

*South Port Day Links Inc*

**Volunteering enhances . . .**

- **dignity**
- **quality of life**
- **integration**

Do you . . .

enjoy working with people?

have some time to spare?

want to help your local  
Community?

**YES!!!!!!**

To chat about possibilities contact

Carolyn Fuller  
SPDL Co-ordinator  
**9646 6362**

*South Port Day Links Inc*

is a community based not-for-profit  
Organisation

**Committed** to working with

Volunteers to **LINK**

**Frail aged** and other people

With **disabilities** and their

carers, into their **community**.

By offering . . .

- **Community Transport-**  
provides door-to-door  
supported transport
- **GardenMates**—a friend to  
help maintain your garden
- **WalkMates**— offers security  
and assistance walking with a  
companion
- **PetLinks**—to care for your  
companion animal at home
- **Information Stall** —under the  
stairs at SM market every  
Friday

*South Port Day Links Inc.*

**9646 6362**



*South Port Day Links Inc*

Level, Liardet Community Centre  
Cnr. Liardet & Nott St.  
Port Melbourne

**Phone 9646 6362**

**GARDENMATES**

Develop a  
Special & Rewarding  
Friendship

## *South Port Day Links Inc*

**GardenMates** is a program that links volunteers with frail older people and people with disabilities who are unable to undertake many gardening tasks.

**GardenMates** aims to . . .

- \* Provide gardening assistance to clients who are unable to maintain their garden
- \* Assist clients in regaining independence and confidence
- \* Provide an opportunity to establish and build lasting friendships

**Referrals** are accepted from individuals and from health or community organisations.

## *South Port Day Links Inc*

### **Interested in being a GardenMate?**

Perhaps you miss having a garden of your own or have a 'green thumb'.

Are you willing to spend some time doing the pruning, moving or weeding for someone who is unable to maintain their garden because of frailty, disability or illness.

It may be a tiny patch, but it will mean a lot to someone to see it cared for and thriving.

**GardenMates** volunteers are carefully matched to referred clients

To chat about possibilities contact

Carolyn Fuller  
South Port Day Links Co-ordinator

**9646 6362**

## **Volunteer Support**

*South Port Day Links offers volunteers . . .*

- \* Social Get-Togethers
- \* Regular Newsletters
- \* Individual Support
- \* Training Sessions

**Training** sessions are held in a friendly and informal environment, and cover . . .

- \* The aims of SPDL
- \* Issues relevant to older people
- \* Sharing of ideas, experiences and concerns

*South Port Day Links Inc*

Level, Liardet Community Centre  
Cnr. Liardet & Nott St.  
Port Melbourne

**Phone 9646 6362**