

# Volunteer Program

Make a valuable contribution to your community.

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**Regardless of your age, skills or experience, you could become a valuable part of the Nexus Primary Health team.**

Volunteering at Nexus is one way that you can make a meaningful contribution to your community, expanding your skills and experience as well as a platform to connect with others.

**We offer a range of Volunteering opportunities, such as:**

- **Meals on Wheels** – Volunteers deliver nutritious 3 course meals to members of our local community who are frail, aged or have a disability. Delivering meals provides important social connection for people who may be isolated or lonely.
- **Planned Activity Group (PAG)** – The Sunshine Club supports older people (65+ years) to come together to meet new people and enjoy a fun and social time together. Volunteers provide assistance with meal preparation and assist with activities during the day.
- **Wanderers Group** – The Wanderers Group develops the independence of younger people and adults living with a disability (under 65 years) in a group setting. Volunteers may assist with transporting participants to and from the group, support participants to engage in

the group should they find it difficult and meal preparation.

- **Administration Support** – Volunteers provide valuable office based assistance to our staff assisting with tasks such as mail outs, filing, data entry and other general administrative tasks.
- **Exercise Physiology Groups** – Our range of Exercise Physiology Groups assist people to manage long term (chronic) health conditions and assist to prevent or manage injuries. Volunteers may assist with transporting participants to and from our groups and set/pack-up of equipment.
- **Community Engagement** – Our dynamic approach to community engagement includes public events, advertising, website, various social media, and radio programs. Volunteers may assist with various tasks including assisting at events, updating website content and maintenance on marketing materials.

**Becoming a Volunteer is easy!**

Visit *Careers > Volunteering at Nexus* on our website or phone 1300 77 33 52 and speak to our team about the program.

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Need help?

To find out more about Nexus, please contact us on:

**t 1300 77 33 52**

**info@nexusprimaryhealth.org.au**

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**Seymour**

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