

Camden, Campbelltown,
Wollondilly, Wingecarribee

MDS
*Sector Support
& Development*



CHSP

VOLUNTEER OPPORTUNITIES

Supporting our older community members
by gifting time, care and skills



THIS BOOKLET IS DEVELOPED AND PUBLISHED BY:

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The 'CHSP Volunteer Opportunities' booklet is to support community members in linking with Commonwealth Home Support Programme (CHSP) aged care service providers within Camden, Campbelltown, Wollondilly and Wingecarribee regions. This booklet is a project of MDS CHSP Sector Support and Development division.

This booklet may be printed, photocopied or digitally shared in full to promote volunteering as intended.

THIS BOOKLET IS SUPPORTED BY:



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WHAT IS CHSP?

The Commonwealth Home Support Programme (CHSP) provides entry-level support for older people who need some help to stay at home.

Service providers work with them to maintain their independence and keep them as well as possible.

The program aims to;

- **help people live as independently as possible**
- **focus on working with them, rather than doing things for them**
- **give a small amount of help to a large number of people.**

To be eligible for this program, you must be aged:

- 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people), or
- 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people), on a low income and homeless, or at risk of being homeless.

An aged care assessment determines eligibility for the CHSP, including specific services.

(Commonwealth of Australia, My Aged Care, 2024)

BENEFITS OF VOLUNTEERING

There are many benefits to volunteering; to the community that you are supporting and personally and professionally.

Giftng our time and skills to support older people

Volunteering is *'time willingly given for the common good and without financial gain.'* (Volunteering Australia, 2015).

Aged care volunteering improves the quality of life for our older community members. Volunteers support older people with social engagement activities (1:1 and groups), transport, and access to medical appointments. Being connected with a volunteer can reduce isolation and loneliness and maintain mental and physical wellbeing through connection (Volunteering Australia, 2022).



BENEFITS OF VOLUNTEERING

Building your own personal and professional capacity

For individuals, volunteering offers a sense of purpose (Volunteering Australia, 2022), the opportunity to meet likeminded people, build confidence and increase interpersonal and work skills. The University of Sydney (2021) describes 5 feel good benefits of volunteering;

1. It provides a sense of belonging
2. It can improve your physical health
3. Generosity leads to greater happiness
4. You could lift the mood of people around you
5. Increase your sense of satisfaction with life

It is also a fantastic opportunity to build up valued work experience. Volunteer experience can be added to resumes and volunteer managers/coordinators can provide references when it is time to seek paid employment.



CHSP VOLUNTEERING OPPORTUNITIES

Pages 6–26 of this booklet share CHSP Volunteering Opportunities available within the Camden, Campbelltown, Wollondilly and Wingecarribee local government areas.

The organisations are listed in alphabetical order with details such as:

- Types of opportunities available
- Locations of opportunities
- Hours of commitment required
- Application contact details

Please contact the organisations directly to apply for opportunities that interest you.



Campbelltown,
Camden &
Wollondilly



BAPTISTCARE

BaptistCare at Home is a range of professional services for people who love their home and their community but need some support to stay there.

BaptistCare Home services are designed to help older people achieve their personal goals, so that they can live their best possible life, at home.

BaptistCare provides commencement and ongoing training (dependent on role) for volunteers. They also host two volunteer recognition events each year and present a 'Volunteer of the Year' Award.

Contact: Gizalla Black

Phone: 02 4648 7111

Email: volunteering@baptistcare.org.au

Website: www.baptistcare.org.au/volunteer

Resume required - please see application on website.

Volunteer Opportunities

Social Support Assistant

Provide social support in the home and assist clients on community outings.

Commitment: Weekly, Flexible between 9:00am - 5:00pm.

Day options available Monday - Friday.

Requirements/Skills: First Aid certificate, driver's licence, good communication skills and empathy.

Areas: Campbelltown, Camden and Wollondilly

Day Activity Assistant/Bus Driver

Provide assistance to clients by transporting and assisting them to participate in Social Club activities such as outings, craft activities and meal preparation and serving.

Commitment: Weekly, 8:00am to 2:00pm.

Either Tuesday, Wednesday or Thursday.

Requirements/Skills: First Aid certificate, driver's licence, good communication skills and empathy.

