

Access Volunteers

Make a real difference in your community.



Building healthier lives together with our communities and delivering excellent health services for all.

Volunteer with us



We provide a variety of volunteer roles which include full training and support. We also offer further training and development throughout the year. Some of the areas you can volunteer with us include:

Administration

Share or build your computer and general office skills and help our team provide quality services to our clients.

Artlinks

Use your artistic or creative skills to support and encourage our clients with various projects such as painting, pottery, felting, mosaics, drawing and other art and crafts projects.

The benefits

Volunteering helps the community, but it will also provide you with lots of opportunities to develop your skills and give you an insight into a new role.

- Make a difference within the community
- Meet likeminded people and make new friends
- Improve your self-esteem and self confidence
- Participate in fulfilling activities, groups and programs
- Volunteering can have a significant, positive impact on your physical and mental wellbeing.

Connecting Manningham

Share your time and friendly nature by connecting, via telephone, with people who may live alone and feel lonely. Our program provides weekly phone calls that offer companionship and reassurance, and can help to link people to services when needed.

Hydrotherapy

Provide encouragement and support to our team of experts during water based exercise programs. Volunteers need to be in the pool for this program. We can provide instructor training to dedicated volunteers.

Manningham Men's Shed

Use your honed trade or DIY skills in our program that provides the sanctuary of a shed to men of all ages and backgrounds where they can socialise with mates, while making or 'fixing things'. Volunteers chat, support and assist clients who attend this program.

Transport

Share your years of experience on the road and become a volunteer driver. Volunteer drivers support our clients to attend medical appointments or exercise programs. Volunteers can drive their own cars or also drive our fleet of buses and cars. Reimbursement is available for trips made in your own car.

Exercise groups

Help prepare rooms and support clients to participate in exercise groups. We offer groups such as:

Strong People Stay Young / Pilates / Fitness and Friendship (gentle exercises for older people) / Staying Active (men's exercise group).

Cooking Small Eating Well

Use your cooking or dietetics skills to help in this group program that teaches people to cook easy healthy meals for one.

Life Writing

Use your literary skills to support older people to write stories of their life.

Changing Directions

Use your music and artistic skills to support people with an acquired brain injury to enjoy art and music.

Life Long Learning

Join this group of older people for conversation and afternoon tea every Friday.

Multicultural Group

Provide encouragement and support in this group for people to practice their English.



Interested in volunteering?

Volunteering at Access Health and Community (AccessHC) is a fantastic way to make a real difference in your community. There are great opportunities to share your skills and participate in a variety of ways including administration, event planning, facilitating a group, volunteer driving, tutoring and more.

By volunteering at AccessHC, you will be supporting us in creating a healthier and more inclusive community. With a dedicated team of over 60 people of all ages, volunteers work across AccessHC providing more than 7,000 hours of service every year.

Volunteering at AccessHC is a rewarding role. It will allow you to connect with the community, make new friends, expand your network and boost your work and social skills. We value the work of our volunteers and are committed to recruiting volunteers to positions that suit their skills, interests and availability, and to providing appropriate support and training.

Volunteers are supported by a Volunteer Coordinator and their achievements are formally recognised by us.

To get involved

If you are interested to volunteer at AccessHC:

☎ 03 9810 3000

✉ info@accesshc.org.au

🌐 accesshc.org.au

About us

We are a quality, not-for-profit, accredited health and community service providing doctors, dentists, allied health, counselling, alcohol and drug, child and family services and social support programs. We offer services for all ages and work as a team to support you.

Where to find us

Ashburton

7 Samarinda Avenue
Ashburton VIC 3147

Box Hill

10 Rose Street
Box Hill VIC 3128

Doncaster East

1/1020 Doncaster Road
Doncaster East VIC 3109

Hawthorn

378 Burwood Road
Hawthorn VIC 3122

Hawthorn Community House

32 Henry Street
Hawthorn VIC 3122



Richmond

283 Church Street
Richmond VIC 3121

Lower Templestowe

44 Balmoral Avenue
Lower Templestowe VIC 3107

Manningham Men's Shed

41 Wetherby Road
Doncaster East VIC 3109



We are a child safe organisation.

AccessHC is committed to providing services for our diverse community.