

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
South Port Day Links 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
- **Garden Mates**—a friend to
help maintain your garden
- **Walk Mates**— offers security
and assistance walking with a
companion
- **Pet Links**—to care for your
companion animal at home
- **Wheelchair loan**
- **Information Stall** —under the
stairs at SM market every
Friday



South Port Day Links Inc

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

9646 6362

WALKMATES

Develop a
Special & Rewarding
Friendship

“The ideal exercise in virtually every respect is walking. Certainly nothing could be more convenient.”

Henry Solomon 1994

South Port Day Links Inc

Walk Mates is a program linking a suitable volunteer walking companion with

- * A frail older person or
- * Person with a disability

who need either moral or physical support to *'go for a walk'*

A volunteer walking companion is carefully matched to referred clients, bearing in mind interests and skills.

Walk Mates aims to . . .

- * Provide safety and well-being in walking
- * Assist clients in regaining independence and confidence
- * Provide an opportunity to establish and build lasting friendships

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Walk Mates is a program suitable for frail older people and people with disabilities who may have lost confidence in walking on their own due to. . .

- * A Fall
- * Reduced Mobility
- * Social Isolation

Walk Mates is also suitable for people who have been encouraged to take exercise . . .

- * To maintain or increase mobility
- * For rehabilitation after surgery
- * Following a stroke or other illness

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

A document, signed by a health practitioner approving **Walk**

Mate as a suitable activity, may be required.

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 South Port Day Links
- * The issues relevant to older people
- * The sharing of ideas, experiences and concerns

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