



get in to life: volunteering

Volunteering helps you develop stronger social networks and friendships. It can help you become more active, mentally and physically. It can even contribute to getting better sleep.

fulfilment from contribution

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

benefits to volunteering



Connects you to others



Good for mind and body



Learn new skills



Bring fun and fulfilment to your life



It's great for your resume

Centacare Volunteer Services

Volunteering is flexible and will fit around your existing commitments. Centacare Volunteer Service has volunteering opportunities that range from 5 minutes per day to 1-hour per week or once a year – the opportunities are endless

Website www.centacaregeraldton.org.au/volunteering-whats-it-all-about



Chapman River Friends

A group of volunteers who helps in the rehabilitation and promote the Chapman River regional park

Social [Facebook](#)

Foodbank

Assisting people to ensure they have food to eat!

Website www.foodbank.org.au

Geraldton Aquarena

Local swimming pool, offering school holiday activities as well as things like volleyball, water polo and swimming lessons.



Phone (08) 9956 6906

Website www.cgg.wa.gov.au/aquarena

Address 1 Pass Street, Wonthella WA

Men's Shed

Men's shed gives a man a safe and busy environment where he can be productive and valuable to the community, connect with friends new and old, maintain an active body and mind as well as giving them the opportunity to feel good about themselves.

Geraldton Men's Shed

Phone (08) 9960 7439

Social [Facebook](#)

Address 67 Gregory Street, Geraldton WA

Chapman Valley Men's Shed

Phone (08) 9920 5480

Email admin@cvms.org.au

Website www.cvms.org.au

Address Lot 26 Chapman Valley Road, Nabawa WA

The Apex Club of Geraldton

The Apex Club of Geraldton is a community-based volunteer organisation that helps to make Geraldton a great place to live. You will see us setting up community events, enlivening our laneways and lending a hand to those in need.

Email geraldton@apex.org.au

Social [Facebook](#)

Surf Live Saving

There are many ways in which you can get involved as a Surf Life Saving volunteer. Surf Life Saving has opportunities for people to be an active patrol member saving lives on the beach, an age manager for Nippers on the weekend or as a volunteer club official working behind the scenes to ensure things run smoothly.

Champion Bay SLSC:

Email admin@champions.org.au

Website www.champions.org.au

Geraldton SLSC

Mobile 0427 641 757

Email surfclub@geraldtonslsc.com.au

Website www.geraldtonslsc.com.au



The Geraldton Cultural Trust

The Geraldton Cultural trust has a wide range of hobby groups. Just to name a few: Geraldton 4wd Club, French Club, Table Top Games, Pottery, Sewing etc. Most activities are low cost.

Phone (08) 9921 2423

Website www.geraldtonculturaltrust.com.au

Midwest Cat Shelter

Our aim is to promote the humane treatment and well-being of cats in the Mid West region. Rescue and re-home unwanted, mistreated & homeless cats to caring homes.

Phone 0487 193 244

Website www.midwestcatshelter.com



Geraldton Dog Rescue

The task of helping animals is not an easy one, but is an incredibly rewarding experience. As a volunteer you will be working towards giving our four legged friends a better life and a new home. Not only do you get to meet heaps of lovely dogs, but lots of wonderful people too.

Mobile 0400 219 719

Email admin@geraldtondogrescue.com.au

Website www.geraldtondogrescue.com.au

Northern Area Catchment Council

NACC is a not-for-profit organisation that supports local communities & individuals to protect, manage & restore the natural environment. Keep an eye on their social media for opportunities to help out with some of these projects!

Phone (08) 9938 0100

Website www.nacc.com.au

Have an idea how others can volunteer in the community? We'd love to hear it!

Phone (08) 9943 8111

Email admin@headspacegeraldton.com.au