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**Volunteering.  
It takes  
all of us.**

[cancersa.org.au](http://cancersa.org.au)



**Cancer  
Council**  
SA

Every minute  
Every hour  
Every day

# Every day, 26 South Australians receive the devastating news that they have cancer.

It's a diagnosis that can turn the world upside-down, both for that person and their loved ones.

With this in mind, cancer does impact all of us, whether it's navigating a personal experience, helping a partner or family member deal with the disease, or understanding how we can all do our part to prevent or detect cancer early.



Our generous volunteers donate their time, effort and expertise to fulfil Cancer Council SA's vision of a cancer free future. By contributing as a volunteer, know that you're helping to ensure we can maximise the percentage of every dollar donated which goes towards our ground-breaking research, prevention programs and support services for people impacted by cancer, ensuring no one has to go through a cancer journey alone.

Many of our volunteers want to give back and support a service which supported them, helped someone they know, or simply volunteer their time as a way of doing their part to contribute to a world without cancer. Others just want to help people in any way they can. Whatever your personal goals, we will work to ensure that your time with us is meaningful, satisfying, and personalised to your strengths, availability and preferences.

The volunteer community at Cancer Council SA is one of learning, sharing, and contributing together towards a common goal. We have enjoyed watching the many lasting friendships which have arisen from our volunteer groups.

However you choose to volunteer, whether it's driving our Lodge guests to and from treatment, restocking hospital brochures, selling pins and merchandise, thanking our donors over the phone or handing our sunscreen at community events, every one of our volunteers makes a crucial difference.

**Without the ongoing commitment of our wonderful volunteers, we simply couldn't do what we do. Thank you for considering Cancer Council SA to pursue your volunteer career.**

You can register online at [cancersa.org.au/get-involved/volunteer](https://cancersa.org.au/get-involved/volunteer)

The Volunteer Team,  
Cancer Council SA.

Cancer Council SA currently works with 1,306 volunteers who have helped to reduce the impact of cancer for South Australians by raising money, spreading awareness, and reinforcing our cancer free messages.



**In 2017, our volunteers contributed 16,838 hours towards helping others in their community.**

These volunteers are part of a network of 94,824 supporters of Cancer Council SA, including staff, ambassadors, donors, fundraisers and corporate partners.

**Together, our impact is enormous.**

Volunteers work across the many teams within Cancer Council SA, and we welcome everyone to consider how they could lend a hand. You may choose to volunteer in a specific area, or be contacted on an as-needed basis by our volunteer recruitment team.

Many of our volunteer roles do not require any experience or specialist skills, whereas others require knowledge and expertise. If you are considering volunteering, you can call us to talk through your individual skillset and discuss which of our roles might be most appropriate. We highly encourage trying something new, and will provide you with the necessary training and information when you volunteer with us.

If you would like to volunteer in a capacity not outlined in this document, please contact us, and we can discuss how you could best help the community.

**Talk to us today about how your life experience could benefit the community. Call 08 8291 4111 or email [volunteer@cancersa.org.au](mailto:volunteer@cancersa.org.au)**



**Many of our volunteer roles do not require any experience or specialist skills.**



## How you can make a difference as a Cancer Council SA volunteer

### Administration support

Providing general office or event-related administration support with tasks including telephone calls, filing and photocopying, word processing and data entry.

### Event volunteers

These individuals volunteer with Cancer Council SA for a specific fundraising campaign (i.e. Daffodil Day, Relay For Life, Tour Down Under, Undies Run). They may manage event registrations, assist with logistics and deliveries, or distribute sunscreen to event participants.

### Resources and information

Our community publication volunteers provide information and resources to help people impacted by cancer navigate Cancer Council SA's services. They regularly visit the Cancer Information Centres at hospitals around metropolitan Adelaide where cancer treatment is undertaken.

### Transport

Volunteer drivers transport guests staying at Cancer Council Lodge, Flinders and Greenhill, to and from treatment at four medical centres and hospitals around Adelaide. This service operates five days per week.

### Warehousing

Packing teams help organise fundraising merchandise and host kits, as well as put together resource kits for health professionals and letters to supporters.

