



CARE IN MOTION

Community Care and Transport

3 WAYS

VOLUNTEERING IS

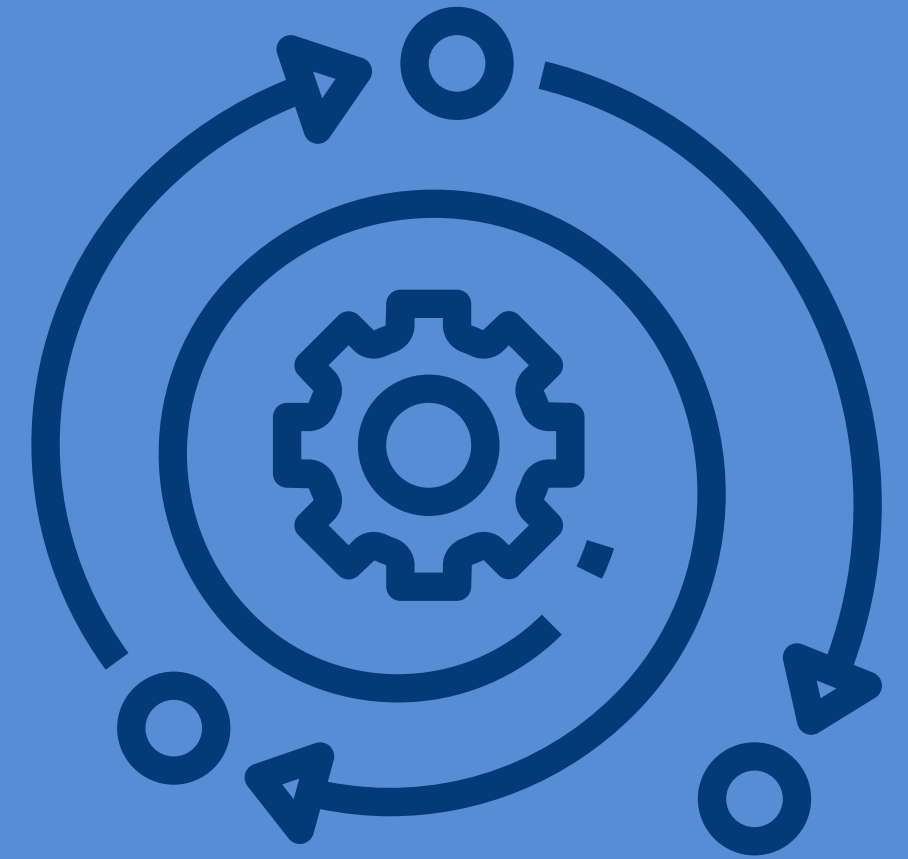
IMPROVING

WELLBEING IN THIS

COMMUNITY



IMPACT



- For Volunteers
- Benefits for Recipients
- Community as a Whole



VOLUNTEERING IN OUR

COMMUNITY

mineral

australian

show

football

assoc

ambulance

landscape

mines

apex

progress

clubs

centre

dragon

homes

meals

aged

shops

shop

moonta

wildlife

dogs

retail

kernevek

officer

fire

wheels

boating

national

museum

veterans

probus

therapeutic

radio

retail

kernevek

foundation

society

trust

rotary

marine

club

basketball

community

cc

dog

schools

country

hospitals

lowender

red

lifeline

bowls

cross

disaster

gem

churches

care

assistant

kadina

story

sa

cricket

op

woodworkers

service

services

rescue

disabled

farmshed

riding

associations

croquet

women's



CARE IN MOTION


Community Care and Transport

Transport Program

- Community Passenger Network
- Health Bus & Community Bus

Aged Care Volunteer Visitors Scheme

- friendly volunteers for older people who are at risk of loneliness or social isolation



“The greatness of a community is most accurately measured by the compassionate actions of its members.”

– Coretta Scott King

Theories of Happiness

Positive psychology is a school of thought devoted

to understanding what leads people and communities to flourish.

Five agreed-upon factors boost well-being.

1. Positive emotion
2. Engagement
3. Relationships
4. Meaning
5. Accomplishment

Health Benefits of Giving to Others

Giving delivers a host of benefits to the body and brain. Whether you give your time or money, you can experience:

- Lower blood pressure
- Lower stress levels
- Less anxiety and depression
- Increased self-esteem

“THERE IS MORE
HAPPINESS IN
GIVING THAN
THERE IS IN
RECEIVING.”



1

IMPACT FOR VOLUNTEERS



We want to give back to our community!!

1. Provides opportunity to give back to my community
2. Gives me a sense of achievement and purpose

"Makes me happy and feel needed" ...Jan
"It's appreciated by the clients so I know I am doing a little bit to help others" ...Michael



WHY VOLUNTEER?



