



Companionship Project

Volunteers needed

The **'Companionship Project'** is aimed to offer support to elderly people in Queensland who are experiencing loneliness and isolation.



This is a project of The Knights of the Southern Cross Qld together with Southern Cross Care Qld and we would like your support.

Volunteering with the Knights of the Southern Cross Qld through the Companionship Project is a rewarding way to contribute to your community and to enhance the lives of our elderly.

If you have a few hours to spare and share our mission of serving those who need us most in our aged communities, we'd love to hear from you.

To register your expression of interest or to find out more contact:

David Jefferies (State Executive Officer) on:

 **(07) 3340 3283**

m: 0411 744 692

 **admin@kscq.org.au**



Make a difference in your own community



The **'Companionship Project'** requires no prior experience, and we welcome volunteers, both men and women, with all skills and from all backgrounds, with a desire to fulfil our promise to value and respect human life.

What do our volunteers do?

This project is addressing loneliness by providing companionship and social support to residents in local aged care facilities or their own home with one-on-one visits.

Those volunteers who wish to share their wide range of skills, hobbies and passions to engage in roles and activities that interest them most are encouraged to approach their local aged care provider. Some popular roles include:

- Assist the Lifestyle team with activities such as arts and craft, music & dance, carpet bowls, gentle exercise, theme days, bingo etc.
- Other roles can include gardening, maintenance assistance, administration support, café assistants, life story/ biography services.



"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." 1 Peter 4:10 (NIV)