#### For those who want a little more...

The Ambassador Project is for individuals who want to take action on cancer prevention, support and fundraising activities and make a real difference towards a cancer free future. Ambassadors may lead volunteer teams, represent Cancer Council at community events, communicate cancer prevention and support messages, or even promote and champion fundraising events.

Ambassadors truly partner with Cancer Council SA, taking action every day for cancer free homes, workplaces, schools, universities, sporting clubs—in fact, everywhere.

## Community impact

Volunteers are an integral part of what we do at Cancer Council SA. Our volunteers find real joy in helping people either through their one on one connections, in being out and about, or by supporting Cancer Council SA behind the scenes. But most of all, our volunteers make a real impact on the people they help, the broader community, and all of us here at Cancer Council SA.

**By choosing to donate their time, volunteers allow the funds raised by Cancer Council SA to go even further.**

Lodge transport is just one example of how our volunteers help out those who need it most. In the past year, 13,191 rural South Australians staying at Cancer Council SA Lodges were transported to and from treatment centres by volunteer drivers, helping to ease the burden of navigating a foreign city, hiring a car, or finding and paying for parking.

Thanks to volunteers donating their time, we are able to provide guests with free transport, at a cost to us of only \$25. With a small portion of our donor pool going towards transport, we are able to direct funds towards room upgrades, assistance grants, and counselling and social work support.

**Volunteering has a much greater impact than just those people that you connect with on a day-to-day basis.**

Volunteers are an integral part of what we do at Cancer Council SA.



## Six benefits of volunteering

*“One of the great ironies of life is this: he or she who serves almost always benefits more than he or she who is served.” —Gordon Hinckle*

Volunteering plays a valuable role in sustaining healthy, resilient communities and contributes significantly to the quality and vibrancy of our society. And while many volunteers are drawn towards the opportunity to do something for others, it's also an opportunity to capitalise on a whole host of other advantages.

### 1. Being the start of a positive chain reaction

**Volunteering has the potential to touch so many lives. Whether you're handing out sunscreen at a community event, sharing your personal experience on our blog or on the phone thanking our fundraisers for their support, your contribution is much bigger than the task at hand.**

As well as helping out with individual activities, you're helping direct funds towards Cancer Council SA's vital research, support and prevention initiatives, to raise the profile and recognition of Cancer Council SA within the community, and to let anyone impacted by cancer know that you support them. By showing your support, you also help inspire others to give back. Every contribution is getting us one step closer to a cancer free future.

### 2. Gaining insight into other perspectives

**Whether you're out on the street or at a Cancer Council SA facility, you'll hear from a number of people with personal cancer experiences, or who may be going through a difficult time.**

Giving someone a shoulder to lean on is a deeply empathetic experience, and it sometimes helps us put our own lives into perspective and appreciate what we have. Many people involved with Cancer Council SA, either as supporters, staff, clients or donors, are incredibly inspiring, resilient, and wise. It's a fantastic community atmosphere.

### 3. Finding a more purposeful work-life balance

**Cancer impacts all of our lives in some way or another. One in two of us are diagnosed within our lifetimes, and so whether we're there for a close friend, or coming to terms with our own diagnosis, everyone has a reason to give back.**

Volunteering is very rewarding for both the volunteer and the people we are supporting.

### 4. Developing new relationships

**If a common interest is the foundation for friendship, then there is no better opportunity to meet equally passionate, driven, and like-minded individuals than by volunteering.**

Whether you or someone you know has gone through their own diagnosis, or you have only experienced cancer from afar, everyone can recognise part of themselves in our diverse, friendly group of volunteers.

### 5. Kick-starting a new career

**From fresh graduates to senior professionals, volunteering can offer the opportunity to learn new skills, refine existing ones, and even develop a new passion.**

There are often no prerequisites for volunteering, and it gives you the chance to learn new skills, equipping you with job-ready expertise and abilities.

### 6. Sharing your skills and expertise

**After many years in the workforce, some individuals choose to give back by sharing their skills and expertise with others.**

Doing so through Cancer Council SA ensures that you'll be able to help the community as well as your peers.

