

**Volunteers**

***Would you like to volunteer at PNH?***

***You could either help in the office or become a volunteer tutor or facilitator.***

**Office and Administration Volunteers**

There are a number of office administration volunteers who contribute their time to ensure the PNH office continues to run smoothly. Tasks are many and varied. Many people either phone or walk into the office and volunteering is a great way to connect to people in the community.

We also support and encourage our volunteers to learn (or refresh) new skills in our friendly office environment.

We encourage office volunteers to make a commitment of 3 hours, either in the morning or afternoon on a weekday that suits. The office is open from 9.30am to 3pm.

**Tutoring and Facilitating Volunteers**

If you are someone who has special skills or knowledge and think others in the community may like to learn that skill, we welcome your suggestions and encourage you to discuss your idea with Program Manager Rob Sztogryn. Some of our volunteer tutor activities include painting and drawing, guitar lessons and foreign language sessions.

Many activities don’t require a tutor but need someone to commit to being a facilitator. Being a facilitator means coming along at the same time each week, welcomes participants to the activity, checks the class payment sheet, and perhaps carries out basic tasks so the activity can proceed. We run a number of activities that are DVD based, such as Zumba – where the facilitator sets up the DVD and keeps an eye on participants.

**If YOU would like to volunteer – drop into the office or call for a chat during office hours on 5259 2290. We’d love to speak to you!**