

INVOLVEMENT statement sample:

CFA Volunteering

- *I joined the Warragul Junior Fire Brigade, aged 12 (2012), and attended fortnightly training for four years before becoming a senior member (2016). I then completed my minimum skills national qualification, which qualified me as a firefighter. I have since completed my national qualifications in breathing apparatus operation, search and rescue, hazmat awareness, first aid and structural firefighting.*
- *Over the past 2 years, I have attended over 190 call outs, including house fires, bushfires, work place accidents, car accidents and hazardous material incidents, just to name a few. I also assist the brigade with community education, fundraising and public relation events.*
- *As well as being called out in my own time, unexpected and when required, I also participate in the weekly brigade training for 3+ hours to make sure I am the most prepared I can be to help others in an emergency situation.*
- *As well as being an active firefighter in Warragul, I also turnout with Inverloch and Erica Brigade when in the area.*

Mercy Place Residential Aged care

Since March 2017 (2 years and 3 months), I been volunteering at the Mercy Place Residential Aged care, Mordialloc (approximately 2 hrs/ week during the school term and holidays). My weekly task includes identifying the needs of the group or individuals and implementing activities that would keep the residents mentally and physically engaged. As a group I include activities like balloon tennis, bingo, reading a poetry, story or the newspaper. Individually I encourage them to regularly play puzzles such as spot the difference, crosswords, Sudoku to help keep them mentally active.

Arts and crafts was always a winner with the ladies, I also encourage the ladies with grooming, applying nail polish & make up which would boost their self-esteem. Taking them for walks and lending a listening ear to talk about their past experiences brings a smile to their face. During difficult times, our one on one chats have helped some to overcome the grief of a loved one. I have travelled with the residents on day trips to the City, The Shrine of Remembrance and Mornington Peninsula. Sometimes I play the flute or organised easy listening music sessions to relax them if they are too tired.

IMPACT statement sample:

Cerebral Palsy Education Centre

Being involved with these children and therapist has sparked my passion of human movement and rehabilitation. On a community and individual level, it was great to see the reaction and smile of the children when time was taken out to talk and entertain them. From working with CPEC our fundraising efforts have raised over \$200,000 for the centre which is vital for an organisation that isn't heavily funded and supporting the excellent therapists. It was also great to talk to parents who have been through extraordinary hardships but are still positive.

Through my time at my school and being College/School Captain, I am proud to say that we have increased the awareness of CP in the community educating students. On a personal level, it has pushed me to mature at a very young age from greater responsibility, experiencing hardship and taking on a carer role, which I am extremely proud of. Through these experiences and circumstances, it has shaped me into the person I am today. I attribute many of my achievements such as the College Captaincy, Tim Watson scholarship recipient and college community leadership awards to the values and morals that the children, parents and Staff at CPEC instilled in me from a young age.

ABC Aged Care

Volunteering has been an extremely fulfilling experience. By having this opportunity to engage with the community, I have developed; improved listening and communication skills through my interactions with both the elderly and staff, greater empathy towards others and I have bettered my time management skills through ensuring I share my time between residents during my visits. I feel honoured to have been given the opportunity to hear about life experiences that the residents have had, and to have been the recipient of much appreciated life advice from people with great wisdom, who I have great respect for. Volunteering has benefited my personal development and has improved my confidence and broadened my knowledge.

There have been many occasions when I've visited residents who've been having a bad day, but I feel privileged to have the opportunity to brighten their mood and offer them a distraction from their sadness or worries. As I've been visiting many of the residents on a regular basis, I have formed strong trusting relationships; it's been extremely rewarding hearing them acknowledge my efforts with remarks like, "you've made my day". The staff at the facility have acknowledged the impact I have made, even recognising my commitment to the residents in an article in their quarterly newsletter.