

## Volunteer Programs \*Full training provided\*

Program Name	Program Brief Description	Would Interest	Program Area
<b>Active for Life</b>	A gentle exercise program for people over 50 yo to promote fitness, friendship and fun.	Anyone looking to support older people to become more physically active.	Based in Stawell
<b>Do Care</b>	A friendly home visiting and companionship program for elderly who are feeling isolated or lonely.	Anyone who enjoys communicating in a one-on-one social setting.	Ararat, Stawell and surrounds
<b>Community Car</b>	A transport assistance program for people who do not have access to other transport for appointments out of the Northern Grampians Shire.	Anyone that likes to drive and get out and about.	Stawell and surrounds
<b>FReeZa</b>	A youth development program that provides opportunities for young people to lead the planning and delivery of cultural, recreational and artistic events.	Anyone wanting to be more socially active while creatively contributing to their community.	Northern Grampians Shire
<b>Social Support &amp; Recovery</b>	A program that assists and supports community members who are impacted by a traumatic event: Fire, flood, etc, by providing information and emotional support and referrals.	Anyone wanting to assist their community during times of trauma.	Various
<b>Mentor</b>	This program is designed for volunteers to support staff in GCH programs relevant to a volunteer's personal experience.	Anyone who has life experience relevant to a GCH program and who would like to offer advice, support, or just share their experience with others on an ongoing, as per needed basis.	Various
<b>Admin Assist</b>	A casual program designed to assist community services on an 'as needed' basis with administrative duties.	Anyone looking for work experience in admin, or anyone retired who enjoys admin work and looking to socialise.	Stawell