



Media Release

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Give a little, change a lot

For over 40 years, volunteers at Link Health and Community have played an integral role in the delivery of our services. From driving socially isolated clients to our programs and appointments, to providing pet care and social support, they are the backbone of the company. Link HC is shining a spotlight on a few of our volunteers as part of National Volunteer Week.

Link HC relies heavily on the generous contribution of over 200 volunteers every year. It provides an opportunity for our volunteers to give back to the community, meet new people and can open the gateway to exciting new opportunities. It can also literally brighten up someone's day! Just ask Antoinette who has been volunteering with the Community Visitors Scheme (CVS) scheme for over 18 years. The CVS is a National program that provides companionship to socially isolated people living in Australian Government funded age care facilities, by establishing links between residents and their community.

"It makes the resident feel good about themselves knowing that someone cares. I get just as much if not more out of the visits than the resident I'm visiting. Volunteering makes me feel good," says Antoinette.

Link HC's volunteer drivers are a vital link between connecting people who may be housebound or isolated due to geographical or mobility difficulties, with other residents in their community. Each week our volunteer drivers provide safe and efficient transport for our clients to attend their appointments, group activities and other Link HC social support events. One of our volunteer drivers said,

"I've been a volunteer driver for many years and really enjoy meeting new people and travelling to different places during the week. It's great that I can make a difference to someone's life, just by giving them a lift to one of Link HC's services".

Volunteering is good for your mind and body, with research indicating that 93% of people noticed positive changes because of their volunteering efforts. It can bring meaning and purpose, increase self-confidence, reduce stress, anxiety and helps you make new friends and develop skills too! Link HC has a variety of volunteer opportunities available including CVS, administration duties, drivers, social and wellbeing program assistants and health program assistants. Get involved today by volunteering with Link HC by calling 1300 552 509 or visiting www.linkhc.org.au

About Link Health and Community

Link Health and Community is a not-for-profit organisation that provides medical, health, and support services to improve the health and wellbeing of all residents living in the east and south east of Melbourne. www.linkhc.org.au

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