

# Inclusive Volunteering Program (IVP)



icare™  
foundation

Supporting people who have experienced a brain injury to do meaningful volunteer work.

This program matches a person who has experienced a brain injury with a trained buddy to volunteer together in meaningful roles.

**Who are the volunteers?** If you are someone living with a brain injury who wants to do something more meaningful, volunteering may be a way to achieve your goal. Being a volunteer has benefits including improving your skills, learning new things, meeting people, giving you a sense of satisfaction and contributing to an organisation or business. It's about doing something worthwhile.

**Who is a buddy?** A buddy supports you as a volunteer to participate in a meaningful volunteer role in a community organisation or business to enable you to achieve your goals. We provide full training, support and networking opportunities to buddies.

**Where will you volunteer?** We will link you with a community organisation or business who are interested in having volunteers. You may already know of an organisation where you would like to volunteer. Our role is to match you, with a buddy who supports you, and the host organisation.

**How do you start?** Contact us if you are interested and we will chat with you in more detail about you, your goals and how we can support you. We will assist you with the connections you need to begin your volunteering journey.



## Are you an organisation looking for volunteers?

The role of the host organisation is to provide a working environment where the volunteer, with support of the buddy, has meaningful tasks, feels welcomed and accepted.

3Bridges Community will be providing the host organisation with a 15 minute presentation on a USB to provide them with awareness of what a person with brain injury may experience.

Benefits include meeting your corporate responsibility for inclusion and cohesiveness. Being an adaptable workplace and promoting positive culture and supporting community initiatives.

Are you a person who has experienced a brain injury and interested in volunteering?

This new program is accepting referrals from most LGA's in Greater Sydney. Get in touch to find out more about our geographic catchment. To find out more, please contact Pauline Hedman or Kristen McCormack. Phone: 1300 327 434 | Email: [AlliedHealth@3bridges.org.au](mailto:AlliedHealth@3bridges.org.au)