Suburbs: Elderslie or Tahmoor

Cook or Assistant Cooks

Prepare and provide nutritious hot meals for 15–20 Social Club members, ensuring safe food practices.

Commitment: Weekly – 8:00am to 2:00pm on either Tuesday, Wednesday or Thursday.

Requirements/Skills: First Aid certificate, Food Safety certificate (can be completed on line at the centre), good communication skills and enjoy cooking.

Suburbs: Elderslie or Tahmoor



Camden

CAMDEN MEALS ON WHEELS

Caring for Camden!

Camden Meals on Wheels provides nutritional freshly made meals 5 days a week, a 'Meal Mates' and 'Little Corner Community Cafe' 1:1 and group social support programs for people that are frail aged. Services enable people to continue to live independently in their own homes whilst staying connected with friends.



More
than just
a meal

Volunteers are provided with regular training relevant to their roles e.g. food safety, manual handling.

Volunteers are invited to attend organisational events such as Year of Service Awards and Christmas lunch.

Contact: Robyn Hartley

Phone: 02 4655 6822

Email:

admin@camdenmow.org.au

Website:

<https://www.camdenmealsonwheels.com.au/volunteer/>

Resume is not required.

Police check required (paid for by Meals on Wheels)



Volunteer Opportunities

Meals Delivery Driver

This important role ensures our clients receive face to face delivery of their meals along with a brief social interaction with the volunteers. This also gives the volunteer the opportunity to check on the wellbeing of the client.

Commitment: Flexible. Generally morning shifts.

Day options available, Monday – Friday.

Requirements/Skills: Class C drivers licence, insured vehicle, empathy, good communication skills.

Areas: Camden and surrounding suburbs.

Administrative Assistant

Care for Camden by supporting Meals on Wheels with general office duties including assisting with volunteer rostering, transport and social support activities.

Commitment: Day options available, Monday – Friday.

Flexible between 8:30am to 3:00pm.

Requirements/Skills: Good communication skills. Computer skills would be an advantage.

Suburbs: Camden – occasional off-site duties.

Client Transport Drivers

Transport clients to do their shopping, attend medical appointments, banking and other activities that they would not otherwise be able to do without support.

Commitment: Ad-hoc depending on client requests.

Monday – Friday.

Requirements/Skills: Good communication skills. Computer skills would be an advantage.

Suburbs: Camden and surrounding suburbs.

Campbelltown



CAMPBELLTOWN MEALS ON WHEELS

Campbelltown Meals on Wheels provides nutritional freshly made meals 5 days a week, a shopping service and housebound library service for people that are frail aged, people with a disability and their carers. Services enable people to continue to live comfortably and independently in their own homes.

Volunteers are provided with regular training e.g. food safety, manual handling, risk assessing.

Volunteers are invited to attend organisational events such as Thank You celebrations and Christmas, Mother's Day and Easter special event days.



Contact: Belinda Moores

Phone: 02 4647 2073

Email:

clientsmowcamp@outlook.com

Website:

www.campbelltownmealsonwheels.org.au/volunteers/

Resume is not required.

Police check required (paid for by Meals on Wheels)

Volunteer Opportunities

Promotional Assistant

Increase an awareness of the services available so that seniors are able to access them to maintain independence. Attend expos and information stalls at community events.

Commitment: Monthly. Flexible according to dates of events – some weekend events may occur.

Requirements/Skills: Good communication skills, enjoy initiating conversations, Class C drivers licence.

Suburbs: Campbelltown and other suburbs (as per event).

Meals Delivery Driver

This important role ensures that older community members receive face to face delivery of delicious meals. This role also checks on wellbeing and provides brief social interaction.

Commitment: Weekly/fortnightly. Approx 2 hour shifts.

Day options available, Monday – Friday.

Requirements/Skills: Class C drivers licence, comprehensively insured vehicle, empathy, good communication skills.

Suburbs: Ruse and surrounding suburbs.

Library Delivery

Support seniors to improve brain function and reduce stress by providing library books for enjoyable leisure reading.

Have a quick chat about your favourite book!

Commitment: Weekly. Approx 2 hour shifts.

Day options available, Monday – Friday.

