



# VOLUNTEERING

It's a Two-Way Thing!

## Community Exercise Leaders

People with arthritis can benefit from a range of community exercise programs offered by Arthritis & Osteoporosis Tasmania. The following group exercise programs are lead by specially trained volunteer leaders:

### ► Warm Water Exercise Program

People with arthritis gain particular benefit from moving their joints in warm water. It offers support with the water buoyancy to help joints to become more flexible and muscles stronger while minimising the risk of pain or strain.

Warm Water Exercise volunteer leaders are supported to complete a nationally recognised qualification in leading warm water exercise for people with musculoskeletal conditions. A commitment of 1.5 hours per week is required on a regular basis.

### ► Tai Chi for Arthritis

Tai Chi for Arthritis is a gentle 'sun' style tai chi program devised by Sydney GP Dr Paul Lam.

Studies show that tai chi can help reduce pain and stiffness felt by people with arthritis.



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*Supported by the Crown through the  
Department of Health and Human Services*



Arthritis & Osteoporosis Tasmania is a not-for-profit organisation that provides support and information for all Tasmanians affected by arthritis, osteoporosis and related conditions.

Contact **Arthritis & Osteoporosis Tasmania** to find out about the range of awareness and education programs, support services and resources available.





## Arthritis & Osteoporosis Tasmania

Arthritis & Osteoporosis Tasmania has been providing information and support services to Tasmanians for over 40 years. We could not provide these services without our wonderful dedicated team of volunteers, who are the lifeblood of the organisation.

## Volunteering... It's a Two-Way Thing!

Over 30 people regularly volunteer at Arthritis & Osteoporosis Tasmania offering their valuable time, skills and experience in a range of roles. Whilst we have some volunteers who have been with us for over 15 years (average length of service is currently 8-10 years) volunteering doesn't have to involve a long term commitment. We understand that people often have busy lives. Arthritis & Osteoporosis Tasmania offers a variety of volunteering opportunities with variable time commitments, from regular weekly 1-4 hour shifts to more casual involvement for those times when a helping hand is needed (for example, data entry and large mailouts).

Volunteering now, more than ever, is vital to our providing ongoing services to the community.

As well as greatly benefiting our organisation, volunteering can also be personally rewarding offering people the chance to:

- ▶ Gain knowledge and learn new skills.
- ▶ Use one's life experience to help others.
- ▶ Meet some wonderful new people.
- ▶ Work with a friendly team who appreciate their contribution.
- ▶ Know that you are putting something back into the community.

Arthritis & Osteoporosis Tasmania is currently looking for help in the following areas:

### Arthritis InfoLine Service

Volunteers respond to calls received on the 1800 InfoLine Service and prepare a tailored information pack from our available resources. Located in our Reception area, volunteers also provide a friendly face and assistance to members of the public visiting our Office.

Thorough training is provided and there is staff back-up at all times. When you work in this area you'll talk to a wide range of people.

We ask for a weekly or fortnightly shift of three hours at our Office in Moonah.

## Community Speakers Program

Volunteers are trained in presenting talks on arthritis and related conditions, enabling us to reach thousands more people in a range of settings including retirement villages, service clubs, fitness centres and other venues. Time commitment is variable, being based on requests for speakers.

Interested volunteers must be comfortable speaking to groups, have the ability to learn and share basic arthritis information, be available as requests for speakers come in, and have transport to get to group presentations (out of pocket expenses will be reimbursed).

## Skills-Based Volunteers

Opportunities can be one-off, for one meeting, one day, one week or several months. It all depends on the nature of the task at hand. People with skills and expertise in the following areas are always welcome:

- ▶ writing and/or editorial
- ▶ social media
- ▶ financial and accountancy
- ▶ graphic design/desk top publishing
- ▶ organisational development
- ▶ media and public relations
- ▶ research and analysis