We want to be part of our
community!!

3. Helps me to meet new people and
feel connected

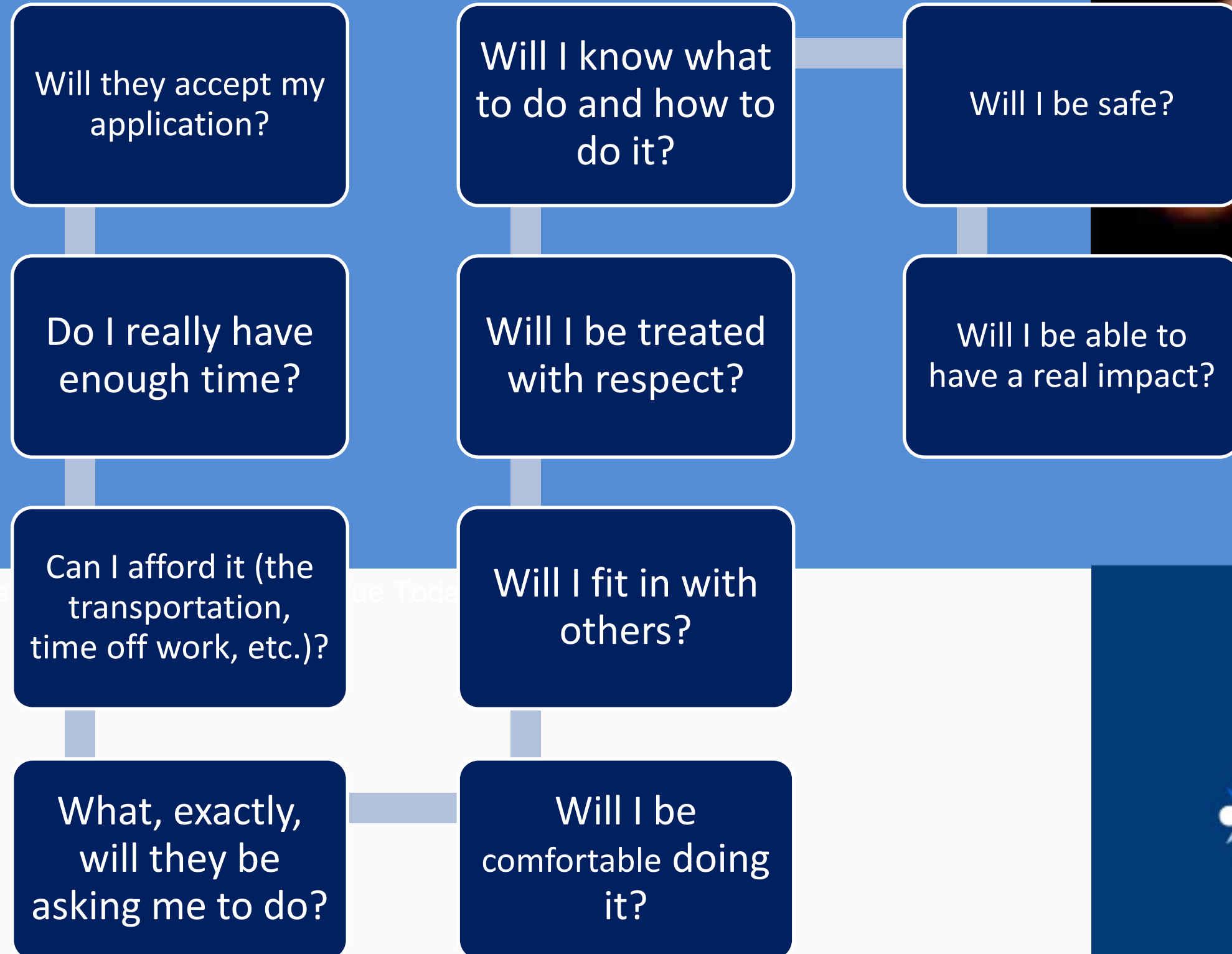
4. I feel part of a community

5. Improves my self esteem and
confidence

"I just love being able to bring the outside
world into their lives. For over 30 years I have
had the privilege of being a friend to
many"Rosemary



