

# VOLUNTEER SHOALHAVEN

RELATIONSHIPS LEARN ENJOYMENT TEAM GIVE INVOLVED FUN  
TEAM CHALLENGE CREATE IDEAS REWARDING EVENT  
OPPORTUNITIES PATHWAYS  
CREATE ORGANISATION QUALITY ENCOURAGE FUN  
TIME CHILDREN LEARN  
ACCESS PEOPLE SHARE GIVE  
COMMUNITY enjoyment NETWORKING FAMILY INVOLVE



# **Volunteering in the Shoalhaven**

This booklet has been prepared to provide a starting point for people wanting to do voluntary work in the local Shoalhaven community. It is also useful for people who are already volunteering, to see what other possibilities there are to do good in our local area.

More information about Community organisations listed in this booklet are available from:

## **Shoalhaven Neighbourhood Services**

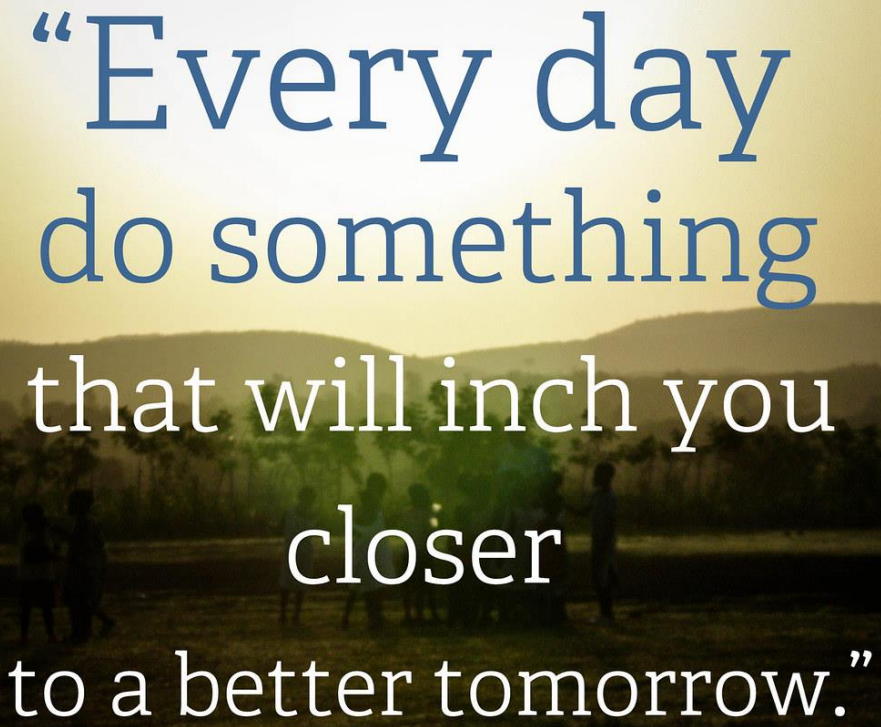
41 Worrigeer Street Nowra NSW 2541

2/80 Park Road Nowra NSW 2541

Email [info@sns.org.au](mailto:info@sns.org.au)

Phone 02 4421 5077

[www.sns.org.au](http://www.sns.org.au)

A photograph of a sunset or sunrise over a field. The sky is a warm, golden yellow. In the foreground, several people are silhouetted against the bright light, standing in a field. The background shows rolling hills or mountains under the same warm light.

“Every day  
do something  
that will inch you  
closer  
to a better tomorrow.”

# **VOLUNTEERING - GETTING STARTED!**

## **Step 1 - Volunteering should be fun!**

Think about the things you enjoy doing as well as your skills and experience.

## **Step 2 - Choose the organisations that appeals to you.**

Have a look through the list of volunteering possibilities and decide which organisations you might like to contact.

## **Step 3 - Contact the organisations that you are interested in.**

Most organisations will ask you for a little information about yourself for example; your contact details, age, availability, whether you have your own transport, what type of volunteer work you would like to do, your skills and experience and why you would like to volunteer for that organisation. They may send you a form and/or invite you in for an informal interview.

## **Step 4 - Decide whether you would like to train as a volunteer with that organisation.**

Ask questions about what you will be doing, they may have a position description. You should also check whether the organisation has insurance covering volunteers and what the policy is on reimbursement of out of pocket expenses. Also ask about what training is provided and check who the volunteer manager/coordinator is, so you know where to go if you have any further questions or need support later on.

## **Step 5 - Give it a go and decide whether it suits you.**

Ideally, you will find something you really enjoy straight away. However, if you don't feel that it is the organisation for you, let them know and think about what else you could try.



The greatest give one can give is  
their time

**Image source:** <https://www.publicdomainpictures.net/en/view-image.php?image=857618&picture=diverse-hands-painting>

# **VOLUNTEERING - INTERESTING FACTS!**

Volunteers are often referred to as the 'glue that holds communities together' and although they often work tirelessly without getting paid, they are the happiest employment group.

There is also a significant wellbeing increase for those who are full-time employed, full-time retired and unemployed. When we are feeling good, we are more likely to contribute to society positively. But in reverse, community connection and engagement is important to our sense of wellbeing. A combination of the interaction provided by volunteering and the personal satisfaction achieved is likely to explain the positive impact on our happiness.

## **Millions of Hours of Volunteer Work**

According to an Australian Bureau of Statistics Survey (Ref. 1), in 2010 32.6%, (6.1 million people) aged 18 years and over participated in voluntary work and according to ID The Population Experts (Ref. 2), nearly one-in-five people volunteered in the 12 months prior to the 2016 Census.

The 2016 Census showed that 3.6 million people had volunteered in the community in the previous year, or 19.0% of the population, up from 17.8% in 2011, an extra 530,000 volunteers over 5 years.

The most common types of organisations that people volunteer in included sport and recreation, community and welfare, religious groups, education and training, and parenting, children and youth groups.

# VOLUNTEERING - BENEFITS

Some of the benefits from volunteering include;

- An opportunity to meet new people.
- A chance to help others or give something back to the community.
- Gain work experience or try out a possible career.
- Learn new skills or put a hobby to good use.
- Learn about other lifestyles.
- Build self-confidence or re-enter society.
- Be active and involved or keep healthy.
- Feel useful.
- To have fun.

Some of the benefits Organisations can benefit from volunteers as they:

- May contribute special talents.
- Provide the enthusiasm of fresh work force.
- Help keep in touch with grassroots issues.
- Represent different community views.
- Allow more services to be provided.

References:

1. Australian Bureau of Statistics – Voluntary Work. Australia 2010: [www.abs.gov.au](http://www.abs.gov.au)
2. Who are Australia's volunteers? (the 2019 update) ID The Population Experts; Blog by Glenn - The Census Expert · March 26, 2019 <https://blog.id.com.au>

# VOLUNTEERING OPPORTUNITIES BY CATEGORY

<b>ANIMALS</b>	<b>Page 8</b>
<i>Opportunities Available Include: Wildlife Rescue, Rehabilitation, Fundraising</i>	



**ANIMALS****Page 8**

*Opportunities Available Include: Wildlife Rescue, Rehabilitation, Fundraising*


# VOLUNTEERING - ORGANISATIONS

---

## ANIMALS

---

**Opportunities Available Include: Wildlife Rescue, Rehabilitation, Fundraising**



---

### **RSPCA**

Contact: Bea or Robyn  
Phone: 0414 749 490  
Email: [ulladullabranh@rspcansw.org.au](mailto:ulladullabranh@rspcansw.org.au)  
Address: P.O. Box 659 Ulladulla NSW 2539

The Royal Society for the Prevention of Cruelty to Animals, New South Wales, (RSPCA NSW) is a not-for-profit organisation in Australia that cares for, treats, protects and rehomes animals across the state. As a charity, we strive to maintain an open-door policy, so no abandoned, neglected, injured or surrendered animal is turned away or forgotten. With an ultimate goal of improving animal welfare education and keeping people and animals together, RSPCA NSW acknowledges the crucial role of humans in keeping our animals safe.

---

### **Shoalhaven Animal Shelter**

Contact: Sharon  
Phone: 02 44293410  
Email: [animalshelter@shoalhaven.nsw.gov.au](mailto:animalshelter@shoalhaven.nsw.gov.au)  
Address: 19 Nowra Hill Road Nowra Hill NSW 2540

---

### **Wildlife Rescue South Coast Inc.**

Phone: 0418 427 214  
Email: [info@wildlife-rescue.org.au](mailto:info@wildlife-rescue.org.au)  
Address: PO Box 666 Nowra NSW 2541

Wildlife Rescue South Coast is a rescue and rehabilitation group for native wildlife licensed by NPWS. We rely fully on volunteers and public donations to enable us to raise orphans, purchase food, milk, supplies and pay vet fees.

We run a 24-hour hotline that enables rescues and advises the public. Fundraising is pivotal to the survival of the group as is administrative support. There are lots of varied volunteer support roles within the group not just directly caring for the wildlife.

---

---

## ARTS, CRAFT AND CULTURE

---

**Opportunities Available Include: Museum/Gallery, Musicians, Performers, Craft Activities**

---



### **Jonathan Rogers House – RSL Life Care**

Contact: Lana (administration)  
Phone: 02 4422 4488  
Email: lana.linnane@rsllifecare.org.au  
Address: 124 Wallace Street Nowra NSW 2541

Aged care services (nursing home)

---

### **Fleet Air Arm Museum**

Contact: Stuart  
Phone: 02 4424 2179  
Email: stuart.harwood@defence.gov.au or faam.admin@defence.gov.au  
Address: 489A Albatross Road Nowra Hill NSW 2540

The Fleet Air Arm Museum, or FAAM, is the component of the Royal Australian Navy Heritage Branch responsible for the collection, cataloguing, restoration, conservation and display of the Fleet Air Arm's Heritage. The collection includes 30 aircraft and over 10,000 over artefacts which tell the story of the Fleet Air Arm and its people, in war and peace, since its beginnings in 1947.

---

### **IRT Group**

Contact: Michelle or Daniel  
Phone: 0419 965 202  
Email: irtvolunteering@irt.org.au  
Address: 2/77 Market Street Wollongong NSW 2500  
Locations: Culburra Beach, Nowra, Milton & St Georges Basin

We are a community owned provider with 50 years' experience improving the lives of older Australians.

---

---

## **Nowra Youth Centre**

Contact: Janet Atkins

Phone: 02 44221988

Email: [janet@nowrayouthcentre.org.au](mailto:janet@nowrayouthcentre.org.au)

Address: 132 Kinghorne Street Nowra NSW 2541

Email: [admin@nowrayouthcentre.org.au](mailto:admin@nowrayouthcentre.org.au)

The Nowra Youth Centre is a non for profit, non-government organisation. The purpose of our organisation is to engage with young people who are at risk of becoming isolated from the community and services available to them.

We provide projects and activities to educate and enlighten young people which helps to prevent and intervene in anti-social behaviours in young people and give alternatives to loitering in the local CBD.

We support young people aged 12-24 years by providing advocacy referrals and information and a safe and non-judgemental place to relax and have a chat.

Nowra Youth Services Inc. "Mission Statement":-

"To empower young people to access services that enhance social equality and celebrate the spirit of youth."