Requirements/Skills: Good communication skills, Class C drivers licence, comprehensively insured vehicle.

Suburbs: Campbelltown and surrounding suburbs.

Campbelltown



EACH

EACH Kookaburra Social Activity Group based in Campbelltown aims to support an older person to

continue living at home and in the community to maintain independence, self-esteem, and good health. Customers can select from a variety of structured activities where the customer is the driver of change for quality and choice.

EACH consults with volunteers about how they would like to be acknowledged. This may include morning teas, small gift of flowers, thank you packs and Volunteer Week celebrations.

Contact: EACH

Phone: 02 4629 5300 (Warby St, Office)

Email: socialcampbelltown@each.com.au

Website: www.each.com.au/careers/volunteers

Resume is not required. Interview and police check required.

Ageed Care experience is beneficial but not essential.

Volunteer Opportunities

Travel Assistants

Assisting customers with alighting and boarding the bus, packing items for outings, assisting staff with BBQ events and engaging with customers during train and bus travel.

Commitment: Weekly. Half days and full days available.

Day options available Monday – Friday.

Requirements/Skills: Great communication and time management skills, a sense of humour, a can-do approach and caring nature, enjoys outings.

Suburbs: Campbelltown and surrounding suburbs.

Bus Driver

Support customers to access social activities in the community by confidently driving a 12 seater bus.

Commitment: Weekly. Half days and full days available.

Day options available, Monday – Friday.

Requirements/Skills: Class C drivers licence or LR/HR licence, great communication and time management skills, a sense of humour, a can-do approach and caring nature, enjoys outings.

Suburbs: Campbelltown and surrounding suburbs.

Creative In-house Assistant

Welcome customers to the centre, assist staff to source and implement activities, gather resources and other ad-hoc in-house tasks as agreed with Team Leader.

Commitment: Weekly, half days and full days available.

Day options available, Monday – Friday.

Requirements/Skills: Enjoys engaging with and assisting customers with activities, great communication and time management skills, a sense of humour, a can-do approach and caring nature, enjoys outings.

Suburbs: Campbelltown and surrounding suburbs.



Camden & Campbelltown



FOCUS CONNECT

Focus Connect supports senior individuals in South West Sydney offering essential care to help maintain independence and provide tailored support. Focus Connect provides in-home care and community support and multicultural social support.

Focus Connect provides ongoing training (including an online learning platform), supervision, volunteer meetings and recognise volunteers at an annual 'thank you' event.

Contact: Maya Almandarawi

Phone: 02 4627 1188

Email: hr@focusconnect.org.au

Website: www.focusconnect.org.au/volunteer

Resume is not required.

Volunteer Opportunities

Multicultural Social Support – group

Provide companionship to senior community members whilst assisting with daily activities within the centre and outings.

Commitment: Weekly. 10:00am to 3:00pm.

Day options available Monday – Friday.

Requirements/Skills: Good communication skills, empathy, enjoy interacting with older people and a caring nature.

Suburbs: Campbelltown

Wellbeing Support

Support isolated individuals by conducting welfare and wellbeing checks in person and by phone.

Commitment: Minimum 2 days per week. Hours are flexible on those two days. Great for someone who works or studies.

Requirements/Skills: Police check, WWCC, First Aid certificate, good communication skills, understanding of diversity and inclusions, ability to recognise distress and follow procedures.

Suburbs: Camden and Campbelltown

Administration Support

Utilise your computer and data entry skills by supporting Focus Connect with the important administrative tasks required to maintain delivery of services to the community.

Commitment: Weekly, 2 days per week.
4-5 hours each day (negotiable).

Requirements/Skills: Police check, good communication skills, intermediate computer and data entry skills, previous administration skills.

Suburbs: Campbelltown



Camden & Wollondilly



IC CARE

IC Care is a not-for-profit community organisation operating, supporting older people who require assistance with daily living to remain independently at home.

IC Care provides online training to volunteers such as Professional Boundaries and Work Effectively with Culturally Diverse Clients and Coworkers. They host a volunteer's day outing, present 'Volunteer of the Month' and 'Volunteer of the Year' Awards and recognise 5, 10, 15 etc. year milestones.

