



Little athletes need helpers

Anyone looking for a welcoming, fun way to give back to their community is likely to find something to suit them at the Corio Little Athletics Centre.

The centre is recruiting volunteers for its summer season, with roles available in the canteen, coffee-making, first aid, barbecue, coaching, as event officials and helpers, time keeping, race starting, photography, announcing, setting up equipment and administration roles.

The Little Athletics Centre, based at Goldsworthy Reserve, relies on a team of volunteers who are current parents, community members, and parents or grandparents of past athletes who have stayed because they enjoy the atmosphere so much.

There is much to be gained by volunteering – meeting new friends, becoming part of a team and making a difference. Volunteers are valued for bringing their existing skills and being supported to learn new ones. Several volunteers have been with the Centre for many years and love being able to

provide the Little Aths experience to today's athletes.

Meridith and her son joined the Centre four years ago and soon realised what a great family activity Little Aths is. When the canteen manager retired, she saw an opportunity to use her experience and took over the role.

Meridith has also recently become the Centre Secretary and loves volunteering "to give back to the community and for socialisation".

Past athletes are also staying on, building the start of the next generation of volunteers. Jess is a race walk judge and first aider during summer and sets up equipment for schools during winter. Jess volunteers "because I like giving back to the community who supported me".

Some volunteer roles require a Working with Children Check. For information, contact Meridith, phone 0412-166-760 or email corio@lavic.com.au

Join the team supporting GenU

GenU is looking for volunteers to support others to help them live the life they want. Volunteering opportunities include assisting childcare, education and training, allied health, leisure and lifestyle, pet therapy, art and music therapy, animal care, retail nurseries, business enterprises, community access as well as providing social respite and companionship.

GenU resulted from the merger of Karingal and St Laurence. It supports people of all ages living with a disability, mental illness, isolation and increasing age-related frailty to make the most of every opportunity that comes their way.

Volunteer Programs Co-ordinator Georgia Carmichael said: "Our volunteers are an extremely important part of our team and help to build inclusive communities by being compassionate, patient and empathetic.

"All our volunteers have ongoing support and training throughout their journey with us. We match their interests, skills and experience to an activity that they will enjoy but will also help to connect them with the community."

For more information contact the volunteer program team, phone 5282-0038 or email volunteers@genu.org.au.



corio@lavic.com.au

Meridith

0412 166760

CORIO LITTLE ATHLETICS CENTRE

Avalon Airport Athletic Arena, Goldsworthy Rd

5 clubs compete together;

Corio West, Corio South, Bell Park, Golden Plains & Lara.

Athletes of all abilities are supported to achieve their personal best.
Athletes to be aged 5-16 on December 31.

Run, jump & throw. Have fun, keep fit & make new friends.

Come & Try Day in September. Season starts early October.