---

## **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven

Phone: 02 44218588

Email: [shoalhaven@pcycnsw.org.au](mailto:shoalhaven@pcycnsw.org.au)

Address: 72 Park Road Nowra NSW 2541

We provide programs for individuals' ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

## **Shoalhaven City Council**

Contact: General inquiries

Phone: 02 4429 3111

Email: [council@shoalhaven.nsw.gov.au](mailto:council@shoalhaven.nsw.gov.au)

Address: PO Box 42 Nowra NSW 2541

---

Shoalhaven City Council offers community members opportunity to participate

---

---

Continued..

as volunteers in projects and/or activities that support social and environmental outcomes for our community.

Volunteering is vital to the social, economic and environmental well-being of our community. It's a way for people to become involved in their community; in ways that are interesting, personally satisfying, productive and fun.

Council volunteering opportunities, including an expression of interest from Ambassador Program, Bushcare, Footpath / cycleway construction, Graffiti removal Leisure Centres, Library, Management Committees, Parkcare, Shoalhaven Arts Centre & Regional Gallery, Tree planting days, Feral Pest Control.

---

### **Shoalhaven Heads Men's Shed Incorporated**

Contact: Allan

Phone: 02 4448 8980

Email: [secretary@headsmensshed.org](mailto:secretary@headsmensshed.org)

Address: 16 Celia Parade, Shoalhaven Heads NSW 2535

We are to advance the health and well-being of our members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men, pursue hobbies, pastimes and interests, learn new skills, practice and pass on old skills. Improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

---

### **Shoalhaven Regional Gallery Nowra**

Contact: Bridget

Phone: 02 4429 5444

Email: [bridget.macleod@shoalhaven.nsw.gov.au](mailto:bridget.macleod@shoalhaven.nsw.gov.au) or  
[gallery@shoalhaven.nsw.gov.au](mailto:gallery@shoalhaven.nsw.gov.au)

Address: 12 Berry Street Nowra NSW 2541

Website: [www.shoalhavenregionalgallery.com.au](http://www.shoalhavenregionalgallery.com.au)

A creative hub with a varied exhibition program featuring both contemporary and traditional works, a diverse range of touring exhibitions, community exhibitions and associated public programs are offered throughout the year.

There are plenty of ways to get involved, from enhancing visitors' experiences of the gallery through our front of house and events teams, to helping behind the scenes with exhibition installation and administration projects.

---

---

### **U3A Shoalhaven**

Contact: 02 4424 0216

Email: shoalhaven.uni3a@gmail.com

Address: 5/48 Berry Street Nowra NSW 2541

The University of the Third Age (U3A) is an international movement whose aims are the education and stimulation of mainly retired/ semi-retired members of the community - those in their third 'age' of life.

U3A provides structured, informal educational courses and activities to stimulate minds, promote physical health and social interaction and the opportunity to continue learning in a relaxed, supportive and social environment. Your level of education isn't important and the only qualifications are curiosity and interest.

Most courses are held at 48 Berry St Nowra, usually for two hours, mornings and afternoons on weekdays.

Volunteers to help with the quarterly activities and courses program – typing, proof reading plus photocopying and folding of quarterly brochure, ready for postage.

We need people able to tutor or lead interesting courses for our members. No formal qualifications necessary. Some short courses members are requesting are: Archaeology, Calligraphy, Cooking, Asian Languages, Gardening, Plants & Permaculture, Home Repairs, Painting & Drawing, Water colours, Spanish, Italian  
Coffee & Discussion groups

---

## **CHARITIES, NOT FOR PROFIT ORGANISATIONS**

---

**Opportunities Available Include: Charity, Warehouse Assistants, Op Shops, Fundraising Events/Appeals, Disaster Services (personal support), Telecross, Running Community Shops and Cafes.**

---

### **Australian Red Cross**

Contact: Kristy or Alison

Phone: 02 4428 4900

Email: nswsouthern@redcross.org.au

Address: Level 1 / 57 Graham Street Nowra NSW 2541

The Red Cross has various programs including Emergency Services, Young Parents Program, Save-A-Mate (SAM) Health Education Program, Food Security, Social Support, Community Visitors Scheme, and Learner Driver Program.

---

---

**Coast and Country Community Services Ltd. (Shoalhaven Community Transport)**

Contact: Peta - Team Development Officer  
Phone: 02 4423 6044  
Email: enquiries@shoalhaven.cccsl.org.au  
Address: 24 Trim Street South Nowra NSW 2541

We provide quality door to door transport to frail aged people, people with disabilities and people who are transport-disadvantaged. We have accessible vehicles to ensure a safe and reliable service for all clients. We are a Registered NDIS provider.

---

**Nowra Youth Centre**

Contact: Janet Atkins  
Phone: 02 4422 1988  
Email: janet@nowrayouthcentre.org.au  
Address: 132 Kinghorne Street Nowra 2541  
Email: admin@nowrayouthcentre.org.au

The Nowra Youth Centre is a not for profit, non-government organisation. The purpose of our organisation is to engage with young people who are at risk of becoming isolated from the community and services available to them.

We provide projects and activities to educate and enlighten young people, which helps to prevent and intervene in anti-social behaviours in young people and give alternatives to loitering in the local CBD.

We support young people aged 12-24 years by providing advocacy referrals and information and a safe and non-judgemental place to relax and have a chat.

Nowra Youth Services Inc. "Mission Statement":-

"To empower young people to access services that enhance social equality and celebrate the spirit of youth."

---

**RSPCA**

Contact: Bea or Robyn  
Phone: 0414 749 490  
Email: ulladullabranh@rspcansw.org.au  
Address: P.O. Box 659, Ulladulla NSW 2539

The Royal Society for the Prevention of Cruelty to Animals, New South Wales, (RSPCA NSW) is a not-for-profit organisation in Australia that cares for, treats, protects and

---

---

Continued..

rehomes animals across the state. As a charity, we strive to maintain an open-door policy, so no abandoned, neglected, injured or surrendered animal, is turned away or forgotten. With an ultimate goal of improving animal welfare education and keeping people and animals together, RSPCA NSW acknowledges the crucial role of humans in keeping our animals safe.

Ulladulla Branch is one of 26 volunteer branches that run fundraising events and assist with local microchipping and de-sexing drives in lower income communities. Along with cats and dogs, RSPCA NSW helps a wide range of other animals, from horses to rabbits, guinea pigs, birds, goats and sheep.

Animals deserve our protection and respect - they make our lives full and remind us what it means to live humanely.

---

### **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven  
Phone: 02 44218588  
Email: shoalhaven@pcycnsw.org.au  
Address: 72 Park Road Nowra NSW 2541

We provide programs for individuals ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

### **Sanctuary Point Connect (SaCC)**

Contact: Christine  
Phone: 02 4443 0520  
Email: christine.mcinerneypercy@det.nsw.edu.au  
Address: 41 Idewild Avenue Sanctuary Point NSW 2540  
Website: [www.sanctuarypointconnect.org](http://www.sanctuarypointconnect.org)

Connect is part of the Department of Education's Schools as Community centres project. Established in 2006, Connect runs a number of early intervention initiatives to support families with children 0 - 8 years. Initiatives include supported playgroups, child development courses, support groups and parent education.

---



---

## **St Vincent de Paul (Vinnies)**

Contact: Liz

Phone: 02 4421 7244 or 0412 684 227

Email: [liz.parker@vinnies.org.au](mailto:liz.parker@vinnies.org.au)

Address: 11/158 Princes Hwy South Nowra NSW 2541

14 Investigator St South Nowra NSW 2541

5 Berry St Nowra NSW 2541 & Shoalhaven Heads, Berry, Callala Bay,  
Sanctuary Point and Ulladulla

Website: [www.vinnies.org.au](http://www.vinnies.org.au)

Vinnies works closely with the community to provide support for those in need. Volunteering in our local retail shops is a great way to give back to the community while meeting new people and learning new skills.

Vinnies Shoalhaven has a range of retail volunteers and warehousing roles that need filling from Berry to Ulladulla.

---

## **Shoalhaven Neighbourhood Services**

Contact: Skye

Phone: 02 4421 5077

Email: [operations@sns.org.au](mailto:operations@sns.org.au)

Address: 41 Worrigea Street Nowra NSW 2541

2/80 Park Road Nowra NSW 2541

Shoalhaven Neighbourhood Services operate two neighbourhood centres and a range of services to individuals, families and the wider community. For over 40 years we have worked to build a resilient, connected, caring and vibrant community. We encourage anyone passionate about their community to join our wonderful team of volunteers – there are many opportunities to make a difference!

---

## **The Ulladulla & Districts Community Resources Centre**

Contact: Manager

Phone: 02 4454 0477

Email: [reception@ulladullacrc.org.au](mailto:reception@ulladullacrc.org.au)

Address: 78 St Vincent Street Ulladulla NSW 2539

Information and referral. Visiting services and group activities. Food Store, Food Assistance, Literacy and Numeracy, Computer tuition, JP Community Desk, education and self-help groups, Mothers group, Yoga, Tai Chi, venue for hire. Photocopying, printing, scanning and email facility.

---

---

## **Wildlife Rescue South Coast Inc.**

Phone: 0418 427 214

Email: info@wildlife-rescue.org.au

Address: PO Box 666 Nowra NSW 2541

Wildlife Rescue South Coast is a rescue and rehabilitation group for native wildlife licensed by NPWS. We rely fully on volunteers and public donations to enable us to raise orphans, purchase food, milk, supplies and pay vet fees.

We run a 24-hour hotline that enables rescues and advises the public. Fundraising is pivotal to the survival of the group as is administrative support. There are lots of varied volunteer support roles within the group not just directly caring for the wildlife.

---

## **COMMITTEES BOARD MEMBERS/WORKING GROUPS**

**Opportunities Available Include: Treasurer, Bookkeeper, Committee Members, Marketing, Fundraising**

---

### **Bay and Basin Community Resources**

Contact: Margaret

Phone: 02 44439244

Email: semkiwm@bbcri.com.au

Address: 18 Sanctuary Point Road Sanctuary Point NSW 2540

---

### **North Shoalhaven Meals on Wheels**

Contact: Lisa

Phone: 02 4422 5111

Email: lisa.burns@nsmow.org.au

We cover all of North Shoalhaven including our services in Berry, Culburra Beach, Jervis Bay & Districts, Nowra Bomaderry, Shoalhaven Heads and East.

North Shoalhaven Meals on Wheels offers arrange of flexible food options to assist people to remain well-nourished and living independently in the community.

Throughout the North Shoalhaven area, we have a number of volunteer positions available including Drivers, Delivers, Kitchen Assistants, Kitchen Coordinators/Cooks, Client Visitors, Social Group. Administrators Assistants, Ambassadors who can assist with social and print media and other promotional activities, and Board Members

---

---

## **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven  
Phone: 02 44218588  
Email: shoalhaven@pcycnsw.org.au  
Address: 72 Park Road Nowra NSW 2541

We provide programs for individuals' ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

## **Shoalhaven City Council**

Contact: General Enquiries  
Phone: 02 4429 3111  
Email: council@shoalhaven.nsw.gov.au  
Address: PO Box 42 Nowra NSW 2541

Shoalhaven City Council offers community members the opportunity to participate as volunteers in projects and/or activities that support social and environmental outcomes for our community.

Council volunteering opportunities, including an expression of interest from Ambassador Program, Bushcare, Footpath / cycleway construction, Graffiti removal Leisure Centres, Library, Management Committees, Parkcare, Shoalhaven Arts Centre & Regional Gallery, Tree planting days, Feral Pest Control.