Contact: Chris Whymark

Phone: 02 4677 2524

Email: enquiries@iccare.org.au

Website: www.iccare.org.au/volunteering/

Resume is not required. ID required for police check. 18+

**Volunteers from Cultural and Linguistically Diverse and First Nations backgrounds welcome*

Volunteer Opportunities

Meals on Wheels

Support senior people's access to healthy food by participating in the preparation and packaging of meals.

Commitment: Weekly. Monday - Friday. Between 1-3 hours.

Requirements/Skills: First Aid certificate, safe food handling (online training), good communication skills.

Suburbs: Picton and surrounding suburbs

Social Support – Individual

Assist and transport clients to connect with the community, attend medical appointments and run errands such as banking.

Commitment: Weekly/fortnightly. Monday – Friday.
Shifts are 3–4 hours.

Requirements/Skills: Current Class C Drivers License, First Aid certificate (training provided), good communication skills, enjoy helping others.

Areas: Wollondilly

Social Support – Group

Assist clients to engage in social group activities at the centre and at community outings.

Commitment: Weekly/fortnightly. Monday – Friday.
Shifts are 7 hours.

Requirements/Skills: First Aid certificate (training provided), good communication skills, enjoy helping others.

Suburbs: Camden and Picton



Wingecarribee

MEALS ON WHEELS - SOUTHERN HIGHLANDS

Meals on Wheels Southern Highlands provides nutritional freshly made meals, tailored to individual needs. Clients may include people that are frail aged and are unable to cook for themselves, or people who have just been released from hospital or people with a disability. Clients receive face to face delivery and social interaction.



Meals on Wheels
Southern Highlands

More
than just
a meal

Volunteers are provided with regular training e.g. food handling, documenting client notes, boundaries. Volunteers are invited to attend organisational events such as Volunteer Week celebrations and Christmas lunches.

Contact: Debbie Smith

Phone: 02 4869 4032

Email: debbie@mealssouthernhighlands.org.au

Website: www.mealssouthernhighlands.org.au/volunteering

Resume is not required.

Police check required (paid for by Meals on Wheels)



Volunteer Opportunities

Kitchen Assistant

Support the community by preparing/cooking food, plating meal portions, adhere to safe food handling practices and assisting with other kitchen duties as required.

Commitment: Weekly/fortnightly/ad-hoc

Day options available, Monday – Friday. 8:00am to 3:00pm.

Requirements/Skills: Ability to work in a fast-paced environment, be on your feet and have 'kitchen fitness'.

Suburbs: Moss Vale

Meals Delivery Driver

This important role ensures that older community members receive face to face delivery of delicious meals. This role also checks on wellbeing and provides brief social interaction.

Commitment: Weekly/fortnightly. Day options available, Monday – Friday. Flexible between 8:00am to 3:00pm.

Requirements/Skills: Class C drivers licence, insured vehicle, empathy, good communication skills.

Areas: Moss Vale and across Wingecarribee Shire.

Office Assistant

Assist with responding to phone enquiries, data entry and filing to support Meals on Wheels to be able to maintain meals provision to the community.

Commitment: Weekly/fortnightly/monthly.

Day options available, Monday – Friday.

Flexible between 8:30am to 3:00pm.

Requirements/Skills: Good communication skills and computer skills.

Suburbs: Moss Vale

Camden & Campbelltown



MYRTLE COTTAGE

Myrtle Cottage Group is a community based organisation, providing activities for people who are frail aged, people with dementia, younger people with disabilities and in-home day respite care (2hr) for people with dementia.

Myrtle Cottage provides orientation to the organisation and the role, WHS training, regular support meetings with volunteer coordinator and present volunteer awards.

Contact: Nasima Akhter

Phone: 02 9426 3100

Email: info@myrtlecottage.org.au

Resume is not required. Police check required.

Volunteer Opportunities

Activity Assistant

Provide friendship and companionship to older community members whilst assisting with various craft and community activities.

Commitment: Weekly/fortnightly. Monday – Saturday.
8:30am to 3:00pm.

Requirements/Skills: Good communication skills, empathy, enjoy interacting with older people or people with disability, interest in art or craft.

