

## 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.  | Stawell and surrounding area |
| <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 surrounding area |
| <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                      |