



Are you a footy fanatic, a gardening genius or a crossword champ?

If you enjoy sharing a joke, making conversation and general companionship then we want to hear from you

Now you have the opportunity to join CCNB as our voluntary **Community Companion**.

CCNB is a local community care organisation with the belief that everybody deserves to get the most out of life. For more than 25 years we have been providing in home support to older people, people with a disability, people with chronic health problems their carers across the Northern Sydney Region.

The research and our experience confirms that if you can help people connect with others and reduce their loneliness and isolation, they will get the best out of their life.

The Community Companion Program links socially isolated individuals in our community with interested and supported volunteers. The job of the Community Companion is to help reduce the social isolation and feelings of loneliness.

Volunteering is Easy and Rewarding

Subject to a Criminal Record and Reference Check anyone over the age of 18 can be a Community Companion. All we ask is that you commit some time to spend with your new friend.

If you like chatting, communicating and socialising- this is the role for you!

Key tasks and responsibilities

- Liaising with CCNB Volunteer Coordinator
- Providing a social support service to identified, isolated older people that includes:
 - Visiting people in their own homes
 - Assisting people to access the community and using your car to transport client*
 - Accompanying people to events like movies, festivals, concerts, etc.
- Reporting to CCNB

Skills, Experience and Attributes

- Passion for community and interest in community issues
- Good people skills
- Excellent verbal communication skills

Commitment: On average, 4hrs per fortnight, but this is dependent on how much time you are able to commit

What you will gain:

- Work with a very passionate and motivated team of volunteers
- Access to training and support
- Join CCNB at an exciting time of growth when new volunteer opportunities will be created
- Opportunity to build on your networking and communication skills and grow in the role
- Develop close relationships with a team of like-minded people
- Have a positive impact on the wellbeing of socially isolated individuals in our community
- Opportunities to participate in key events with your companion e.g. theatre, movies,
- Increased skills in working with older people and people with disability to support any future career goals

Volunteers will be reimbursed for expenses in line with CCNB expenses policies.

Recruiting now for immediate start.

To register to become a volunteer please go to our website <http://ccnb.com.au/community-companions/> or for further information regarding this position please contact: Maria Maginness via email maria.maginness@ccnb.com.au

Find our more about this role and what we do at www.ccnb.com.au