Suburbs: Ingleburn and Spring Farm

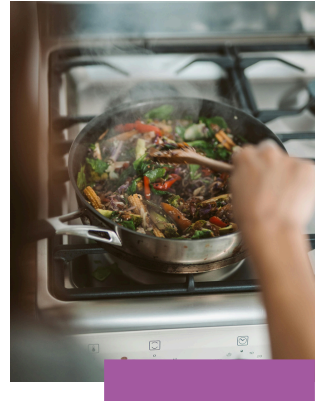
Kitchen Assistant

Prepare and provide nutritious meals for our older community members, ensuring safe food practices.

Commitment: Weekly/fortnightly.
Monday – Saturday. 8:30am to 2:00pm.

Requirements/Skills: Enjoy cooking, Good communication skills, and working in a small team, follow safe food handling practices.

Suburbs: Ingleburn and Spring Farm



Bus Driver

This important role ensures that older community members are transported to centre activities and community events, driving small or larger vehicles.

Commitment: Weekly/fortnightly. Monday – Saturday.
8:00am to 10:00am and/or 2:00pm to 4:30pm

**Also welcome to stay for social group activities*

Requirements/Skills: Current Class C Drivers License, LR or MR License, good communication skills, enjoy helping others.

Suburbs: Ingleburn

Bus Assistant

Supporting older community members to get on and off the bus and ensuring they are comfortable during travel.

There may also be some wonderful conversations throughout the journey!

Commitment: Weekly/fortnightly. Monday – Saturday.
8:00am to 10:00am and/or 2:00pm to 4:30pm

**Also welcome to stay for social group activities*

Requirements/Skills: Good communication skills, enjoy helping others.

Suburbs: Ingleburn and Spring Farm

Camden
Campbelltown
Wollondilly &
Wingecarribee

SOUTH WEST COMMUNITY TRANSPORT

South West Community Transport provides a range of transport services across multiple Local Government Areas, including individual and group transport, out of hours transport, and more.

The transport services are designed to help people to retain their independence, making it easier for people to socialise and stay connected with friends and family, attend medical appointments, shopping, errands and other social activities.



Volunteers are reimbursed with travel allowance to and from shifts and a meal allowance (if volunteering on outings). They host a volunteer's lunch each year and present 'Volunteer of the Year' awards. Volunteers are provided with orientation and training specific to their role.

Contact: Sharon Cameron
Phone: 02 9603 2106
Email: opsmanager@swct.com.au
Website: www.swct.com.au
Resume is not required.
Police check required
(paid for by SWCT).



Volunteer Opportunities

Office Assistant

Assist with customer service and data entry to support SWCT with important administrative tasks required to maintain transport services to the community.

Commitment: Weekly/fortnightly. Day options available, Monday - Friday. Flexible between 8:30am to 5:00pm.

Requirements/Skills: No experience required.

Suburbs: Campbelltown

Driver

This important role ensures that older community members are transported to and from appointments. Drivers use SWCT vehicles.

Commitment: Weekly/fortnightly. Day options available, Monday - Friday. 8:00am to 4:00pm (8 hour shifts required).

Requirements/Skills: Class C Drivers Licence, First Aid certificate, NDIS worker screening check, WWCC, police check (all costs covered by SWCT).

Good communication skills, enjoy helping others.

Areas: Camden, Campbelltown, Wollondilly, Wingecarribee

Bus Assistant

Supporting older community members to get on and off the bus, fasten seatbelts, carry shopping and engaging in conversation throughout travel.

Commitment: Weekly/fortnightly. Day options available, Monday - Friday. 8:00am to 4:00pm (8 hour shifts required).

Requirements/Skills: Good communication skills, friendly and caring nature, ability to physically assist with shopping

Areas: Camden, Campbelltown, Wollondilly, Wingecarribee

Wingecarribee



WINGECARRIBEE ADULT DAY CENTRES

WADC supports people who are frail aged living in the Wingecarribee Shire community. They provide social groups for seniors as well as respite for carers.

The dignity and value of each individual is affirmed in the enjoyable and positive social groups. Their motto is *"For Fun and Friendship!"* A typical day starts with a delicious morning tea, which gives the group time to chat. This is followed by various programmed social engagement activities including; guest speakers, music, art, craft, active games, armchair travel, reminiscing, and bingo and quizzes. Afterwards, a two-course lunch is served.