# Case Studies.

## Volunteer spotlight: Melissa Whalen

Melissa came into contact with Cancer Council SA as a fundraiser over 12 years ago. She's now one of our valued regular volunteers across a range of activities and events, and as of a few years ago, a Cancer Council SA Ambassador. This is her story.

**A work friend's wife was fighting ovarian cancer, and my dad was being treated for oesophageal cancer; it seemed like the motivation we needed to do something about cancer in our workplace community. We were both keen bakers, so we combined our desire to contribute with our love of cooking to host a joint Australia's Biggest Morning Tea event.**

*Sadly, neither my friend's wife nor my dad won their battle, but we continued to host an annual Australia's Biggest Morning Tea in their memory.*

*Over the past few years the total has increased steadily, and this year I raised over \$1,500. From that routine, I found more and more ways to support. Four years later I signed on as a Daffodil Day volunteer, manning stalls selling merchandise on the day and chatting to so many generous people. Four years after that, I also became a volunteer for the Tour Down Under, handing out sunscreen in the crowd.*

*It's only in the last couple of years that I've been an Ambassador for Cancer Council SA, coordinating groups of volunteers at various events and activities. Having come up through the ranks myself, I understand why they give up their free time to give back to the community—because when we all do our small part, we can make a real difference.*

*The most rewarding part of it all is knowing that every dollop of sunscreen we hand out, or Daffodil Day pin we sell, or cake we bake, is helping to raise awareness and much needed funds for everything that Cancer Council SA does.*

*Meeting new people in the community is a big part of why I do it, but I admit it can get very emotional when we get chatting about their cancer connection. Hearing people talk about their personal experiences, or those of the people they love, is very moving. Cancer impacts everyone in one form or another, and it's fantastic to see so many people who take that experience and turn it into a positive by choosing to support Cancer Council SA with their time as well as their money.*

*I remember recently I was at an event, when one of the other volunteers was telling me that a family member of hers was dealing with cancer. As it turned out, that family member was someone with whom I work. I considered him a good friend, but had no idea what he was going through. It's in those moments that it hits you—one diagnosis impacts so many people, and the ripples keep on spreading.*

*But by the same logic, one small action can also change the course of the lives of people around you, whether it's offering a shoulder to lean on, or educating someone about simple prevention behaviours. When I lost my father, I relied heavily on the support of Cancer Council SA. Having someone to talk to in a time like that is invaluable.*

*Recently two of my work colleagues have been diagnosed with cancer, one for the second time. When I see cancer continuing to devastate people's lives, I'm even more determined to do whatever I can to help. I volunteer so that other families don't need to lose a loved one, and to give back to an organisation that helped me when I needed it most. A small donation of my time means that all the money raised is directed to where it will have the maximum impact, and it allows Cancer Council SA's resources to go further at more events, ultimately boosting the awareness we can raise.*

*To anyone tossing around the idea of volunteering, I would urge you to just try it out; there's no harm in committing to one event to begin with and see if it's for you. Cancer Council SA has a volunteer presence at some really iconic SA events, and it's as much about having fun and making connections as it is about raising awareness and funds.*



## Volunteer spotlight: Alan Herbst

Alan provides a crucial service to Cancer Council SA, he is one of the volunteer drivers responsible for transporting guests from Lodges to treatment and back again, ensuring that they have one less thing to worry about during a difficult time. Alan reflects on his reasons for volunteering after 10 years on the job. This is his story.

**It all started in the year 2000 when my wife was diagnosed with multiple myeloma. It was already serious, and although they put her on watch, harvested her stem cells and performed 18 months of chemotherapy, sadly she passed away on Remembrance Day in 2005.**

*In those years of treatment, my wife was admitted lots of times to the Royal Adelaide Hospital. At one point in 2004, my son was diagnosed with kidney stones, stayed overnight in hospital, and an ultrasound revealed he had Non-Hodgkin lymphoma.*

*I walked those hallways so many times, with my son in one end of the hospital and my wife in the other. I got to know the staff very well, and see how much they do to look after the people in their care.*

*It was some time later that I went through my own cancer experience. In 2009, I had a medical episode and stayed overnight in hospital, which is when doctors found a stage 3 melanoma on my arm.*

