ Maintain and improve skills
- ✓ Meet new people
- ✓ Share life and personal experiences

How does it work?

Volunteers contact us and let us know their interests & we match them with available volunteer jobs in community organisations.
We offer free Volunteer Orientation Course

Call us Today on **9349 8200**

and start making a **VAST** difference!



Ph: 02 9349 8200 Fax 02 9344 7294
vast@jnc.org.au www.jnc.org.au

SHOP NO 2 669-673 ANZAC PARADE,
MAROUBRA JUNCTION 2035