



#ABC90FOR90
VOLUNTEER TOOLKIT



CATCH A “HELPER’S HIGH” WITH #ABC90FOR90

Have you ever heard of a “helpers high” or catching the “feel-goods”? Statistics show that by volunteering our time or giving back in some way, we feed our own positive mood. Helping others is also related to physical health and a positive contributor to mental health.

To celebrate its 90th year and the ABC’s role in connecting communities across Australia, we’re encouraging you to pledge 90 minutes of your time or undertake 90 acts of kindness to help your neighbours, family or those in need in your community.

WHY VOLUNTEER NOW?

Volunteers are the backbone of our society however throughout the pandemic, formal volunteer participation rates have dropped as much as 30%.

Meanwhile, informal volunteering is increasing with search engines recording spikes in people looking for ways to volunteer in their communities.

ABC Radio has partnered with Volunteering Australia to encourage Aussies to get creative and come together to help each other out.

Let’s all catch the ‘feel goods’ and help support this vital sector as we celebrate the ABC’s 90 years of connecting communities via the #ABC90for90 campaign!



FORMAL AND INFORMAL VOLUNTEERING – WHAT’S THE DIFFERENCE?

According to Volunteering Australia, volunteering is time willingly given for the common good and without financial gain.

This definition of volunteering covers a wide range of activities, including formal volunteering that takes place within organisations and informal volunteering which takes place outside an organisational setting.

Formal volunteering can include work undertaken with arts, sports, school, faith-based, aged care, social support, environmental, health care, or emergency services organisations. It generally requires higher levels of preparation and time committed than informal volunteering and can offer volunteers a coordinated program including protections such as volunteer insurance, screening, training, management, and equipment.

Informal volunteering can be undertaken anytime and anywhere, including in your community or neighbourhood.

WHAT ARE THE BENEFITS OF VOLUNTEERING?

There is a great deal of satisfaction that comes from helping people in our local communities and making a difference to the lives of others.

Volunteering offers plenty of benefits:

- Make a difference to the lives of others
- Meet new people and make new friends
- Support a cause you are passionate about
- Help improve the environment
- Feel valued and part of a team
- Spend quality time away from work or your busy lifestyle
- Build your confidence and self-esteem
- Develop new skills, knowledge and experience
- Use volunteering to explore a potential new career
- Improve your employment prospects
- Help a community organisation reach its full potential



VOLUNTEERING IS EVERYWHERE!

THERE ARE SO MANY WAYS YOU CAN VOLUNTEER.
SOME KEY SECTORS INCLUDE:



ADMINISTRATION



ARTS AND MUSIC



ASSISTING AT SCHOOL OR CLUB EXCURSIONS



COMMUNITY SERVICE



ELDERLY CARE



WILDLIFE AND ANIMAL CARE



EMERGENCY VOLUNTEERING



SPORT AND RECREATION



ENVIRONMENT AND CONSERVATION



TEACHING AND SUPERVISING



EVENT VOLUNTEERING



#ABC90FOR90 – IDEAS KICK-STARTER

ARE YOU READY TO TAKE YOUR #ABC90FOR90 PLEDGE BUT NOT SURE WHERE TO START? WE'VE COMPILED THIS LIST TO HELP KICK-START YOUR VOLUNTEERING JOURNEY.

WANT TO HELP THE ENVIRONMENT, ANIMALS OR LOCAL WILDLIFE?

- Spend 90 minutes picking up rubbish in your local park, beach, or waterway
- Plant or prune 90 trees with your local Landcare
- Spend 90 minutes caring for animals in a local shelter and/or support the animals at the RSPCA or WIRES
- 90 minutes walking a dog at your local shelter
- Join a National Park conservation and rehabilitation group
- Collect ninety sheets, towels or rags for your local animal shelter

WANT TO HELP YOUR NEIGHBOURS?

- Spend 90 minutes with an elderly neighbour for a friendly catch up or to help with their shopping or driving to appointments
- Donate to your local street library
- Start a community garden working bee

WANT TO VOLUNTEER FROM HOME?

