

Volunteering makes a **positive difference** in the lives of others. There are also benefits for the volunteer. It improves physical and mental health. It can provide a **sense of purpose**. You can develop new skills and have the opportunity to try new things.

Volunteering is **flexible**. You can volunteer onsite, at home, online, after hours, and on the weekends. The options are limitless.

#### Local Information



## Becoming a volunteer

Are you thinking about volunteering but asking yourself – what next?

Discover what type of volunteering you might like to do, and what that might look like. Then find that role!

## There are so many reasons to volunteer today!

*For instant access to volunteering opportunities use your phone to scan on the QR code below*



[www.volunteeringqld.org.au](http://www.volunteeringqld.org.au)



# Volunteering in your community



## Why volunteer?

Great news – you're thinking about becoming a volunteer! There are so many reasons to volunteer:

- **Develop new skills, gain experience and network**
- Use your current **skills** to make a **difference** and help others
- **Meet new people** and support your local community
- **New and exciting opportunities** you usually wouldn't experience
- Learn how to **do something new**
- Improve your chances of **finding paid work** while giving back to the community
- Contribute to a **cause close to your heart**
- Maybe you're looking for a **lifestyle change** – meeting more people or getting out and about more.

## Which role might suit you

When you picture yourself volunteering, what are you doing? Are you sitting at a desk, or out and about? Are you in a large team or working on your own? Do you want to learn something new or share your expertise? Asking yourself these questions can help you find a role that best matches what you want from volunteering.

There are **lots of ways to get involved**. Here are some ideas on who you can support:

- **Your community** – help at a school tuckshop or assist children with reading, provide social support to a senior in an aged care facility, or participate at a local event
- **Individuals** – become a mentor and support people professionally or emotionally
- **A social cause** – organise petitions or get involved in campaigning
- **Recreational clubs** – get involved with your local sporting club or start an art group
- **A good cause** – fundraise, help at animal shelters, make meals for the less fortunate, or share your skills such as financial advice.

## Volunteering your time

Whatever your schedule, there's a way to volunteer. It might be during **office hours, after hours, weekends, events, holidays, flexibly from home** as well as **online**.

Here's some ideas on how to find volunteering roles:

- Jump on to the **Volunteering Queensland website** – [volunteeringqld.org.au](http://volunteeringqld.org.au) or scan on the QR code on the back of this brochure.
- **Talk to family and friends who volunteer** – they might have ideas or you may be able to join them in their volunteering to see if you like it (make sure you let the organisation know first!)
- Are there **organisations, groups or leaders in your local community** that you really like? Neighbourhood and community centres, local council, volunteer resource centres, and community groups all have local connections to organisations that work with volunteers.

