

A VOLUNTEER EXPERIENCE

"Tom comes to us with such an unconditional expression of love that we feel blessed by his friendship. If anyone out there has a yearning to bring something fantastic into their lives, I say DO IT, become a volunteer with Interchange.

You will always take something valuable from it yourself and give something unique to someone else".

Dianne Thomas, Interchange Host.



INTERESTED IN VOLUNTEERING?

Volunteers are crucial to the running of Interchange programs. Call 1300 300 436 today!



The Great Australian Sunny Sizzle is an annual awareness campaign to get people talking about disability, Interchange and volunteering. Hold Your Own Sunny Sizzle in the month of March and assist Interchange to raise awareness about the need for everyone to be included in our community.



1300 300 436
www.interchange.org.au

Contact details of the agency in your area



Providing respite for families and social opportunities for young people with a disability.



VOLUNTEER NOW!

www.interchange.org.au
freecall 1300 300 436



ABOUT INTERCHANGE?

Interchange is a community based, not for profit respite service offering support to families who care for a child or young person with a disability. The children and young people may have a range of physical, intellectual or sensory disabilities.

Interchange agencies provide flexible respite, recreational and social support through a wide range of programs. The programs vary according to each local agency and are available to an ever increasing number of families, including those from culturally and linguistically diverse backgrounds.

The host program matches a child or young person with a host volunteer carer who spends time with them on a regular basis. This is usually one day or weekend per month, with these arrangements being flexible.

Other Interchange services include camps, school holiday activities, youth groups, as well as sibling and family support programs. All of these rely on volunteer support.

Interchange agencies operate a number of programs throughout Victoria, NSW, South Australia, Queensland and Western Australia.



WHO BENEFITS?

Children and young people benefit with new friendships. Extending friendship networks is a real confidence boost and opens up a whole new range of experiences.

Parents and carers benefit with a regular break. The child's parents can plan for recreation and uninterrupted time with their other children or just time for themselves to "recharge the batteries."

Volunteers benefit with rewarding and fun experiences. Caring regularly for a child or young person with a disability can be an enriching experience for all involved.

The community benefits by supporting and including people of all abilities in their local community.



WHO CAN BECOME A VOLUNTEER?

You can become an Interchange host volunteer if you are able to make a commitment and care for a child or young person on a regular basis, usually once a month. Host volunteers can be families, singles or couples, with or without children.

You can become a volunteer for other Interchange Recreation Programs if you enjoy being with children or young people and are available on weekends or during school holidays.

Volunteers will be assisted by Interchange staff and will quickly learn what is involved, even if they have no previous experience with people with a disability. Interchange is a child safe organisation and all volunteers are screened and receive ongoing support, training and recognition.

FOR FURTHER INFORMATION

If you are interested in accessing our programs or becoming a volunteer please call Interchange on free call **1300 300 436**.

Or simply look up your nearest agency on our website **www.interchange.org.au**