*Some people would be distraught at this discovery, but I'd come to realise cancer didn't frighten me. There is so much cancer surrounding us, and I think you can either feel like it's too overwhelming and choose to avoid getting involved, or you can do the opposite and try to take on a role where you can make a small difference. A diagnosis doesn't carry the negative weight it once did, with so many advancements in surgery, and treatment.*

*I started volunteering as a driver for the Cancer Council SA shuttle in late 2007. After a career in the police, I had often been involved in voluntary work and I was good at organising people. The buses are quite small; they take 11 people at a time. Across both Lodges, we transport around 60 people per day, to four main medical centres and hospitals around Adelaide. There are several regular volunteers, and I fill the gaps when needed.*

*The best part about it are the life stories and personalities of the people you meet. Sometimes I just sit back and listen, and other times I really engage, chatting and building new relationships and even friendships.*

*You come to realise that so many people can be so positive even when faced with such a challenging situation. All the people who stay at the Lodges and whom I drive around, have come from rural towns and communities for their cancer treatment. They have to be incredibly resilient and strong—on top of dealing with a cancer diagnosis that can turn anyone's world upside down, they're also navigating treatment in completely unfamiliar surroundings. They'll often not have the larger support networks of friends and family that Adelaide locals might be able to lean on.*

*People from the country have a strong sense of community, whether they're from a small town or a big one, and I find that they will work to create a new community at the Lodges. They won't talk about their cancer, but they'll talk about where they're from, who they know—trying to find some common ground. I think that the hardest thing to do would be to come to the Lodges, sit in a room and not mix with anyone. If you don't socialise, it's not going to help.*

*My advice to anyone coming to stay would be to start a conversation. I know that there can be physical and emotional limitations to how much you can manage, but always keep an eye open about how you can meet people wherever possible.*

**Last year, Cancer Council SA Lodges provided 30,522 nights of accommodation to almost 9,000 guests, as well as over 13,000 trips to and from hospitals and treatment centres. The ongoing contribution from generous South Australian volunteers like Alan, and countless donors and supporters in the community, ensures guests can continue to attend appointments in the city, and have access to a range of life-changing support services.**



# FAQs.

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## Who volunteers at Cancer Council SA?

People from all walks of life volunteer with us. Students and young people volunteer to gain work experience and skills, others volunteer when they have had a break from the job market and are looking to build up fresh experience. Many of our volunteers are also retired people looking to put their experience and some of their new found free time to good use.

## How much time do I have to give?

Our volunteers are free to choose their own level of commitment, provided they stay within Volunteering Australia's policy of a maximum of 16 hours per week. Before undertaking any activity it is a volunteer's personal responsibility to find out the time and energy needed to carry out the job and make a commitment to effectively complete the task.

## I'm only available after hours or on weekends, can I still volunteer?

Certainly! With so many volunteering arrangements, we can discuss a schedule or one-off event that suits you.

## What skills and experience do I need?

Many of our volunteer roles do not require you to have any specific experience or specialist skills. For example, if you would like to work at one of our events we will provide all the training and information you need. Office-based administrative support roles may require you to have good computer, telephone and customer service skills. Role descriptions are available for all our volunteer roles and the skills and experience required are always clearly outlined.

## What training and support will I be given?

Where possible, we recruit volunteers with the relevant skills and experience to fit the role description. We provide induction and role-specific training for ongoing volunteers. All ongoing volunteers have the opportunity to discuss individual training and development needs with their Supervisor or the Volunteer Coordinator.

## Where can I volunteer?

You can volunteer in our office, at events, at one of our Lodges or a Cancer Information Centre.

## Where do I sign up?

You can register online at [cancersa.org.au/get-involved/volunteer](https://cancersa.org.au/get-involved/volunteer), or call **08 8291 4111** and ask to speak with the volunteer team.

Once we've received your call or application, we'll discuss what you're looking for, how Cancer Council SA can support you and what opportunities are available.

**We do hope you'll become a valuable contributor to our volunteer network.**

**Cancer Council SA**  
ABN: 31 469 615 538

Cancer Council SA is the business name of the Anti-Cancer Foundation of South Australia

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