

Why Volunteer?

Are you looking to make a real difference in someone else's life and at the same time learn new skills, challenge yourself and have fun doing it? Well then volunteering with Interchange may be just what you have been looking for.

Interchange is a not for profit program that enhances the quality of life and wellbeing of families with a child or young person with a disability. Life for these families can be difficult and all too often there is little help to cope with the full time care role.

All children and young people need friends and a broad range of social experiences. When a child or young person has a disability, opportunities for new friendships and social experiences can be limited.

As an Interchange volunteer, you'll create opportunities for a child or young person to have greater choice in social activity, and at the same time provide a break for the family.



How to Volunteer

Fill out an online enquiry or find your nearest agency at interchange.org.au

What happens next?

- ☀ We will send you more information on how to volunteer.
- ☀ You can come to an information session or meet to discuss what you would like to achieve and contribute.
- ☀ We will give you some training and process some paperwork.



You are on your way to achieving your goals and making a real difference!

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interchange.org.au

**share in our
experience**

**BECOME A
VOLUNTEER**



What You Can Do

At Interchange, you have an opportunity to volunteer in the following areas:

RECREATION PROGRAMS

Interchange runs a wide variety of recreational and social programs for children and young people with a disability and their families such as:

- ☀ School Holiday Programs
- ☀ Youth/Young Adults Groups
- ☀ Children's and/or Family Camps
- ☀ Sibling Activities
- ☀ Parent Support Groups
- ☀ Family Activities

The programs provide opportunities for friendships and recreational experiences, as well as giving families a much needed break.

All volunteers are provided with ongoing training, often 'on-the-job', and trained Interchange staff attend all activities.



HOST PROGRAM

The Host Program matches a child or young person with a host volunteer who has the care of the child on a regular basis, usually once a month. These arrangements are flexible and volunteers can be couples or singles, with or without children and of any ages over 18.

Host volunteers can quickly learn what is involved, even if they have no previous experience with young people who have a disability.

There is a broad range of flexible hosting options for volunteers, depending on what best suits the host, the parent and the child or young person.

Interchange staff take an active role in the matching process and provide ongoing support to the host volunteer and the family.

All Interchange volunteers are treated with respect and are covered by public liability insurance.

“
INTERCHANGE has given me so many opportunities to meet many amazing people, learn new skills and most of all, to have fun times...”
”
Interchange Volunteer

When You Can Do It

You can volunteer with Interchange at any time, 365 days a year. Volunteers are an important part of Interchange services and are always required.

RECREATION PROGRAMS

Recreation programs usually run during the weekends and school holidays.

HOST PROGRAM

Hosting is usually once a month on a weekend. However, time for hosting can be flexible depending on the needs and availability of the volunteer and family.