---

## **Shoalhaven Heads Men's Shed Incorporated**

Contact: Allan  
Phone: 02 4448 8980  
Email: secretary@headsmensshed.org  
Address: 16 Celia Parade Shoalhaven Heads NSW 2535

We are to advance the health and well-being of our members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men, pursue hobbies, pastimes and interests, learn new skills, practice and pass on old skills. Improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

---

---

## **Wildlife Rescue South Coast Inc.**

Phone: 0418 427 214

Email: [info@wildlife-rescue.org.au](mailto:info@wildlife-rescue.org.au)

Address: PO Box 666 Nowra NSW 2541

Wildlife Rescue South Coast is a rescue and rehabilitation group for native wildlife licensed by NPWS. We rely fully on volunteers and public donations to enable us to raise orphans, purchase food, milk, supplies and pay vet fees. We run a 24-hour hotline that enables rescues and advises the public. Fundraising is pivotal to the survival of the group as is administrative support. There are lots of varied volunteer support roles within the group not just directly caring for the wildlife.

---

## **COMPUTERS/TECHNOLOGY MEDIA**

**Opportunities Available Include: IT Assistant, Help with Talking to Newspaper, Community Radio, Assisting with Technology**



---

### **Fleet Air Arm Museum**

Contact: Stuart

Phone: 02 4424 2179

Email: [stuart.harwood@defence.gov.au](mailto:stuart.harwood@defence.gov.au) or [faam.admin@defence.gov.au](mailto:faam.admin@defence.gov.au)

Address: 489A Albatross Road Nowra Hill NSW 2540

The Fleet Air Arm Museum, or FAAM, is the component of the Royal Australian Navy Heritage Branch responsible for the collection, cataloguing, restoration, conservation and display of the Fleet Air Arm's Heritage. The collection includes 30 aircraft and over 10,000 over artefacts which tell the story of the Fleet Air Arm and its people, in war and peace, since its beginnings in 1947.

---

### **North Shoalhaven Meals on Wheels**

Contact: Lisa

Phone: 02 4422 5111

Email: [lisa.burns@nsmow.org.au](mailto:lisa.burns@nsmow.org.au)

We cover all of North Shoalhaven including our services in Berry, Culburra Beach, Jervis Bay & Districts, Nowra Bomaderry, Shoalhaven Heads and East. Offers arrange of flexible food options to assist people to remain well-nourished and living independently in the community. We have a number of positions available including Drivers, Delivers, Kitchen Assistants, Kitchen Coordinators/Cooks,

---

---

Continued..

Client Visitors, Social Group. Administrators Assistants, Ambassadors who can assist with social and print media and other promotional activities, and Board Members

---

### **Shoalhaven Heads Men's Shed Incorporated**

Contact: Allan

Phone: 02 4448 8980

Email: [secretary@headsmensshed.org](mailto:secretary@headsmensshed.org)

Address: 16 Celia Parade Shoalhaven Heads NSW 2535

We are to advance the health and well-being of our members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men, pursue hobbies, pastimes and interests, learn new skills, practice and pass on

old skills. Improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

---

### **The Ulladulla & Districts Community Resources Centre**

Contact: Manager

Phone: 02 4454 0477

Email: [reception@ulladullacrc.org.au](mailto:reception@ulladullacrc.org.au)

Address: 78 St Vincent Street, Ulladulla NSW 2539

Information and referral. Visiting services and group activities. Food Store, Food Assistance, Literacy and Numeracy, Computer tuition, JP Community Desk, education and self help groups, Mothers group, Yoga, Tai Chi, venue for hire. Photocopying, printing, scanning and email facility.

---

### **Shoalhaven City Council**

Contact: General Enquiries

Phone: 02 4429 3111

Email: [council@shoalhaven.nsw.gov.au](mailto:council@shoalhaven.nsw.gov.au)

Address: PO Box 42 Nowra NSW 2541

Shoalhaven City Council offers community members the opportunity to participate as volunteers in projects and/or activities that support social and environmental outcomes for our community.

---

---

## EDUCATION

---

**Opportunities Available Include: Adult Literacy, Helping Children with Literacy, Tertiary Mentoring, Learning Clubs**

---



---

### **Australian Red Cross**

Contact: Kristy or Alison  
Phone: 02 4428 4900  
Email: [nwsouthern@redcross.org.au](mailto:nwsouthern@redcross.org.au)  
Address: Level 1 / 57 Graham Street Nowra NSW 2541

The Australian Red Cross has various programs including Emergency Services, Young Parents Program, Save-A-Mate (SAM) Health Education Program, Food Security, Social Support, Community Visitors Scheme, and Learner Driver Program.

---

### **Fleet Air Arm Museum**

Contact: Stuart  
Phone: 02 4424 2179  
Email: [stuart.harwood@defence.gov.au](mailto:stuart.harwood@defence.gov.au) or [faam.admin@defence.gov.au](mailto:faam.admin@defence.gov.au)  
Address: 489A Albatross Road Nowra Hill NSW 2540

The Fleet Air Arm Museum, or FAAM, is the component of the Royal Australian Navy Heritage Branch responsible for the collection, cataloguing, restoration, conservation and display of the Fleet Air Arm's Heritage. The collection includes 30 aircraft and over 10,000 over artefacts which tell the story of the Fleet Air Arm and its people, in war and peace, since its beginnings in 1947.

---

### **Nowra Youth Centre**

Contact: Janet Atkins  
Phone: 02 4422 1988  
Email: [janet@nowrayouthcentre.org.au](mailto:janet@nowrayouthcentre.org.au) or [admin@nowrayouthcentre.org.au](mailto:admin@nowrayouthcentre.org.au)  
Address: 132 Kinghorne Street Nowra NSW 2541

The purpose of our organisation is to engage with young people who are at risk of becoming isolated from the community and services available to them.

We provide projects and activities to educate and enlighten young people which helps to prevent and intervene in anti-social behaviours in young people and give alternatives to loitering in the local CBD.

---

---

Continued..

We support young people aged 12-24 years by providing advocacy referrals and information and a safe and non-judgemental place to relax and have a chat.

Nowra Youth Services Inc. "Mission Statement":- "To empower young people to access services that enhance social equality and celebrate the spirit of youth."

---

### **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven

Phone: 02 4421 8588

Email: shoalhaven@pcycnsw.org.au

Address: 72 Park Road Nowra NSW 2541

We provide programs for individuals' ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

### **Sanctuary Point Connect (SaCC)**

Contact: Christine

Phone: 02 4443 0520

Email: christine.mcinerneypercy@det.nsw.edu.au

Address: 41 Idewild Avenue Sanctuary Point NSW 2540

Website: [www.sanctuarypointconnect.org](http://www.sanctuarypointconnect.org)

Connect is part of the Department of Education's Schools as Community centres project. Established in 2006, Connect runs a number of early intervention initiatives to support families with children 0 - 8 years. Initiatives include supported playgroups, child development courses, support groups and parent education.

---

### **Shoalhaven Heads Men's Shed Incorporated**

Contact: Allan

Phone: 02 4448 8980

Email: [secretary@headsmensshed.org](mailto:secretary@headsmensshed.org)

Address: 16 Celia Parade Shoalhaven Heads NSW 2535

We are to advance the health and well-being of our members by providing a safe and happy environment where skilled and unskilled men can, in the

---

Continued..

company of other men, pursue hobbies, pastimes and interests, learn new skills, practice and pass on old skills. Improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

---

### **The Smith Family**

Contact: Clive  
Phone: 0466 687 233  
Email: [Clive-robertson@thesmithfamily.com.au](mailto:Clive-robertson@thesmithfamily.com.au)  
Address: 72 Berry Street Nowra NSW 2541

The Smith Family is a charity that supports children from a disadvantaged background. Students families receive scholarship funding for education costs and access to programs designed to promote academic performance, attendance and completion of secondary education.

---

### **The Ulladulla & Districts Community Resources Centre**

Contact: Manager  
Phone: 02 4454 0477  
Email: [reception@ulladullacrc.org.au](mailto:reception@ulladullacrc.org.au)  
Address: 78 St Vincent Street Ulladulla NSW 2539

Information and referral. Visiting services and group activities. Food Store, Food Assistance, Literacy and Numeracy, Computer tuition, JP Community Desk, education and self-help groups, Mothers group, Yoga, Tai Chi, venue for hire. Photocopying, printing, scanning and email facility.

---

### **U3A Shoalhaven**

Phone: 02 4424 0216  
Email: [shoalhaven.uni3a@gmail.com](mailto:shoalhaven.uni3a@gmail.com)  
Address: 5/48 Berry Street Nowra NSW 2541

The University of the Third Age (U3A) is an international movement whose aims are the education and stimulation of mainly retired/ semi-retired members of the community - those in their third 'age' of life. U3A provides structured, informal educational courses and activities to stimulate minds, promote physical health and social interaction and the opportunity to continue learning in a relaxed, supportive and social environment.

---



---

Continued..

Members learn and teach for the sheer joy of it. The principles of self-help and mutual support are the corner stones of the U3A movement. Most courses are held at 48 Berry St Nowra, usually for two hours, mornings and afternoons on weekdays.

Volunteers to help with the quarterly activities and courses program – typing, proof reading plus photocopying and folding of quarterly brochure, ready for postage.

We need people able to tutor or lead interesting courses for our members. No formal qualifications necessary. Some short courses members are requesting are: Archaeology, Calligraphy, Cooking, Asian Languages, Gardening, Plants & Permaculture, Home Repairs, Painting & Drawing, Water colours, Spanish, Italian, Coffee & Discussion groups

---

## **EMERGENCY/SAFETY RESCUE**

---

**Opportunities Available Include: Firefighting, Emergency Services, Providing Welfare, Emergencies/Disasters**

---

### **Australian Red Cross**

Contact: Kristy or Alison

Phone: 02 4428 4900

Email: [NswSouthern@redcross.org.au](mailto:NswSouthern@redcross.org.au)

Address: Level 1 / 57 Graham Street Nowra NSW 2541



The Australian Red Cross has various programs including Emergency Services, Young Parents Program, Save-A-Mate (SAM) Health Education Program, Food Security, Social Support, Community Visitors Scheme, and Learner Driver Program.

---

### **Culburra Beach Progress Association**

Contact: Alan

Phone: 0410 415 671

Email: [alan.pendleton1939@gmail.com](mailto:alan.pendleton1939@gmail.com) or [m.cobcroft8@optusnet.com.au](mailto:m.cobcroft8@optusnet.com.au)

Address: PO Box 135 Culburra Beach NSW 2540

We are a community-based organisation who liaise with council and other agencies to try to get improvements to services in our township.

---

### **NSW State Emergency Service (NSW SES)**

Contact: [www.ses.nsw.gov.au/volunteer](http://www.ses.nsw.gov.au/volunteer)

NSW SES is a volunteer-based organisation that works with communities to prepare

and respond to severe weather events.

We are the lead combat agency for flood, storm and tsunami in NSW. We manage responses to these emergencies and help communities prepare through planning and education.

