



## Career Development Centre

- 15b James Street  
Mount Gambier SA 5290
- Office Hours:  
Monday to Thursday  
8.30am to 4.30pm  
Friday  
8.30am to 4.00pm
- Phone: (08) 8725 1471
- Fax: (08) 8723 5717
- Email: [info@cdc.org.au](mailto:info@cdc.org.au)

### *help* the environment.

- Volunteer planting trees
  - [www.treesforlife.org.au](http://www.treesforlife.org.au)
  - [www.conservationvolunteers.com.au](http://www.conservationvolunteers.com.au)
- Recycle all bottles and cardboard
- Create a worm farm to process your household food scraps
- Grow your own vegies and fruit
- Reduce, reuse and recycle at home
- Turn off unnecessary power points in your home.

### *doing* something.

- Offer to help an elderly neighbour
- Check your street lights are working if not advise the electricity company
- Give blood or become a blood donor
- Assist with umpiring at a community sports event
- Volunteer at your local Library
- Volunteer at the Art Gallery
- Volunteer with Disability services
- Make wooden toys for Christmas toy drive



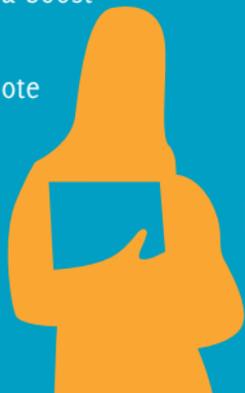
How you can help your  
community.  
suggestions from the CDC



Career Development Centre

## *contributing* at home.

- › Wash the dishes without being asked
- › Take out the rubbish bins
- › Tell someone they have done a good job
- › Pick up your wet towels and put them in the laundry
- › Tidy your bedroom - everyone will be surprised!
- › Compliment someone who needs a boost
- › Bring flowers into your home
- › Let someone else hold the TV remote control for a change
- › Cook a healthy meal



## *help* your community.

- › Offer to read one morning at your local primary school
- › Mow an elderly neighbour's lawn
- › Volunteer your time at Meals on Wheels
- › Volunteer at local community organisation such as St Vinnies, Salvation Army, Lifeline etc,
- › Join one of the South Australian Emergency Services eg CFS or the SES
- › Help teach English to a new community arrival
- › Volunteer at a local community art gallery or museum
- › Volunteer with St. Johns

## *Join* something.

- › Join a Relay for Life team
- › Community Garden
- › Join Neighbourhood Watch
- › Friends of the Art Gallery
- › A local Progress Association
- › A service club such as Lions / Lioness or Rotary
- › Join a sporting club as a player or official
- › For further information regarding volunteer opportunities visit the following websites:
  - › [www.sacommunity.org](http://www.sacommunity.org)
  - › [www.volunteeringlimestonecoast.com](http://www.volunteeringlimestonecoast.com)
  - › [www.volunteeringsa.org.au](http://www.volunteeringsa.org.au)

## *donate* something.

- › Give a gold coin or animal food/bedding donation for the animal shelter
- › Make a token donation- money, clothes, books at a local charity
- › Clean out your wardrobe and donate your clothes
- › Donate to RDA's charity of the week
- › Give children toys

