

## How do I apply?

To apply, or for any further information, please email [Health.FUNLHNVolunteers@sa.gov.au](mailto:Health.FUNLHNVolunteers@sa.gov.au).

On approval of your application, the Volunteer Coordinator responsible for your site will contact you to arrange your orientation and any training and development applicable to your volunteer role.



Port Augusta Volunteer, Christine, in the Renal Unit.

## For more information

For more information about volunteering with the Flinders and Upper North Local Health Network or to apply, you can email us at [Health.FUNLHNVolunteers@sa.gov.au](mailto:Health.FUNLHNVolunteers@sa.gov.au) OR call us on (08) 8648 8406.

Website: [sahealth.sa.gov.au/FUNLHNVolunteering](http://sahealth.sa.gov.au/FUNLHNVolunteering)

f Follow us at: [facebook.com/FUNLHN](https://facebook.com/FUNLHN)



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# Becoming a Volunteer

At the Flinders and Upper North  
Local Health Network



**Health**  
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## Becoming a volunteer at the Flinders and Upper North Local Health Network

“Because volunteering keeps you in regular contact with others, it can also help you develop a solid support base. As well as helping to protect you against stress and depression, volunteering can help with mental health recovery.”

Thank you for your interest in becoming a volunteer at the Flinders and Upper North Local Health Network.

There are a range of volunteering roles and opportunities across our hospitals and health services including:

- Leigh Creek Health Service
- Hawker Memorial Hospital
- Quorn Health Service
- Port Augusta Hospital and Health Service
- Roxby Downs Health Services
- Whyalla Hospital and Health Service.



Whyalla Hospital Auxiliary members

## Benefits of volunteering

Volunteering benefits individuals, the community, and our health services. Volunteers are an important part of our organisation and there are many reasons and benefits for volunteering including:

- improving the health service
- personal satisfaction
- developing social networks
- gaining valuable experience
- utilising and maintaining existing skills
- learning, developing, and applying new skills
- building self-confidence and self esteem
- undertaking satisfying work
- meeting new challenges
- having fun
- giving back to the community
- feeling great about helping others.

Volunteering experience can be a valuable addition to a resume.



Sandra - Whyalla Hospital volunteer

## Volunteering roles

Volunteering roles will depend on the site you are applying with but it may include:

- aged care activities
- patient support
- kiosk (Whyalla only)
- visiting/social support
- fundraising.

## Why we need you!

Volunteers enrich our programs and the successful operation of our health services. We recognise and appreciate the unique qualities that only volunteers can bring, adding value to our services and enhancing the experience of our patients, residents, and clientele.

We need volunteers and their contributions to:

- deliver programs and services that enhance the health care of our consumers
- enable us to provide additional value-added services to our communities
- assist in developing and providing services.

“I find it rewarding to give back to the hospital and give back to the community”  
- Colin, Whyalla Heartbeat Inc. Volunteer.