As a Unit Volunteer, you can take on and train for many roles:

Storm and Flood Damage Volunteer, Unit Leadership Positions (Unit & Local Commander), Incident Management Team, Vertical Rescue Operator, Road Crash Rescue Operator, Alpine Search and Rescue, Media Liaison Officer, Flood Rescue Operator, Community Capability Volunteer, Community First Responder, Bush Search and Rescue Operator

---

### **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven

Phone: 02 4421 8588

Email: [shoalhaven@pcycnsw.org.au](mailto:shoalhaven@pcycnsw.org.au)

Address: 72 Park Road Nowra NSW 2541

We provide programs for individual's ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

---

## ENVIRONMENT

---

**Opportunities Available Include: Bush Regeneration, Tree Planting, Bird Monitoring, Advocacy, Lobbying, Footpath/Cycleway Construction, Graffiti Removal, Park Care, Feral Pest Control.**



---

### **Shoalhaven City Council**

Contact: General Enquiries  
Phone: 02 4429 3111  
Email: [council@shoalhaven.nsw.gov.au](mailto:council@shoalhaven.nsw.gov.au)  
Address: PO Box 42 Nowra NSW 2541

Shoalhaven City Council offers community members the opportunity to participate as volunteers in projects and/or activities that support social and environmental outcomes for our community. Shoalhaven City Council makes it easy for you to find a volunteer activity to suit your interests and location.

Council volunteering opportunities, including an expression of interest from Ambassador Program, Bushcare, Footpath / cycleway construction, Graffiti removal Leisure Centres, Library, Management Committees, Parkcare, Shoalhaven Arts Centre & Regional Gallery, Tree planting days, Feral Pest Control.

---

### **Culburra Beach Progress Association**

Contact: Alan  
Phone: 0410 415 671  
Email: [alan.pendleton1939@gmail.com](mailto:alan.pendleton1939@gmail.com) or [m.cobcroft8@optusnet.com.au](mailto:m.cobcroft8@optusnet.com.au)  
Address: PO Box 135 Culburra Beach NSW 2540

We are a community-based organisation who liaise with council and other agencies to try to get improvements to services in our township.

---

---

## **FOOD PREPARATION/HOSPITALITY**

---

**Opportunities Available Include: Helping Prepare and Deliver Meals, Kitchen Assistance, Preparing and Serving Meals. Food Handling Certificate would be an advantage.**



---

### **Australian Red Cross**

Contact: Kristy or Alison  
Phone: 02 4428 4900  
Email: [nwsouthern@redcross.org.au](mailto:nwsouthern@redcross.org.au)  
Address: Level 1 / 57 Graham Street Nowra NSW 2541

The Australian Red Cross has various programs including Emergency Services, Young Parents Program, Save-A-Mate (SAM) Health Education Program, Food Security, Social Support, Community Visitors Scheme, and Learner Driver Program.

---

### **Culburra Beach Progress Association**

Contact: Alan  
Phone: 0410 415 671  
Email: [alan.pendleton1939@gmail.com](mailto:alan.pendleton1939@gmail.com) or [m.cobcroft8@optusnet.com.au](mailto:m.cobcroft8@optusnet.com.au)  
Address: PO Box 135 Culburra Beach NSW 2540

We are a community-based organisation who liaise with council and other agencies to try to get improvements to services in our township.

---

### **IRT Group**

Contact: Michelle or Daniel  
Phone: 0419 965 202  
Email: [irtvolunteering@irt.org.au](mailto:irtvolunteering@irt.org.au)  
Address: 2/77 Market Street Wollongong NSW 2500  
Locations: Culburra Beach, Nowra, Milton & St Georges Basin

We're a community owned provider with 50 years' experience improving the lives of older Australians.

---

## **North Shoalhaven Meals on Wheels**

Contact: Lisa  
Phone: 02 4422 5111  
Email: [lisa.burns@nsmow.org.au](mailto:lisa.burns@nsmow.org.au)

We cover all of North Shoalhaven including our services in Berry, Culburra Beach, Jervis Bay & Districts, Nowra Bomaderry, Shoalhaven Heads and East.

North Shoalhaven Meals on Wheels offers arrange of flexible food options to assist people to remain well-nourished and living independently in the community. Throughout the North Shoalhaven area, we have a number of volunteer positions available including Drivers, Delivers, Kitchen Assistants, Kitchen Coordinators/Cooks, Client Visitors, Social Group. Administrators Assistants, Ambassadors who can assist with social and print media and other promotional activities, and Board Members.

---

## **Shoalhaven Hospital**

Contact: Main Reception  
Phone: 4421 3111  
Address: Scenic Dr Nowra NSW 2541  
Website: [www.islhd.health.nsw.gov.au/get-involved/volunteer](http://www.islhd.health.nsw.gov.au/get-involved/volunteer)

Volunteers run programs and support the hospital in a variety of ways including generous fundraising and compassionate services.

The Grandparents Program in the Children's Ward provides support to children and their families through companionship. The Pink Lady trolleys offer snacks and beverages to patients and their families and the Auxiliary regularly hold fundraising stalls and provide other volunteer support functions.

The Volunteers Assisting and Supporting Elderly patients (VASE) program is a new initiative at the Hospital aimed at supporting older people by providing social, emotional and practical support to patients to enhance their care. We are calling for volunteers in the Shoalhaven to help us by engaging with our patients – whether it's going for a walk, helping with meals, playing board games or simply just having a chat.

To become a volunteer at Shoalhaven Hospital please contact the hospital main reception and provide your contact details. We will then contact you to start the recruitment process.

---

---

## FUNDRAISING

---

**Opportunities Available Include: *Lobbying, Events Management, Letter Writing/Mail Outs***

---

### **Australian Red Cross**

Contact: Kristy or Alison

Phone: 02 4428 4900

Email: [NswSouthern@redcross.org.au](mailto:NswSouthern@redcross.org.au)

Address: Level 1 / 57 Graham Street, Nowra NSW 2541

The Australian Red Cross has various programs including Emergency Services, Young Parents Program, Save-A-Mate (SAM) Health Education Program, Food Security, Social Support, Community Visitors Scheme, and Learner Driver Program.

---

### **Culburra Beach Progress Association**

Contact; Alan

Phone: 0410 415 671

Email: [alan.pendleton1939@gmail.com](mailto:alan.pendleton1939@gmail.com) or [m.cobcroft8@optusnet.com.au](mailto:m.cobcroft8@optusnet.com.au)

Address: PO Box 135 Culburra Beach NSW 2540

We are a community-based organisation who liaise with council and other agencies to try to get improvements to services in our township.

---

### **North Shoalhaven Meals on Wheels**

Contact: Lisa

Phone: 02 4422 5111

Email: [lisa.burns@nsmow.org.au](mailto:lisa.burns@nsmow.org.au)

We cover all of North Shoalhaven including our services in Berry, Culburra Beach, Jervis Bay & Districts, Nowra Bomaderry, Shoalhaven Heads and East.

North Shoalhaven Meals on Wheels offers arrange of flexible food options to assist people to remain well-nourished and living independently in the community. Throughout the North Shoalhaven area we have a number of volunteer positions available including Drivers, Delivers, Kitchen Assistants, Kitchen Coordinators/Cooks, Client Visitors, Social Group. Administrators Assistants, Ambassadors who can assist with social and print media and other promotional activities, and Board Members.

---

---

## **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven  
Phone: 02 4421 8588  
Email: shoalhaven@pcycnsw.org.au  
Address: 72 Park Road Nowra NSW 2541

We provide programs for individual's ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

## **RSPCA**

Contact: Bea or Robyn  
Phone: 0414 749 490  
Email: ulladullabbranch@rspcansw.org.au  
Address: P.O. Box 659 Ulladulla NSW 2539

The Royal Society for the Prevention of Cruelty to Animals, New South Wales, (RSPCA NSW) is a not-for-profit organisation in Australia that cares for, treats, protects and rehomes animals across the state. As a charity, we strive to maintain an open-door policy, so no abandoned, neglected, injured or surrendered animal is turned away or forgotten. With an ultimate goal of improving animal welfare education and keeping people and animals together, RSPCA NSW acknowledges the crucial role of humans in keeping our animals safe.

Ulladulla Branch is one of 26 volunteer branches that run fundraising events and assist with local microchipping and de-sexing drives in lower income communities. Along with cats and dogs, RSPCA NSW helps a wide range of other animals, from horses to rabbits, guinea pigs, birds, goats and sheep.

Animals deserve our protection and respect - they make our lives full and remind us what it means to live humanely.

---

## **Shoalhaven Hospital**

Contact: Main Reception  
Phone: 02 4421 3111  
Address: Scenic Drive Nowra NSW 2541  
Website: [www.islhd.health.nsw.gov.au/get-involved/volunteer](http://www.islhd.health.nsw.gov.au/get-involved/volunteer)

---

---

Continued..

Volunteers run programs and support the hospital in a variety of ways including generous fundraising and compassionate services.

The Grandparents Program in the Children's Ward provides support to children and their families through companionship. The Pink Lady trolleys offer snacks and beverages to patients and their families and the Auxiliary regularly hold fundraising stalls and provide other volunteer support functions.

The Volunteers Assisting and Supporting Elderly patients (VASE) program is a new initiative at the Hospital aimed at supporting older people by providing social, emotional and practical support to patients to enhance their care. We are calling for volunteers in the Shoalhaven to help us by engaging with our patients – whether it's going for a walk, helping with meals, playing board games or simply just having a chat. To become a volunteer at Shoalhaven Hospital please contact the hospital main reception and provide your contact details. We will then contact you to start the recruitment process.

---

### **St Vincent de Paul (Vinnies)**

Contact: Liz Parker  
Phone: 02 4421 7244  
Email: [liz.parker@vinnies.org.au](mailto:liz.parker@vinnies.org.au)  
Address: 5 Berry St Nowra NSW 2541

158 Princes Hwy South Nowra NSW

2541

14 Investigator Street South Nowra NSW 2541

Plus Shoalhaven heads, Berry, Callala Bay, Sanctuary Point and Ulladulla

Volunteers can assist with sorting, retail and transportation of donated goods.

---

### **Wildlife Rescue South Coast Inc.**

Phone: 0418 427 214  
Email: [info@wildlife-rescue.org.au](mailto:info@wildlife-rescue.org.au)  
Address: PO Box 666 Nowra NSW 2541

Wildlife Rescue South Coast is a rescue and rehabilitation group for native wildlife licensed by NPWS. We rely fully on volunteers and public donations to enable us to raise orphans, purchase food, milk, supplies and pay vet fees. We run a 24-hour hotline that enables rescues and advises the public. Fundraising is pivotal to the survival of the group as is administrative support. There are lots of varied volunteer support roles within the group not just directly caring for the wildlife.

---



---

## GENERAL HEALTH

---

**Opportunities Available Include: Providing Social Support for those who are being treated for cancer. Assistance for the dying and their families, people with vision impairment, mental health clients and people with an acquired brain injury.**



---

### Bay and Basin Community Resources

Contact: Margaret  
Phone: 02 44439244  
Email: semkiwm@bbcri.com.au  
Address: 18 Sanctuary Point Road Sanctuary Point NSW 2540

---

### Culburra & Districts Mens Shed

Contact: Ray  
Phone: 04 9945 2095  
Email: raysutton2@bigpond.com.au  
Address: PO Box 135 Culburra Beach NSW 2540

Built beside the IRT retirement home so men can have some other male contact and make items and improve their well-being.

