

En VAST nuestro foco principal es reclutar y referir voluntarios para ayudar a ancianos y personas con discapacidades. Llamanos para discutir tus intereses, habilidades y los trabajos voluntarios disponibles. Llamanos al 93498200 y te daremos mas información.

Fokus utama dalam VAST ialah merekrut para sukarelawan untuk bekerja melayani kaum manula dan penyandang cacat. Anda cukup menghubungi kami untuk membicarakan minat dan keterampilan Anda, serta pekerjaan mana yang cocok dari pekerjaan sukarela yang tersedia. TELEPONLAH KAMI DI 9349 8200 untuk keterangan lebih lanjut.

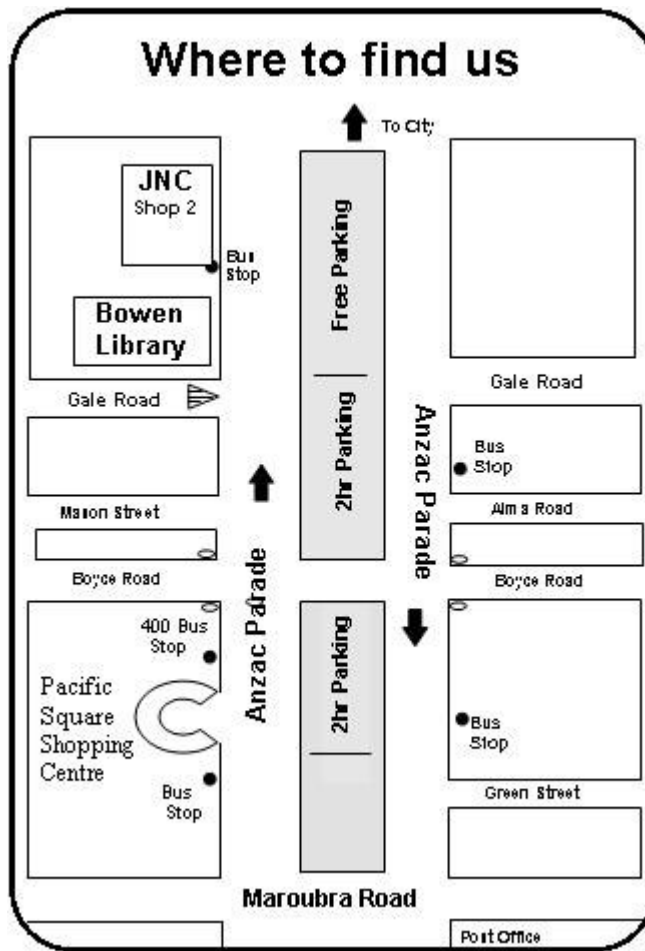
Qui alla VAST, il nostro principale obiettivo è quello di trovare volontari disposti ad assistere persone anziane o disabili. Basterà chiamarci per parlare dei tuoi interessi, delle tue capacità e di come possiamo farne uso. TELEFONACI AL 9349 8200 per ulteriori informazioni.

Деятельность VAST сосредоточена на наборе волонтеров для работы с инвалидами и лицами преклонного возраста. Вам нужно только позвонить нам, чтобы обсудить ваши интересы, навыки и наличие подходящей благотворительной работы. Для получения дополнительной информации ЗВОНИТЕ НАМ по телефону 9349 8200,

VAST的焦點在於招攬願意照顧長者及殘障人士的志願工作者。你只需與我們聯絡，談談你的興趣、技能及合適的志願工作。請致電93498200與我們聯絡及索取更多資料。

在VAST, 我们的主要目标是招收义工, 帮助老年人和有残障的人士. 你所需要做的就是同我们联系, 谈谈你的兴趣, 技能, 以及我们可提供的合适的义务工作. 欲知更多信息, 请打电话给我们, 号码是9349 8200

Στην υπηρεσία VAST, το κύριο μέλημά μας είναι να προσελκύσουμε εθελοντές για να εργάζονται με τους ηλικιωμένους και άτομα με αναπηρίες. Το μόνο που χρειάζεται είναι να επικοινωνήσετε μαζί μας για να συζητήσουμε τα ενδιαφέροντά σας, τις δεξιότητές σας και τις κατάλληλες εθελοντικές εργασίες που διατίθενται. ΤΗΛΕΦΩΝΗΣΤΕ ΜΑΣ ΣΤΟ 9349 8200



## SHOP 2

(Bowen Library Building)

**669-673 Anzac Parade,  
Maroubra Junction, 2035**

Hours: Mon-Fri 9am -4.30pm  
Wednesdays: Closed

Phone: 9349 8200 Fax: 9344 7294

Email: [vast@jnc.org.au](mailto:vast@jnc.org.au)

Web: [www.jnc.org.au](http://www.jnc.org.au)

**Your Appointment with VAST:**

**VAST**  
Volunteer and Service Training  
Training & recruiting Home and Community Care workers and volunteers  
across the Eastern Sydney Area

# VOLUNTEERING

*Lend a hand...*

*...make a difference!*



**hacc**

home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



## Do you wish to....

- give back to the community?
- help others?
- utilise your spare time?
- have local job experience?
- improve your communication skills and meet new people?
- share life and personal experiences?
- grow and maintain skills?

**YES? Volunteering may be just what you are looking for.**

## How can we help you?

**VAST** (Volunteer and Service Training) is part of **The Junction Neighbourhood Centre**.

Our main focus is to recruit volunteers to work with the elderly and people with disabilities in the Eastern Sydney area.



## What can you do as a Volunteer?

### Working with the Elderly

Includes:

- Visiting the homes of elderly clients for companionship
- Assisting clients with their shopping & transport to and from the shopping centers
- Assisting in recreational activities & outings.



### Working with People with a Disability

Includes:

- Providing the carers of people with disabilities with a break
- Assisting with recreational activities and outings
- Assisting with shopping



### Community Driving

Includes:

- Bus Driving for outings and shopping
- Car Driving for Meals on Wheels
- Taking clients to the doctor or other appointments



### Food Services

Includes:

- Helping in meal preparation, packing or serving
- Meal delivery assisting Meals on Wheels Services

### Administration / Clerical

Includes:

- Reception work
- Office / Clerical Assistance
- Telephone and IT Support



### Tutoring

Includes:

- Tutors for various classes like English, Computer, Arts/crafts, Exercise etc

*And many other opportunities!*



**Weekend volunteer opportunities also available**

## How do I become a volunteer?

People wanting to do volunteer work call us to arrange an appointment for an information session followed by an interview. During this interview we discuss your interests, skills and suitable volunteer jobs available.

**FREE**

**Volunteer Orientation Training**



***Volunteering will give you the opportunity to help others, grow and have lots of fun so...***

**RING US TODAY ON 9349 8200  
and start making a VAST difference!**