VOLUNTEERING BARRIERS



CARE IN MOTION
Community Care and Transport



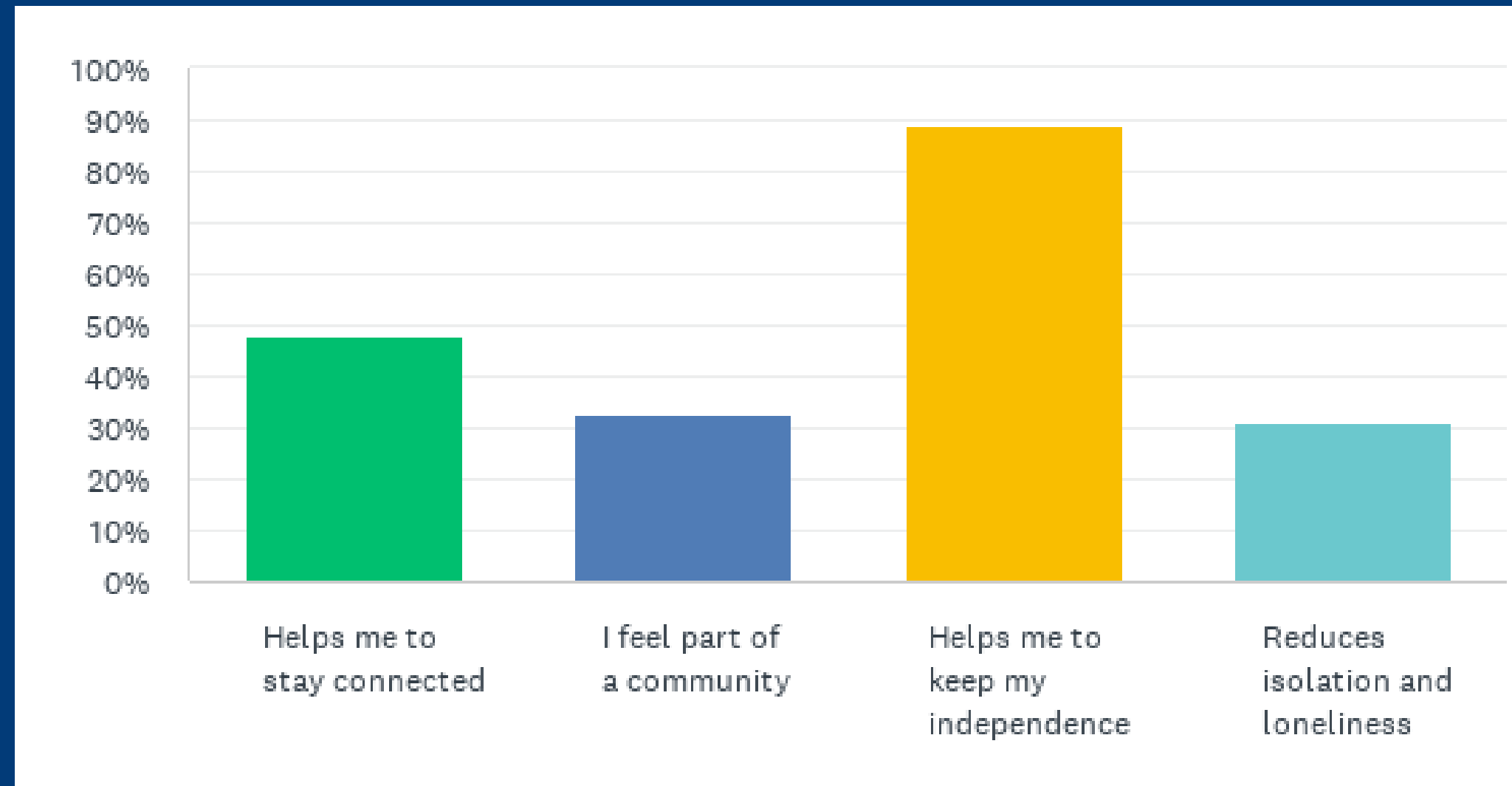
2

BENEFITS FOR RECIPIENTS

We highly value our independence!



1. Helps me to keep my independence
2. Helps me to stay connected
3. I feel part of a community
4. Reduces isolation and loneliness