---

### Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)

Contact: PCYC Shoalhaven  
Phone: 02 4421 8588  
Email: shoalhaven@pcycnsw.org.au  
Address: 72 Park Road, Nowra NSW 2541

We provide programs for individuals ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

### Shoalhaven Primary Health Nursing Service

Contact: Jennifer or Vanessa  
Phone: 0411 402 474  
Email: Jennifer.McLeod1@health.nsw.gov.au or  
vanessa.field@health.nsw.gov.au  
Address: 5-7 Laurence Ave Nowra NSW 2541

---

---

## **Shoalhaven Hospital**

Contact: Main Reception

Phone: 02 4421 3111

Address: Scenic Dr Nowra NSW 2541

Website: [www.islhd.health.nsw.gov.au/get-involved/volunteer](http://www.islhd.health.nsw.gov.au/get-involved/volunteer)

Volunteers run programs and support the hospital in a variety of ways including generous fundraising and compassionate services.

The Grandparents Program in the Children's Ward provides support to children and their families through companionship. The Pink Lady trolleys offer snacks and beverages to patients and their families and the Auxiliary regularly hold fundraising stalls and provide other volunteer support functions.

The Volunteers Assisting and Supporting Elderly patients (VASE) program is a new initiative at the Hospital aimed at supporting older people by providing social, emotional and practical support to patients to enhance their care. We are calling for volunteers in the Shoalhaven to help us by engaging with our patients – whether it's going for a walk, helping with meals, playing board games or simply just having a chat.

To become a volunteer at Shoalhaven Hospital please contact the hospital main reception and provide your contact details. We will then contact you to start the recruitment process.

---

## **Shoalhaven Women's Health Centre**

Contact: Tracy

Phone: 02 4421 0730

Email: [swhc@swhc.org.au](mailto:swhc@swhc.org.au)

Address: 5 McGrath Avenue Nowra NSW 2541

Women's health and wellbeing service providing support, intervention and prevention work; counselling, massage, complimentary therapist, financial counselling, workshops and groups; well women's nurse; visiting legal service.

---

## **Veterans and Community Men's Shed West Nowra (Incorp)**

Contact: Mr Frank Eyck

Phone: 02 4423 1862

Email: [vacmansshed@gmail.com](mailto:vacmansshed@gmail.com)

Address: C/o 48 Hansons Road North Nowra 2541

Men's Shed; Wood & Metal work, Social Inclusion, Mental & Physical Health.

---

---

## INFORMATION SERVICES

---

**Opportunities Available Include: Visitor Centre Reception, Neighbourhood Centre Reception**

---

### **Bay and Basin Community Resources**

Contact: Margaret

Phone: 02 44439244

Email: semkiwm@bbcri.com.au

Address: 18 Sanctuary Point Road Sanctuary Point NSW 2540

---

### **Jonathan Rogers House – RSL Life Care**

Contact: Lana (Administration)

Phone: 02 4422 4488

Email: lana.linnane@rsllifecare.org.au

Address: 124 Wallace Street Nowra NSW 2541

---

Aged care services (nursing home)

---

### **Fleet Air Arm Museum**

Contact: Stuart Harwood

Phone: 02 4424 2179

Email: stuart.harwood@defence.gov.au or faam.admin@defence.gov.au

Address: 489A Albatross Road Nowra Hill NSW 2540

The Fleet Air Arm Museum, or FAAM, is the component of the Royal Australian Navy Heritage Branch responsible for the collection, cataloguing, restoration, conservation and display of the Fleet Air Arm's Heritage. The collection includes 30 aircraft and over 10,000 over artefacts which tell the story of the Fleet Air Arm and its people, in war and peace, since its beginnings in 1947.

---

---

## **Nowra Youth Centre**

Contact: Janet

Phone: 02 4422 1988

Email: [janet@nowrayouthcentre.org.au](mailto:janet@nowrayouthcentre.org.au) or [admin@nowrayouthcentre.org.au](mailto:admin@nowrayouthcentre.org.au)

Address: 132 Kinghorne Street Nowra NSW 2541

The Nowra Youth Centre is a non for profit, non-government organisation. The purpose of our organisation is to engage with young people who are at risk of becoming isolated from the community and services available to them.

We provide projects and activities to educate and enlighten young people which helps to prevent and intervene in anti-social behaviours in young people and give alternatives to loitering in the local CBD.

We support young people aged 12-24 years by providing advocacy referrals and information and a safe and non-judgemental place to relax and have a chat.

Nowra Youth Services Inc. "Mission Statement":-

"To empower young people to access services that enhance social equality and celebrate the spirit of youth."

---

## **Shoalhaven City Council**

Contact: General Enquiries

Phone: 02 4429 3111

Email: [council@shoalhaven.nsw.gov.au](mailto:council@shoalhaven.nsw.gov.au)

Address: PO Box 42 Nowra NSW 2541

Shoalhaven City Council offers community members the opportunity to participate as volunteers in projects and/or activities that support social and environmental outcomes for our community.

Shoalhaven City Council makes it easy for you to find a volunteer activity to suit your interests and location.

Council volunteering opportunities, including an expression of interest from Ambassador Program, Bushcare, Footpath / cycleway construction Graffiti removal, Leisure Centres, Library, Management Committees, Parkcare, Shoalhaven Arts Centre & Regional Gallery, Tree planting days, Feral Pest Control.

---

---

## **Shoalhaven Neighbourhood Services**

Contact: Skye  
Phone: 02 4421 5077  
Email: [operations@sns.org.au](mailto:operations@sns.org.au)  
Address: 41 Worrigea Street Nowra & 2/80 Park Road Nowra NSW 2541

Shoalhaven Neighbourhood Services operate two neighbourhood centres and a range of services to individuals, families and the wider community. For over 40 years we have worked to build a resilient, connected, caring and vibrant community. We encourage anyone passionate about their community to join our wonderful team of volunteers – there are many opportunities to make a difference!

---

## **Shoalhaven Women's Health Centre**

Contact: Tracy  
Phone: 02 4421 0730  
Email: [swhc@swhc.org.au](mailto:swhc@swhc.org.au)  
Address: 5 McGrath Avenue Nowra NSW 2541

Women's health and wellbeing service providing support, intervention and prevention work; counselling, massage, complimentary therapist, financial counselling, workshops and groups; well women's nurse; visiting legal service.

---

## **The Ulladulla & Districts Community Resources Centre**

Contact: Manager  
Phone: 02 4454 0477  
Email: [reception@ulladullacrc.org.au](mailto:reception@ulladullacrc.org.au)  
Address: 78 St Vincent Street Ulladulla NSW 2539

Information and referral. Visiting services and group activities. Food Store, Food Assistance, Literacy and Numeracy, Computer tuition, JP Community Desk, education and self-help groups, Mothers group, Yoga, Tai Chi, venue for hire.

---

## **LEGAL SERVICES**

---

### **Shoalcoast Community Legal Centre**

Contact: Emma  
Phone: 02 4422 9529  
Email: [emma@shoalcoast.org.au](mailto:emma@shoalcoast.org.au)  
[info@shoalcoast.org.au](mailto:info@shoalcoast.org.au)  
Address:



[emma@shoalcoast.org.au](mailto:emma@shoalcoast.org.au) or

80 Bridge Road Nowra NSW 2541

---

Continued..

An Independent, not-for-profit organisation committed to improving access to legal advice and assistance, information, legal education and law reform. For volunteer enquiries, please call between 9am – 12.30pm and 1.30pm to 5pm Mondays, Tuesdays, Thursdays and Fridays.

Our volunteers do administration and client intake – covering reception and answering the phones – to be a volunteer with Shoalcoast it is quite a detailed induction and training process – we ask for at least 6 to 12 month's commitment from our volunteers due to the intensity of the training. The commitment is weekly, around 2 to 4 hours each week.

---

## **MEN'S SHEDS**

---

**Opportunities Available Include: Being Healthy, contributing to your community, connecting with Friends and Maintaining an Active Body and Mind. Learning new skills or relearning old ones.**

---

### **Bay and Basin Community Resources**

Contact: Margaret

Phone: 02 44439244

Email: semkiwm@bbcri.com.au

Address: 18 Sanctuary Point Road Sanctuary Point NSW 2540

---

### **Berry Men's Shed**

Contact: Keith

Phone: 02 4464 3956

Email: berrymentshed@telstra.com

Address: 146 North Street Berry NSW 2535

---

An organisation for retired men & women who wish to be involved in community projects, furniture repairs and restoration, etc. whilst gaining practical skills.

---

### **Culburra Beach Orient Point Men's Shed**

Contact: John

Phone: 0498023781

Email: cbopmentshed@gmail.com

Address: Cnr West Crescent & Wollumboola Lane Culburra Beach NSW 2540

---

---

Continued..

Restoring furniture, making children's toys, assisting members of the community with repairs too small for tradesmen to do. Providing assistance to the Culburra Beach Public School and Callala Public School as required.

to try to get improvements to services in our township.

---

### **Culburra & Districts Mens Shed**

Contact: Ray

Phone: 04 9945 2095

Email: raysutton2@bigpond.com.au

Address: PO Box 135 Culburra Beach NSW 2540

Built beside the IRT retirement home so men can have some other male contact and make items and improve their well-being.

---

### **Fleet Air Arm Museum**

Contact: Stuart

Phone: 02 4424 2179

Email: stuart.harwood@defence.gov.au or faam.admin@defence.gov.au

Address: 489A Albatross Road Nowra Hill NSW 2540

The Fleet Air Arm Museum, or FAAM, is the component of the Royal Australian Navy Heritage Branch responsible for the collection, cataloguing, restoration, conservation and display of the Fleet Air Arm's Heritage. The collection includes 30 aircraft and over 10,000 over artefacts which tell the story of the Fleet Air Arm and its people, in war and peace, since its beginnings in 1947.

---

### **Jonathan Rogers House – RSL Life Care**

Contact: Lana (Administration)

Phone: (02) 4422 4488

Email: lana.linnane@rsllifecare.org.au

Address: 124 Wallace Street Nowra NSW 2541

Aged care services (nursing home)

---

### **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven

Phone: 02 4421 8588

Email: shoalhaven@pcycnsw.org.au

Address: 72 Park Road Nowra NSW 2541

---

Continued..

We provide programs for individuals ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

### **Sanctuary Point Men's Shed**

Contact: John Kelly

Phone: 02 4443 8239

Email: [spmenshed@gmail.com](mailto:spmenshed@gmail.com)

Address: 17 Clifton Street Sanctuary Point NSW 2540

---

### **Shoalhaven Heads Men's Shed Incorporated**

Contact: Allan

Phone: 02 4448 8980

Email: [secretary@headsmensshed.org](mailto:secretary@headsmensshed.org)

Address: 16 Celia Parade Shoalhaven Heads NSW 2535

We are to advance the health and well-being of our members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men, pursue hobbies, pastimes and interests, learn new skills, practice and pass on old skills. Improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

---

### **Veterans and Community Men's Shed West Nowra (Incorp)**

Contact: Frank

Phone: 02 4423 1862

Email: [vacmansshed@gmail.com](mailto:vacmansshed@gmail.com)

Address: C/o 48 Hansons Road North Nowra NSW 2541

Men's Shed; Wood and Metal work, Social Inclusion, Mental and Peer Physical Health.



