

Volunteer for activities with elderly people or people with disabilities.

The Volunteer & Service Training (VAST) Program is seeking **Activities volunteers** to work with the elderly and people with disabilities in the Eastern Suburbs and the City of Sydney.

We are a **Volunteer Recruitment Agency** providing service to more than 50 not for profit organizations for their volunteer needs. VAST is a program run by JNC.

Our elderly clients often experience loneliness, social isolation and have limited or no contact with family or friends to support them with their needs. **Several activities like arts, crafts, card making, knitting, exercise, music, movie club, book club, social group and other recreational activities** are planned to suit individual choices to help them live an active lifestyle and prevent premature or inappropriate institutionalisation so people can live in their own community and be part of the community. It also helps to improve their quality of life and they feel valued or cared for.

Volunteers assist during the above centre based or outdoor activities by setting up the equipments, required materials, refreshments and helping clients whenever required during those activities.

Some of the above volunteer jobs also have teaching options available. If you are skilled in any of the above activities, you can volunteer as a tutor subject to availability of position.

Volunteers from different cultural backgrounds and who can speak different languages other than English are welcome.

Volunteers will be matched with the organisation based on shared interests or skills.

Time commitment for this position is approximately 2-3 hours every week on a regular basis

Volunteers will receive ongoing support from the organisation in their volunteer job role

This position is available in following areas: Bondi, Edgecliff, Newtown, Redfern, Waterloo and Woollahra

Call us on 9349 8200 or email your interest on vast@jnc.org.au