

Volunteering Programs *Full training provided*

Program Name	Program brief description	Would interest ...	Program Area
Active for Life	A gentle exercise program for adults over 50yo, and for those under 50yrs with a physical disability, to promote fitness, friendship and fun.	Anyone looking to support others to become more physically active, and socially included.	Based in Stawell
Friendly Visiting	A friendly home visiting and companionship program for those over 50yo who are feeling isolated or lonely.	Anyone who enjoys communicating in a one-on-one social setting.	Stawell and surrounding areas
Community Car	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 areas
FReeZa	A youth development program that provides opportunities for young people to lead the planning and delivery of cultural, recreational and artistic events.	Anyone aged between 12 to 25yrs wanting to be more socially active while creatively contributing to their community.	Northern Grampians Shire
Social Support & Recovery	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
Mentor	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