---

## **OFFICE WORK, ADMINISTRATION**

---

**Opportunities Available Include: Office Administration, Filing, Mail Outs, Word Processing, Data Entry, Reception etc.**



---

### **Bay and Basin Community Resources**

Contact: Margaret  
Phone: 02 44439244  
Email: semkiwm@bbcri.com.au  
Address: 18 Sanctuary Point Road Sanctuary Point NSW 2540

---

### **Coast and Country Community Services Ltd. (Shoalhaven Community Transport)**

Contact: Peta - Team Development Officer  
Phone: 02 4423 6044  
Email: enquiries@shoalhaven.cccsl.org.au  
Address: 24 Trim Street South Nowra NSW 2541

We provide quality door-to-door transport to frail aged people, people with disabilities and people who are transport-disadvantaged. We have accessible vehicles to ensure a safe and reliable service for all clients. We are a Registered NDIS provider.

---

### **IRT Group**

Contact: Michelle or Daniel  
Phone: 0419 965 202  
Email: irtvolunteering@irt.org.au  
Address: 2/77 Market Street Wollongong NSW 2500  
Locations: Culburra Beach, Nowra, Milton & St Georges Basin

We're a community owned provider with 50 years' experience improving the lives of older Australians.

---

### **Fleet Air Arm Museum**

Contact: Stuart Harwood  
Phone: 02 4424 2179  
Email: stuart.harwood@defence.gov.au or faam.admin@defence.gov.au  
Address: 489A Albatross Road, Nowra Hill 2540

---

---

Continued

The Fleet Air Arm Museum, or FAAM, is the component of the Royal Australian Navy Heritage Branch responsible for the collection, cataloguing, restoration, conservation and display of the Fleet Air Arm's Heritage. The collection includes 30 aircraft and over 10,000 over artefacts which tell the story of the Fleet Air Arm and its people, in war and peace, since its beginnings in 1947.

---

### **North Shoalhaven Meals on Wheels**

Contact: Lisa  
Phone: 02 4422 5111  
Email: [lisa.burns@nsmow.org.au](mailto:lisa.burns@nsmow.org.au)

We cover all of North Shoalhaven including our services in Berry, Culburra Beach, Jervis Bay & Districts, Nowra Bomaderry, Shoalhaven Heads and East.

North Shoalhaven Meals on Wheels offers arrange of flexible food options to assist people to remain well-nourished and living independently in the community. Throughout the North Shoalhaven area we have a number of volunteer positions available including Drivers, Delivers, Kitchen Assistants, Kitchen Coordinators/Cooks, Client Visitors, Social Group. Administrators Assistants, Ambassadors who can assist with social and print media and other promotional activities, and Board Members.

---

### **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven  
Phone: 02 4421 8588  
Email: [shoalhaven@pcycnsw.org.au](mailto:shoalhaven@pcycnsw.org.au)  
Address: 72 Park Road Nowra NSW 2541

We provide programs for individuals' ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

### **Shoalhaven City Council**

Contact: General inquiries  
Phone: 02 4429 3111  
Email: [council@shoalhaven.nsw.gov.au](mailto:council@shoalhaven.nsw.gov.au)  
Address: PO Box 42, Nowra NSW 2541

---

Continued

Shoalhaven City Council offers community members the opportunity to participate as volunteers in projects and/or activities that support social and environmental outcomes for our community.

Shoalhaven City Council makes it easy for you to find a volunteer activity to suit your interests and location.

Council volunteering opportunities, including an expression of interest from Ambassador Program, Bushcare, Footpath / cycleway construction, Graffiti removal, Leisure Centres, Library, Management Committees, Parkcare, Shoalhaven Arts Centre & Regional Gallery, Tree planting days, Feral Pest Control.

---

### **Shoalhaven Neighbourhood Services**

Contact: Skye

Phone: 02 4421 5077

Email: [operations@sns.org.au](mailto:operations@sns.org.au)

Address: 41 Worrigeer Street Nowra NSW 2541  
2/80 Park Road Nowra NSW 2541

Shoalhaven Neighbourhood Services operate two neighbourhood centres and a range of services to individuals, families and the wider community. For over 40 years we have worked to build a resilient, connected, caring and vibrant community. We encourage anyone passionate about their community to join our wonderful team of volunteers – there are many opportunities to make a difference!

---

### **The Smith Family**

Contact: Clive Robertson

Phone: 0466 687 233

Email: [Clive-robertson@thesmithfamily.com.au](mailto:Clive-robertson@thesmithfamily.com.au)

Address: 72 Berry Street Nowra NSW 2541

The Smith Family is a charity that supports children from a disadvantaged background. Students families receive scholarship funding for education costs and access to programs designed to promote academic performance, attendance and completion of secondary education.

---

## **The Ulladulla & Districts Community Resources Centre**

Contact: Manager  
Phone: 02 4454 0477  
Email: [reception@ulladullacrc.org.au](mailto:reception@ulladullacrc.org.au)  
Address: 78 St Vincent Street Ulladulla NSW 2539

Information and referral. Visiting services and group activities. Food Store, Food Assistance, Literacy and Numeracy, Computer tuition, JP Community Desk, education and self-help groups, Mothers group, Yoga, Tai Chi, venue for hire. Photocopying, printing, scanning and email facility.

---

## **Wildlife Rescue South Coast Inc.**

Phone: 0418 427 214  
Email: [info@wildlife-rescue.org.au](mailto:info@wildlife-rescue.org.au)  
Address: PO Box 666 Nowra NSW 2541  
Website: [www.wildlife-rescue.org.au](http://www.wildlife-rescue.org.au)

Wildlife Rescue South Coast is a rescue and rehabilitation group for native wildlife licensed by NPWS . We rely fully on volunteers and public donations to enable us to raise orphans, purchase food, milk, supplies and pay vet fees.

We run a 24-hour hotline that enables rescues and advises the public. Fundraising is pivotal to the survival of the group as is administrative support. There are lots of varied volunteer support roles within the group not just directly caring for the wildlife.

---

## **U3A Shoalhaven**

Phone: 02 4424 0216  
Email: [shoalhaven.uni3a@gmail.com](mailto:shoalhaven.uni3a@gmail.com)  
Address: 5/48 Berry Street Nowra NSW 2541

The University of the Third Age (U3A) is an international movement whose aims are the education and stimulation of mainly retired/ semi-retired members of the community - those in their third 'age' of life.

U3A provides structured, informal educational courses and activities to stimulate minds, promote physical health and social interaction and the opportunity to continue learning in a relaxed, supportive and social environment. Your level of education isn't important and the only qualifications are curiosity and interest.

Members learn and teach for the sheer joy of it. The principles of self-help and mutual support are the corner stones of the U3A movement. Most courses are

---

Continued

held at 48 Berry St Nowra, usually for two hours, mornings and afternoons on weekdays.

Volunteers to help with the quarterly activities and courses program – typing, proof reading plus photocopying and folding of quarterly brochure, ready for postage.

We need people able to tutor or lead interesting courses for our members.

No formal qualifications necessary.

Some short courses members are requesting are:

Archaeology, Calligraphy, Cooking, Asian Languages, Gardening, Plants & Permaculture, Home Repairs, Painting & Drawing, Water colours, Spanish, Italian, Coffee & Discussion groups

---

## OUTDOORS

---

**Opportunities Available Include: Bush Regeneration, Gardening, Lawn Maintenance, Assisting with Outdoor Activities, Tree Planting Days, Feral Pest Control, Footpath/Cycleway Construction, Graffiti Removal, Park Care**



---

### **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven

Phone: 02 4421 8588

Email: shoalhaven@pcycnsw.org.au

Address: 72 Park Road Nowra NSW 2541

We provide programs for individual's ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

### **Bay and Basin Community Resources**

Contact: Margaret Semkiw

Phone: 02 44439244

Email: semkiwm@bbcri.com.au

Address: 18 Sanctuary Point Road Sanctuary Point NSW 2540

---

---

## **Shoalhaven City Council**

Contact: General inquiries  
Phone: 02 4429 3111  
Email: [council@shoalhaven.nsw.gov.au](mailto:council@shoalhaven.nsw.gov.au)  
Address: PO Box 42, Nowra NSW 2541

Shoalhaven City Council offers community members the opportunity to participate as volunteers in projects and/or activities that support social and environmental outcomes for our community.

Shoalhaven City Council makes it easy for you to find a volunteer activity to suit your interests and location.

Council volunteering opportunities, including an expression of interest from Ambassador Program, Bushcare, Footpath / cycleway construction, Graffiti removal, Leisure Centres, Library, Management Committees, Parkcare, Shoalhaven Arts Centre & Regional Gallery, Tree planting days, Feral Pest Control.

---

## **Shoalhaven Neighbourhood Services**

Contact: Skye  
Phone: 02 4421 5077  
Email: [operations@sns.org.au](mailto:operations@sns.org.au)  
Address: 41 Worrigea Street Nowra NSW 2541  
2/80 Park Road Nowra NSW 2541

Shoalhaven Neighbourhood Services operate two neighbourhood centres and a range of services to individuals, families and the wider community. For over 40 years we have worked to build a resilient, connected, caring and vibrant community. We encourage anyone passionate about their community to join our wonderful team of volunteers – there are many opportunities to make a difference!

---

## SPORTS

---

**Opportunities Available Include: Referees/Umpires, Officials, Fund Raising, Administration, Helping with Sporting Events, Leisure Centres.**



---

### **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven  
Phone: 02 4421 8588  
Email: shoalhaven@pcycnsw.org.au  
Address: 72 Park Road Nowra NSW 2541

We provide programs for individual's ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

## SUPPORTING YOUNG PEOPLE AND CHILDREN

---

**Opportunities Available Include: Support Young People getting involved with Community Projects, Mentoring, Reading Programs, Support Playgroups, Supporting Young Families in Crisis.**

---

### **Australian Red Cross**

Contact: Kristy or Alison  
Phone: 02 4428 4900  
Email: nswsouthern@redcross.org.au  
Address: Level 1 / 57 Graham Street Nowra NSW 2541

The Australian Red Cross has various programs including Emergency Services, Young Parents Program, Save-A-Mate (SAM) Health Education Program, Food Security, Social Support, Community Visitors Scheme, and Learner Driver Program.

---

### **Bay and Basin Community Resources**

Contact: Margaret  
Phone: 02 4443 9244  
Email: semkiwm@bbcricri.com.au  
Address: 18 Sanctuary Point Road Sanctuary Point NSW 2540

---

---

### **Mission Australia South Nowra**

Contact: Kelly or Nat  
Phone: 02 4448 2000  
Email: nswcsadmin.nowra@missionaustralia.com.au  
Address: 1/15 Norfolk Ave South Nowra NSW 2541

Volunteers to support school students with homework after school and to gain essential literacy & numeracy skills. Supported by a qualified tutor. Working with Children Check (WWCC) required.

---

### **Nowra Youth Centre**

Contact: Janet Atkins  
Phone: 02 4422 1988  
Email: janet@nowrayouthcentre.org.au or  
admin@nowrayouthcentre.org.au  
Address: 132 Kinghorne Street Nowra NSW 2541

The Nowra Youth Centre is a not for profit, non-government organisation. The purpose of our organisation is to engage with young people who are at risk of becoming isolated from the community and services available to them.

We provide projects and activities to educate and enlighten young people, which helps to prevent and intervene in anti-social behaviours in young people and give alternatives to loitering in the local CBD.

We support young people aged 12-24 years by providing advocacy referrals and information and a safe and non-judgemental place to relax and have a chat.