- Write 90 letters to refugees in detention or older people in aged care
- Knit blankets for the homeless or rescue animals
- Offer time helping a local charity with admin tasks like accounting, or answering phones remotely

WANT TO HELP OUT AT YOUR LOCAL SCHOOL OR CLUB?

- Bake 90 cupcakes for your local school fete
- Spend 90 minutes at your local school helping at the tuck shop, sports carnivals/fetes, excursions, teaching ethics, joining the P&C
- Volunteer 90 minutes with your local sporting club for a match/game
- Fancy finding out about local history? Offer your time to become a heritage ambassador with your local National Trust branch
- Volunteer 90 minutes a week over summer as a volunteer lifeguard
- Find out how to volunteer at a local music festival or community festival



WANT TO PROVIDE COMPANY TO THE ELDERLY?

- Write 90 cards for people in aged care
- Spend 90 minutes calling people in aged care
- Volunteer 90 minutes to run bingo at your local aged care home, or teach an aged care art class, or teach technology to older people at your local library/ community centre

WANT TO HELP SOMEONE IN NEED?

- Pack 90 boxes for Foodbank
- Spend 90 minute helping to cook at a local food share/soup kitchen
- Read 90 books with students at your local school or library
- Allow 90 minutes to donate blood to your local blood bank
- Spend 90 minutes helping with homework for kids in foster care
- Run a book drive and donate 90 books to your local community centre or 'street library'
- Cull your wardrobe and spring clean your house and donate 90 items to your local Op shop
- Collect 90 toys via your network to donate to a local toy library or volunteer 90 minutes to help distribute them
- Spend 90 minutes helping a newly settled refugee in your area get to know their new community.
- Spend 90 minutes doing gardening or maintenance at a local charity
- Donate 90 minutes a fortnight as a driver of a car or van for a local charity group

WANT TO VOLUNTEER WITH FRIENDS OR FAMILY?

- Host a 90-minute "crafternoon" with your friends and knit trauma teddies for the Red Cross.
- Knit a patch and collect 90 patches between friends to create warm rugs to give to the homeless this winter.
- Donate 90 minutes with your local park run / charity fun run.
- Spend 90 minutes teaching someone to drive who doesn't have access to a car or teacher.

WANT TO HELP AUSTRALIANS DURING EMERGENCIES?

- Become an emergency services volunteer and find out how you can assist in a cyclone, flood, bushfires or other emergencies



“MY FAMILY WERE REFUGEES IN THE 1980’S AND MANY CHARITIES SHOWED US MUCH KINDNESS AT THAT TIME, AND NOW I FEEL LIKE IT IS MY TURN TO GIVE BACK.”

HUEY, YARRAVILLE VIC

HUEY VOLUNTEERS AS A FOOD PACKER AT FOODBANK VICTORIA

VOLUNTEERS MAKING A DIFFERENCE

NEED SOME INSPIRATION? MEET THESE VOLUNTEERS MAKING A DIFFERENCE IN THEIR COMMUNITIES.

“Volunteering is especially important for migrants as it can be our first introduction to the Australian work culture and the beginning of network building. You meet great people and get to learn valuable soft and technical skills.

Through volunteering, I began to understand the importance of socialising which was one area I particularly struggled with. The experience allowed me to grow my social skills in a low-pressure environment.”

Salome, Perth WA

Kenya Australia Chamber of Commerce
Salome volunteers part-time as a secretary



“I started volunteering as I always loved looking after animals and this was the best way to have a hands-on experience with native animals that some only ever see in the wild.

Volunteering allows you to meet wonderful people from everywhere who all have their own stories and experiences. It provides an opportunity to learn new things about animals in care to help future animals that come in sick. We are all learning new things every time.”

Lillian, Marlow Lagoon NT

Wildcare Inc Darwin

Lillian cares for wallabies, possums and sugar gliders at an animal shelter



“I love volunteering for two reasons. Firstly, the sense of community that you are linking with other people, doing something local and building relationships. Secondly, you’re making the world a better place.”

