



Be a transport driver in your local region (SA, TAS, VIC)

Red Cross Volunteer Transport Drivers help people who have no other means of transport to and from non-urgent medical appointments and social engagements. As a Transport Volunteer, not only will you assist people get to their appointments, you will also be the spark that brightens their day.

Be a meal delivery volunteer in your local area (TAS & ACT)

Red Cross Delivered Meals provides a range of healthy and nutritious frozen and fresh meals delivered to the door of people who find it difficult to cook for themselves. As a Red Cross Delivered Meals Volunteer, you will not only be providing access to nutritional meals but also a welcoming smile and friendly chat



Be a friend and visitor (National excl QLD & NT)

Having friendships is important for physical and mental health, especially as we get older. Volunteers are matched with our participants to engage in regular conversations and activities. Your visits can have a huge impact on their lives making them feel happier and healthier and more connected to their local community. It's great for your own wellbeing too! Volunteer roles are available in the Aged Care Volunteer Visitors Scheme (ACVVS).

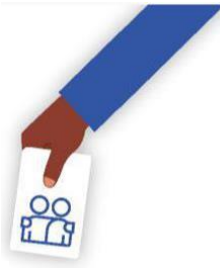


Connect over the phone (National)

Red Cross services Telecross and Telechat are social connection services over the phone. If you have 2 hours a week spare you could volunteer in one of these programs and help people feel more connected to their community and make some new friendships.

Telecross Volunteers make short phone calls to check on the wellbeing of people who are isolated and at risk of an accident or illness that may go unnoticed and have little or no local support.

Telechat Volunteers make longer phone calls providing phone-based friendships and support to people who live alone and have minimal social contact with others in the community.



Social Connection

YES, I would like to volunteer for Australian Red Cross...

Contact Details

First Name: _____

Last Name: _____

Address: _____

State: _____ Postcode: _____

Telephone: _____ Mobile: _____

Email: _____



I am interested in:

- Telecross and Telechat
- Visitations
- Transport Driver
- Meal Delivery





Benefits of volunteering

- **Develop** social skills
- **Connect** to community
- **Grow** confidence and independence
- **Improve** personal mental & physical wellbeing
- **Expand** friendships and social networks
- **Gain** knowledge and first-hand experience within the Community Services sector
- **Share** life experiences that comfort and inspire others
- **Belong** to the worlds largest humanitarian movement



Red Cross acknowledges the Traditional Owners of this land, their ancestors and Elders, past, present and emerging.



Join Australian Red Cross and be part of the largest humanitarian movement in the world. As a member, you can join the hundreds of Red Cross branches located in towns, cities, and universities across Australia. Get involved in local actions and initiatives that connect and support your local community.

Become an Aged & Community Care volunteer

Contact us...

1300 559 992

E: agedcarevolunteers@redcross.org.au

www.redcross.org.au



Volunteer Opportunities