Nowra Youth Services Inc. "Mission Statement":- "To empower young people to access services that enhance social equality and celebrate the spirit of youth."

---

### **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven  
Phone: 02 4421 8588  
Email: shoalhaven@pcycnsw.org.au  
Address: 72 Park Road Nowra NSW 2541

We provide programs for individuals ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---





---

## **Sanctuary Point Connect (SaCC)**

Contact: Christine  
Phone: 02 4443 0520  
Email: christine.mcinerneypercy@det.nsw.edu.au  
Address: 41 Idewild Avenue, Sanctuary Point NSW 2540  
Website: [www.sanctuarypointconnect.org](http://www.sanctuarypointconnect.org)

Connect is part of the Department of Education's Schools as Community centres project. Established in 2006, Connect runs a number of early intervention initiatives to support families with children 0 - 8 years. Initiatives include supported playgroups, child development courses, support groups and parent education.

---

## **Shoalhaven City Council**

Contact: General Enquiries  
Phone: 02 4429 3111  
Email: [council@shoalhaven.nsw.gov.au](mailto:council@shoalhaven.nsw.gov.au)  
Address: PO Box 42 Nowra NSW 2541

Shoalhaven City Council offers community members the opportunity to participate as volunteers in projects and/or activities that support social and environmental outcomes for our community.

Shoalhaven City Council makes it easy for you to find a volunteer activity to suit your interests and location.

Council volunteering opportunities, including an expression of interest from Ambassador Program, Bushcare, Footpath / cycleway construction, Graffiti removal, Leisure Centres, Library, Management Committees, Parkcare, Shoalhaven Arts Centre & Regional Gallery, Tree planting days, Feral Pest Control.

---

## **Shoalhaven Hospital**

Contact: Main Reception  
Phone: 02 4421 3111  
Address: Scenic Dr Nowra NSW 2541  
Website: [www.islhd.health.nsw.gov.au/get-involved/volunteer](http://www.islhd.health.nsw.gov.au/get-involved/volunteer)

Volunteers run programs and support the hospital in a variety of ways including generous fundraising and compassionate services.

---

Continued

The Grandparents Program in the Children's Ward provides support to children and their families through companionship. The Pink Lady trolleys offer snacks and beverages to patients and their families and the Auxiliary regularly hold fundraising stalls and provide other volunteer support functions.

The Volunteers Assisting and Supporting Elderly patients (VASE) program is a new initiative at the Hospital aimed at supporting older people by providing social, emotional and practical support to patients to enhance their care. We are calling for volunteers in the Shoalhaven to help us by engaging with our patients – whether it's going for a walk, helping with meals, playing board games or simply just having a chat.

To become a volunteer at Shoalhaven Hospital please contact the hospital main reception and provide your contact details. We will then contact you to start the recruitment process.

---

### **Shoalhaven Neighbourhood Services**

Contact: Skye  
Phone: 02 4421 5077  
Email: [operations@sns.org.au](mailto:operations@sns.org.au)  
Address: 41 Worrigee Street Nowra NSW 2541  
2/80 Park Road Nowra NSW 2541

Shoalhaven Neighbourhood Services operate two neighbourhood centres and a range of services to individuals, families and the wider community. For over 40 years we have worked to build a resilient, connected, caring and vibrant community. We encourage anyone passionate about their community to join our wonderful team of volunteers – there are many opportunities to make a difference!

---

### **The Smith Family**

Contact: Clive  
Phone: 0466 687 233  
Email: [Clive-robertson@thesmithfamily.com.au](mailto:Clive-robertson@thesmithfamily.com.au)  
Address: 72 Berry Street Nowra NSW 2541

The Smith Family is a charity that supports children from a disadvantaged background.

---

---

## **The Ulladulla & Districts Community Resources Centre**

Contact: Manager

Phone: 02 4454 0477

Email: [reception@ulladullacrc.org.au](mailto:reception@ulladullacrc.org.au)

Address: 78 St Vincent Street Ulladulla NSW 2539

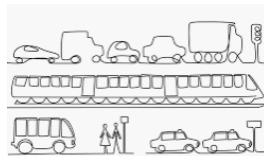
Information and referral. Visiting services and group activities. Food Store, Food Assistance, Literacy and Numeracy, Computer tuition, JP Community Desk, education and self-help groups, Mothers group, Yoga, Tai Chi, venue for hire.

---

## **TRANSPORTATION**

---

**Opportunities Available Include: Community Transport Drivers, Meals on Wheels Drivers, Assisting with other Transport, Transport for Medical Appointments, Day Respite & Driving Buses or Cars.**



---

## **Coast and Country Community Services Ltd. - Shoalhaven Community Transport**

Contact: Peta - Team Development Officer

Phone: 02 4423 6044

Email: [enquiries@shoalhaven.cccsl.org.au](mailto:enquiries@shoalhaven.cccsl.org.au)

Address: 24 Trim Street South Nowra NSW 2541

We provide quality door to door transport to frail aged people, people with disabilities and people who are transport-disadvantaged. We have accessible vehicles to ensure a safe and reliable service for all clients. We are a Registered NDIS provider.

---

## **North Shoalhaven Meals on Wheels**

Contact: Lisa

Phone: 02 4422 5111

Email: [lisa.burns@nsmow.org.au](mailto:lisa.burns@nsmow.org.au)

We cover all of North Shoalhaven including our services in Berry, Culburra Beach, Jervis Bay & Districts, Nowra Bomaderry, Shoalhaven Heads and East. North Shoalhaven Meals on Wheels offers arrange of flexible food options to assist people to remain well-nourished and living independently in the community. Throughout the North Shoalhaven area, we have a number of volunteer

---

Continued

positions available including Drivers, Delivers, Kitchen Assistants, Kitchen Coordinators/Cooks, Client Visitors, Social Group. Administrators Assistants, Ambassadors who can assist with social and print media and other promotional activities, and Board Members.

### **St Vincent De Paul (Vinnies)**

Contact: Liz

Phone: 02 4421 7244

Email: [liz.parker@vinnies.org.au](mailto:liz.parker@vinnies.org.au)

Address: 5 Berry St Nowra NSW 2541 & 158 Princes Hwy South Nowra NSW  
14 Investigator Street South Nowra NSW 2541

Plus Shoalhaven heads, Berry, Callala Bay, Sanctuary Point and Ulladulla

Volunteers can assist with sorting, retail and transportation of donated goods.

---

## **WORKING WITH OLDER PEOPLE**

**Opportunities Available Include: Adult Day Centre assisting residents with activity programs, Accessing the Community, Visiting People in Residential Care.**



---

### **Australian Red Cross**

Contact: Kristy or Alison

Phone: 02 4428 4900

Email: [NswSouthern@redcross.org.au](mailto:NswSouthern@redcross.org.au)

Address: Level 1 / 57 Graham Street Nowra NSW 2541

The Australian Red Cross has various programs including Emergency Services, Young Parents Program, Save-A-Mate (SAM) Health Education Program, Food Security, Social Support, Community Visitors Scheme, and Learner Driver Program.

---

### **Bay and Basin Community Resources**

Contact: Margaret

Phone: 02 4443 9244

Email: [semkiwm@bbcri.com.au](mailto:semkiwm@bbcri.com.au)

Address: 18 Sanctuary Point Road Sanctuary Point NSW 2540

---

---

## **Catholic Care**

Contact: Peter  
Phone: 02 4421 8248  
Email: [peterg@catholiccare.dow.org.au](mailto:peterg@catholiccare.dow.org.au)  
Address: 55 Worrigeer Street Nowra NSW 2541

Catholic care is a social services agency offering counselling, foster care, ageing and disability programs, and support and children's contact.

---

## **Coast and Country Community Services Ltd. - Shoalhaven Community Transport**

Contact: Peta - Team Development Officer  
Phone: 02 4423 6044  
Email: [enquiries@shoalhaven.cccsl.org.au](mailto:enquiries@shoalhaven.cccsl.org.au)  
Address: 24 Trim Street, South Nowra NSW 2541

We provide quality door to door transport to frail aged people, people with disabilities and people who are transport-disadvantaged. We have accessible vehicles to ensure a safe and reliable service for all clients. We are a Registered NDIS provider.

---

## **HammondCare**

Contact: Volunteer Services  
Phone: 1800 79 33 99  
Email: [volunteer@hammond.com.au](mailto:volunteer@hammond.com.au)  
Address: 56-58 Junction St Nowra NSW 2541

At HammondCare we're passionate about supporting people to live in their own homes. Spend time with someone in your community who may be lonely or socially isolated. As a HammondCare volunteer you'll find that as you meet new people and make new friends, you'll gain personal satisfaction and have fun. HammondCare provides on-going training, as well as great support of a local Volunteer Coordinator.

---

## **IRT Culburra Beach**

Contact: Pamela  
Phone: 02 4447 7100  
Email: [psadler@irt.org.au](mailto:psadler@irt.org.au)  
Address: 976 Culburra Beach Road Culburra Beach NSW 2540

---

---

## **IRT Group**

Contact: Michelle or Daniel

Phone: 0419 965 202

Email: irtvolunteering@irt.org.au

Address: 2/77 Market Street, Wollongong NSW 2500

Locations: Culburra Beach, Nowra, Milton & St Georges Basin

We're a community owned provider with 50 years' experience improving the lives of older Australians.

---

## **Magnolia Cottage Social Support Group**

Contact: Sandra Gatehouse

Phone: 02 4422 4161

Email: magnolia@freshhopecare.org.au

Address: 2 Halcot Avenue North Nowra NSW 2540

Magnolia Cottage is a Social Support Group which provides centre based respite (a break) for people diagnosed with a Dementia or related disorders and their carers. The centre operates 4 days a week between 10am-2pm on (Mon,Tue, Wed, Fri) offering cognitive stimulating activities and community outings.

---

## **IRT Milton**

Contact: Annie

Phone: 02 4454 7511

Address: 130 Princes Hwy Milton NSW 2538

Provider of Aged Care Services

---

## **Jonathan Rogers House – RSL Life Care**

Contact: Lana (administration)

Phone: 02 4422 4488

Email: lana.linnane@rsllifecare.org.au

Address: 124 Wallace Street Nowra NSW 2541

Aged care services (nursing home)





---

## **North Shoalhaven Meals on Wheels**

Contact: Lisa  
Phone: 02 4422 5111  
Email: [lisa.burns@nsmow.org.au](mailto:lisa.burns@nsmow.org.au)

We cover all of North Shoalhaven including our services in Berry, Culburra Beach, Jervis Bay & Districts, Nowra Bomaderry, Shoalhaven Heads and East.

North Shoalhaven Meals on Wheels offers arrange of flexible food options to assist people to remain well-nourished and living independently in the community. Throughout the North Shoalhaven area we have a number of volunteer positions available including Drivers, Delivers, Kitchen Assistants, Kitchen Coordinators/Cooks, Client Visitors, Social Group. Administrators Assistants, Ambassadors who can assist with social and print media and other promotional activities, and Board Members

---

## **Osborne House Nowra**

Contact: Katrina  
Phone: 02 4488 1401  
Email: [kcass@uniting.org](mailto:kcass@uniting.org)  
Address: 54-60 Osborne Street Nowra NSW 2541

We are an aged care provider.

