

# Volunteer with us and it can benefit you



## How you can make the experience work for you

Being a volunteer at a school, preschool or children's centre can have many personal benefits. You can get wider experience and uncover new opportunities. You can share your skills and knowledge. It's never too late to start.

## Exercise your body and mind

Studies have found that taking part in meaningful activities like volunteering can offer a range of health benefits.

Volunteers keep moving and keep busy. You can keep your mind active and you'll be healthier and happier. Staying active can help you avoid many health problems, plus give you a greater sense of wellbeing. It can increase your odds of living longer.

Improve your chances of physical and psychological wellness, feel more satisfied with life and become more resistant to stress.

"I love the feeling I get from giving back to the community."

## Build networks and friendships

Connecting with new people in different surroundings helps open your mind to new ways of seeing things and widens your social network. It can help you keep in touch.

If you're new to the area, being a volunteer can be a great way to get to know people you wouldn't usually be able to meet.

Meet amazing people, find new friends and build close friendships that can last for years.

"I have the joy of doing something useful and meeting interesting people."

## Learn valuable job skills

Being a volunteer can be one of the most rewarding ways to develop your own skills.

From working in the school office to getting your hands dirty in the kitchen garden, these experiences can help to develop your strengths and make you more job-ready.

Discover your potential, start a career pathway, and make new professional connections.





## Meet Melissa – a volunteer story

Melissa started volunteering a few years ago at a local public school. Since then, it's helped to open doors. She's gained professional skills, made new contacts, built confidence and, ultimately, got a paid job.

### Why Melissa started volunteering

After she finished studying, Melissa started volunteering as a way to get out of the house.

Melissa had some spare time on her hands and although she didn't have lots of experience, she was looking to build up her skills and confidence.

Melissa quickly picked up a range of new skills, including cash-handling skills and a food and hygiene certificate. The school also helped her with on-the-job learning and to get her Responding to Abuse and Neglect – Education and Care induction done.

### How Melissa got into volunteering

“A friend of mine – another mum volunteering in the canteen – encouraged me to volunteer.”

After they made enquiries at her child's school, Melissa started a volunteer role with the canteen team at the school.

Would Melissa recommend volunteering?

“Absolutely. Stick with it even though it might be hard putting in time and not getting paid, [it] pays off in other ways. I've built a great rapport with kids and staff.”

## Find out more

If you think you can help, talk to the staff or leader at your local site.

[www.education.sa.gov.au/volunteer](http://www.education.sa.gov.au/volunteer)

▣ If you think you can help, talk to the staff at your local school, preschool or children's centre to find out more.

*get in touch:*