Volunteers are provided with regular training e.g. food handling, documentation, boundaries and manual handling. Volunteers are invited to attend organisational events such as a Christmas party and team building dinners.

Contact: Eleanor Sainsbury
Phone: 02 4862 1774
Email: mail@wadcc.org.au
 Resume is not required.
 Police check required.



Volunteer Opportunities

Social Group Assistant

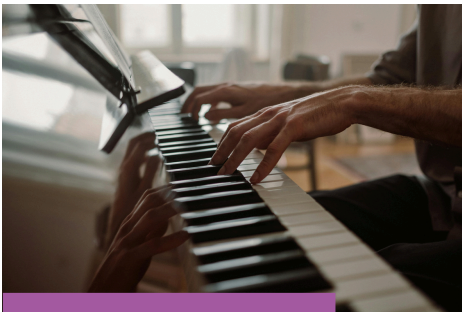
Provide social support to older community members whilst assisting with activities and morning tea and lunch. You may also have a special skill or hobby that you would like to share such as, how to use smart phones, playing an instrument or other entertainment.

Commitment: Weekly, 10:30am to 1:30pm.

Day options available Monday – Friday.

Requirements/Skills: Good communication skills, empathy, enjoy interacting with older people and people with dementia, respect confidentiality, work as part of a team, follow instructions and work within service guidelines.

Suburbs: Bowral, Moss Vale and Colo Vale.



Wingecarribee

VOLUNTEERING SECTOR SUPPORT

VOLWING
Volunteering Wingecarribee



At Volwing, volunteers find the positions they want by being linked to not-for-profit organisations with volunteer positions available.

NFP organisations are asked for a modest contribution however the service is absolutely free to volunteers.

Due to limited office hours, the Volwing team are working on full access to the service through the website. It is expected that by mid 2024, potential volunteers will be able to register and choose volunteer positions online 24/7.

Contact Volwing to find a CHSP role

Phone: 02 4869 4617

Email: info@volwing.org.au

Website: www.volwing.org.au

Address: Wingecarribee Volunteer Centre,
Queen St., Moss Vale, 2577.

Office Hours: 9am to 1pm
Monday – Thursday.

VOLUNTEERING INFORMATION

Read More:

'About Volunteering in Aged Care'

The Department of Health & Aged Care

www.health.gov.au/topics/aged-care/volunteers/about



'Volunteer Rights and Volunteer Checklist'

Volunteering Australia (2009)

www.volunteeringaustralia.org/wp-content/files_mf/1376971192VAVolunteerRightsandchecklist.pdf



'Volunteer Guide'

Volunteering Victoria (2019)

A guide for volunteers on why and how to volunteer and what a volunteers rights and responsibilities are.

www.volunteeringhub.org.au/volunteer-guide/



'A Bridge to Volunteering' Workshops

The Centre for Volunteering (NSW)

Learn about volunteering, the benefits and how to get involved in your community.

www.volunteering.com.au/workshops-events/volunteering/



REFERENCES

Commonwealth of Australia, My Aged Care (2024). **'Commonwealth Home Support Programme'**

<https://www.myagedcare.gov.au/help-at-home/commonwealth-home-support-programme>



The University of Sydney (2021) **5 feel good benefits of volunteering.**

www.sydney.edu.au/news-opinion/news/2021/12/03/5-feel-good-benefits-of-volunteering.html



Volunteering Australia (2022). **'Volunteering and Wellbeing'**

www.volunteeringaustralia.org/volunteering-and-wellbeing



Volunteering Australia (2015). **'Volunteering Definition'**

www.volunteeringaustralia.org/resources/definition-of-volunteering/#/





NOTES



Macarthur Disability Services (MDS), Sector Support and Development (SSD) supports Commonwealth Home Support Programme (CHSP) providers to improve quality of service and increase capability, especially throughout current Aged Care reforms.

MDS SSD, in collaboration with other regional and national SSD's, provide opportunities for CHSP staff and volunteers to up-skill on a variety of aged care topics via participation in training workshops, conferences, ageing forums and weekly e-news updates.



02 4621 8400



sectorsupport@mdservices.com.au



www.mdservices.com.au/non-ndis-services/ssd

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