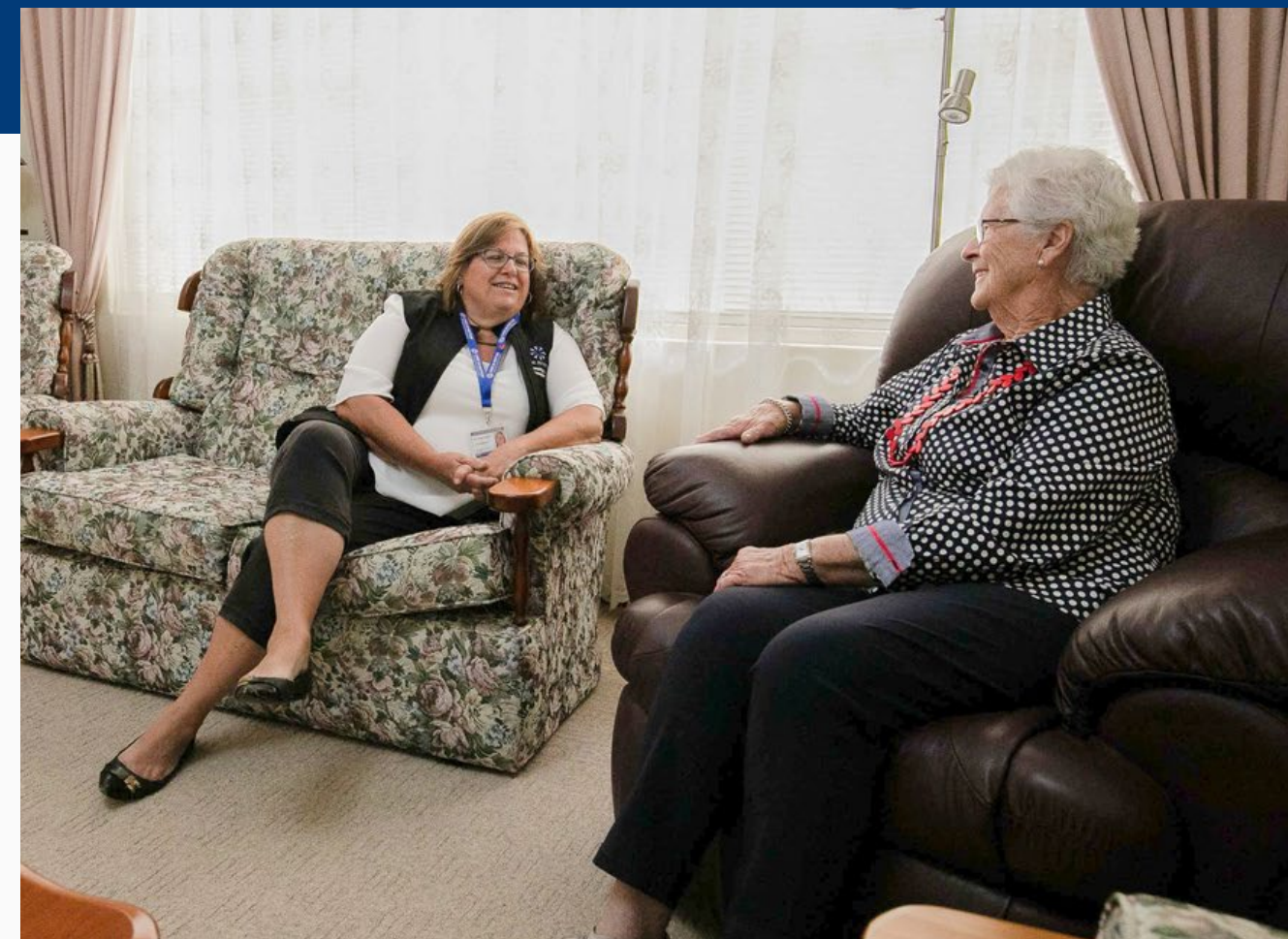


BARRIERS TO RECEIVING HELP



Learning to accept help requires, among other things, the willingness to drop the idea that one is a "burden" if they do.

[Science Journal - Psychology Today](#)





WE ALL NEED SUPPORT

When we allow others to help us

- We feel closer to them, they feel closer to us
- We let them express their feeling for us
- Deepens our connection
- It can feel rewarding
- We feel more known and supported
- They experience the joy of helping

GENEROSITY IS A TWO-WAY STREET FROM WHICH EVERYONE BENEFITS. AS BRENÉ BROWN ONCE PUT IT, "UNTIL WE CAN RECEIVE WITH AN OPEN HEART, WE'RE NEVER REALLY GIVING WITH AN OPEN HEART."

Value of Volunteering

National Strategy for Volunteering 2023

"Volunteering is seen as the single most impactful way to realise individual and collective potential to create and sustain thriving communities."



CiM Volunteers

Volunteers Active: 138

Trips: 2,153

Visits: 621

Kilometers 549,497

Hours: 12,851

\$599,114

*21/22 year ** ABS value of a volunteer \$43.64



3

BENEFITS TO OUR COMMUNITY



*Our most vulnerable members
are supported and cared for*

The Australian Institute of Health and Welfare states:
Volunteers substantially benefit their communities through providing important services to others. They may also bring new insights to the organisations or groups for which they volunteer, increase efficiencies and improve effectiveness.

Economic - Helps to create civic-minded individuals who are more likely to take action to improve their communities.

IMPACT?

- For Volunteers 
- Benefits for Recipients 
- Whole Community 



TALK TO ME ABOUT
VOLUNTEERING!

OR HOW OUR
VOLUNTEERS CAN HELP
YOU