---

## **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven  
Phone: 02 4421 8588  
Email: [shoalhaven@pcycnsw.org.au](mailto:shoalhaven@pcycnsw.org.au)  
Address: 72 Park Road Nowra NSW 2541

We provide programs for individuals' ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

---

## **Shoalhaven City Council**

Contact: General Enquiries  
Phone: 02 4429 3111  
Email: [council@shoalhaven.nsw.gov.au](mailto:council@shoalhaven.nsw.gov.au)  
Address: PO Box 42 Nowra NSW 2541

Shoalhaven City Council offers community members the opportunity to participate as volunteers in projects and/or activities that support social and environmental outcomes for our community.

Council volunteering opportunities, including an expression of interest from Ambassador Program, Bushcare, Footpath / cycleway construction , Graffiti removal, Leisure Centres, Library, Management Committees, Parkcare, Shoalhaven Arts Centre & Regional Gallery, Tree planting days, Feral Pest Control.

---

## **Shoalhaven Heads Men's Shed Incorporated**

Contact: Allan  
Phone: 02 4448 8980  
Email: [secretary@headsmensshed.org](mailto:secretary@headsmensshed.org)  
Address: 16 Celia Parade Shoalhaven Heads NSW 2535

We are to advance the health and well-being of our members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men, pursue hobbies, pastimes and interests, learn new skills, practice and pass on old skills. Improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

---

## **Shoalhaven Primary Health Nursing Service**

Contact: Jennifer or Vanessa  
Phone: 0411 402 474  
Email: [Jennifer.McLeod1@health.nsw.gov.au](mailto:Jennifer.McLeod1@health.nsw.gov.au)  
or  
[vanessa.field@health.nsw.gov.au](mailto:vanessa.field@health.nsw.gov.au)  
Address: 5-7 Laurence Ave Nowra NSW 2541

Tasks Include: Supporting People with a Disability, Working with Children and Teenagers with a Disability, Participating in a Recreational Program for and with People with Disabilities, Providing Transport (Transit Van, Wheelchair, Scooter).

---

---

## **Shoalhaven Hospital**

Contact: Main Reception

Phone: 02 4421 3111

Address: Scenic Dr Nowra NSW 2541

Website: [www.islhd.health.nsw.gov.au/get-involved/volunteer](http://www.islhd.health.nsw.gov.au/get-involved/volunteer)

Volunteers run programs and support the hospital in a variety of ways including generous fundraising and compassionate services.

The Grandparents Program in the Children's Ward provides support to children and their families through companionship. The Pink Lady trolleys offer snacks and beverages to patients and their families and the Auxiliary regularly hold fundraising stalls and provide other volunteer support functions.

The Volunteers Assisting and Supporting Elderly patients (VASE) program is a new initiative at the Hospital aimed at supporting older people by providing social, emotional and practical support to patients to enhance their care. We are calling for volunteers in the Shoalhaven to help us by engaging with our patients – whether it's going for a walk, helping with meals, playing board games or simply just having a chat.

To become a volunteer at Shoalhaven Hospital please contact the hospital main reception and provide your contact details. We will then contact you to start the recruitment process.

---

## **Shoalhaven Neighbourhood Services**

Contact: Skye

Phone: 02 4421 5077

Email: [operations@sns.org.au](mailto:operations@sns.org.au)

Address: 41 Worrigeer Street Nowra NSW 2541

2/80 Park Road Nowra NSW 2541

Shoalhaven Neighbourhood Services operate two neighbourhood centres and a range of services to individuals, families and the wider community. For over 40 years we have worked to build a resilient, connected, caring and vibrant community. We encourage anyone passionate about their community to join our wonderful team of volunteers – there are many opportunities to make a difference!

---

## **The Ulladulla & Districts Community Resources Centre**

Contact: Manager  
Phone: 02 4454 0477  
Email: reception@ulladullacrc.org.au  
Address: 78 St Vincent Street Ulladulla NSW 2539

Information and referral. Visiting services and group activities. Food Store, Food Assistance, Literacy and Numeracy, Computer tuition, JP Community Desk, education and self-help groups, Mothers group, Yoga, Tai Chi, venue for hire. Photocopying, printing, scanning and email facility.

---

## **Vision Australia**

Contact: Sally  
Phone: 0438 278 977  
Email: sally.thompson@visionaustralia.org  
Address: 2/106 Market Street Wollongong NSW 2500

Vision Australia offers services to people who are blind or have low vision so they can be more independent and active. We are a leading provider of specialised vision loss support and help thousands of people every year.

---

## **U3A Shoalhaven**

Phone: 02 4424 0216  
Address: 5/48 Berry Street Nowra NSW 2541  
Email: shoalhaven.uni3a@gmail.com

The University of the Third Age (U3A) is an international movement whose aims are the education and stimulation of mainly retired/ semi-retired members of the community - those in their third 'age' of life.

U3A provides structured, informal educational courses and activities to stimulate minds, promote physical health and social interaction and the opportunity to continue learning in a relaxed, supportive and social environment. Your level of education isn't important and the only qualifications are curiosity and interest. Members learn and teach for the sheer joy of it. The principles of self-help and mutual support are the corner stones of the U3A movement. Most courses are held at 48 Berry St Nowra, usually for two hours, mornings and afternoons on weekdays. Volunteers to help with the quarterly activities and courses program – typing, proof reading plus photocopying and folding of quarterly brochure, ready for postage.

---

Continued

We need people able to tutor or lead interesting courses for our members.

No formal qualifications necessary.

Some short courses members are requesting are:

Archaeology, Calligraphy, Cooking, Asian Languages, Gardening, Plants & Permaculture, Home Repairs, Painting & Drawing, Water colours, Spanish, Italian, Coffee & Discussion groups

---

## **WORKING WITH PEOPLE WITH DISABILITIES**

---



**Opportunities Available Include: Assisting people with activity programs, Accessing the Community, Visiting, Increasing community participation.**

---

### **Coast and Country Community Services Ltd. - Shoalhaven Community Transport**

Contact: Peta - Team Development Officer

Phone: 02 4423 6044

Email: [enquiries@shoalhaven.cccsl.org.au](mailto:enquiries@shoalhaven.cccsl.org.au)

Address: 24 Trim Street South Nowra NSW 2541

We provide quality door-to-door transport to frail aged people, people with disabilities and people who are transport-disadvantaged. We have accessible vehicles to ensure a safe and reliable service for all clients. We are a Registered NDIS provider.

---

### **Catholic Care**

Contact: Peter

Phone: 02 4421 8248

Email: [peterg@catholiccare.dow.org.au](mailto:peterg@catholiccare.dow.org.au)

Address: 55 Worrigeer Street Nowra NSW 2541

Catholic care is a social services agency offering counselling, foster care, ageing and disability programs, and support and children's contact. We are an inclusive organisation helping anyone in need.

---

---

## **North Shoalhaven Meals on Wheels**

Contact: Lisa  
Phone: 02 4422 5111  
Email: [lisa.burns@nsmow.org.au](mailto:lisa.burns@nsmow.org.au)

---

Continued.

We cover all of North Shoalhaven including our services in Berry, Culburra Beach, Jervis Bay & Districts, Nowra Bomaderry, Shoalhaven Heads and East.

North Shoalhaven Meals on Wheels offers arrange of flexible food options to assist people to remain well-nourished and living independently in the community. Throughout the North Shoalhaven area we have a number of volunteer positions available including Drivers, Delivers, Kitchen Assistants, Kitchen Coordinators/Cooks, Client Visitors, Social Group. Administrators Assistants, Ambassadors who can assist with social and print media and other promotional activities, and Board Members.

---

## **Police Citizens Youth Club Shoalhaven (PCYC Shoalhaven)**

Contact: PCYC Shoalhaven  
Phone: 02 4421 8588  
Email: [shoalhaven@pcycnsw.org.au](mailto:shoalhaven@pcycnsw.org.au)  
Address: 72 Park Road Nowra NSW 2541

We provide programs for individuals' ages 0 up to 85! We have lots of different police youth programs, fitness programs such as boxing, archery, martial arts, aikido, mini movers, senior fitness and events such as our Blue Light Disco's. We aim to improve the interaction between police and youth, and to cater for those at-risk but also the general public.

---

## **Sanctuary Point Connect (SaCC)**

Contact: Christine  
Phone: 02 4443 0520  
Email: [christine.mcinerneypercy@det.nsw.edu.au](mailto:christine.mcinerneypercy@det.nsw.edu.au)  
Address: 41 Idewild Avenue, Sanctuary Point 2540  
Website: [www.sanctuarypointconnect.org](http://www.sanctuarypointconnect.org)

Connect is part of the Dep't of Education's Schools as Community centres project. Established in 2006, Connect runs a number of early intervention initiatives to support families of children 0 - 8 years. Initiatives include supported playgroups, child development courses, support groups and parent education.

---

---

## **Shoalhaven Heads Men's Shed Incorporated**

Contact: Allan

Phone: 02 4448 8980

Email: [secretary@headsmensshed.org](mailto:secretary@headsmensshed.org)

Address: 16 Celia Parade Shoalhaven Heads NSW 2535

We are to advance the health and well-being of our members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men, pursue hobbies, pastimes and interests, learn new skills, practice and pass on old skills. Improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

---

## **Shoalhaven Neighbourhood Services**

Contact: Skye

Phone: 02 4421 5077

Email: [operations@sns.org.au](mailto:operations@sns.org.au)

Address: 41 Worrigee Street Nowra NSW 2541  
2/80 Park Road Nowra NSW 2541

Shoalhaven Neighbourhood Services operate two neighbourhood centres and a range of services to individuals, families and the wider community. For over 40 years we have worked to build a resilient, connected, caring and vibrant community. We encourage anyone passionate about their community to join our wonderful team of volunteers – there are many opportunities to make a difference!

---

## **Vision Australia**

Contact: Sally Thompson

Phone: 0438 278 977

Email: [sally.thompson@visionaustralia.org](mailto:sally.thompson@visionaustralia.org)

Address: 2/106 Market Street Wollongong NSW 2500

Vision Australia offers services to people who are blind or have low vision so they can be more independent and active. We are a leading provider of specialised vision loss support and help thousands of people every year.





## REGISTRATION FORM – PAGE 2 of 2

Please specify which categories you would like your organisation to be included (you can select more than one):

- Animals
- Arts, Craft and Culture
- Charities, Not for Profit Organisations
- Committees/Board Members/Groups
- Computers/Technology Media
- Education
- Emergency/Safety Rescue
- Environment
- Food Preparation/Hospitality
- Fundraising
- General Health
- Information Services
- Men's Sheds
- Office Work/Administration
- Outdoors
- Sports
- Supporting Young People and Children
- Training and Employment
- Transportation
- Working with the Older People
- Working with People with Disabilities





---

## SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

---

**Stronger connections. Stronger communities.**

This guide was updated in 2020 by our wonderful volunteer Kristy!

For enquiries, updates, feedback, corrections or to be included in future editions  
please contact

Shoalhaven Neighbourhood Services

41 Worrigee Street, Nowra 2541

Phone: 44215077

Email: [info@sns.org.au](mailto:info@sns.org.au)

[www.sns.org.au](http://www.sns.org.au)

Further information about volunteering, including rights and responsibilities, can be  
found at [www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)

Information was sourced directly and accurate at time of printing – May 2020

Printing of this publication was made possible by Shoalhaven City Council

Shoalhaven  
City Council