The reason people should volunteer is it does good for the community, and you are building a better future. We humans, from an evolutionary point of view, are weak as a single individual, we need to be part of a community and volunteering helps us connect!”

Dr Karl, Sydney NSW

Dr Karl volunteers his time to send children’s books to libraries across Australia to promote indigenous literacy



“My son and I noticed a need to initiate some community care for our foreshore reserve at Penna which is special in that it fronts onto the Pitt Water wetlands and waterways. It had become invaded by shrubby exotics and degraded through acts of ignorance and neglect.

By giving your time and skills to something you value, you feel uplifted and filled with a deep satisfaction that you have given your best. It is so rewarding as you connect with others you bring along with you, and together you become inspired to keep going.”

Georgina, Pitt Water TAS

Georgina undertakes native bushland restoration with Wildcare Tasmania





HOW CAN I CONTINUE MY VOLUNTEERING JOURNEY?

OFF THE BACK OF YOUR #ABC90FOR90 PLEDGE, ARE YOU KEEN TO DEEPEN YOUR ENGAGEMENT WITH THE VOLUNTEERING SECTOR?

The following national volunteering website is a good place to go if you are looking for a volunteering opportunity in your area:

GO VOLUNTEER



an initiative of **volunteering australia**

govolunteer.com.au/volunteering

VOLUNTEERING AUSTRALIA



volunteeringaustralia.org

Volunteering Australia is the national peak body for volunteering, working to advance volunteering in the Australian community however the best way to find out more information about training and requirements for different kinds of volunteering is through your local state-based volunteering organisation.



Volunteering ACT
volunteeringact.org.au
02 6251 4060
info@volunteeringact.org.au



The Centre for Volunteering (NSW)
volunteering.com.au
02 9261 3600
info@volunteering.com.au



Volunteering Queensland
volunteeringqld.org.au
07 3002 7600
reception@volunteeringqld.org.au



Volunteering SA & NT
volunteeringsa-nt.org.au
08 8221 7177
reception@volunteeringsa-nt.org.au



Volunteering Tasmania
volunteeringtas.org.au
03 6231 5550
admin@volunteeringtas.org.au



Volunteering Victoria
volunteeringvictoria.org.au
03 9052 4524
info@volunteeringvictoria.org.au



Volunteering WA
volunteeringwa.org.au
08 9482 4333
info@volunteeringwa.org.au





VOLUNTEERING CHECKLIST

HERE ARE SOME QUESTIONS YOU MIGHT LIKE TO CONSIDER WHEN APPLYING FOR A FORMAL VOLUNTEER ROLE:

WHY DO I WANT TO VOLUNTEER?

Asking yourself the following questions can help you figure out what you hope to get out of the experience.

- What do I want to achieve?
- What are my motivations for volunteering?
- What are my personal beliefs and values?
- What causes are close to my heart?
- When I picture myself volunteering, what kind of tasks am I doing?
- Do my friends and family volunteer already?

WHAT OPPORTUNITIES ARE OUT THERE FOR ME?

Once you know why you want to volunteer, these questions can help you find a role that will help you achieve your personal goals.

- Which organisations do my friends and family volunteer with?
- Which volunteer-involving organisations are active in my community?
- Do I know of any other groups that accept volunteers?
- Have I browsed the list of opportunities on the [Go Volunteer](#) website?
- Which organisations have values and beliefs that match mine?
- Which organisations offer volunteering roles that interest me and will develop my skills?

CAN I DO WHAT THE ROLE REQUIRES OF ME?

Consider whether your personal lifestyle and work commitments will allow you to make a positive contribution in your chosen role.

- How much time can I commit to being a volunteer?
- Will I have to travel far?
- Do I need a [police or background check, working with children's check \(blue card\), working with disability check/NDIS clearance \(yellow card\)](#) to work with youth, the elderly, or people with a disability?
- Do I meet any special requirements of the role, such as age, language skills and experience?

PLEDGE NOW
abc.net.au/gives

