



Volunteer Involvement Program
Championing a Vibrant and Healthy Community Together
Application Form
www.welland.ca/Leisure/VolunteerForm.pdf

Volunteers are a Valuable Part of our Recreation and Culture Team!

The City of Welland encourages individuals of all ages and abilities to play an active role in their community by volunteering their time to help deliver recreation and culture programs.

Through our volunteer program, volunteers are matched with positions which meet their individual needs and interests, and are provided with training supervision.

The Recreation and Culture Division invests time and resources to provide volunteers with an opportunity for an enjoyable and rewarding experience. We offer on-going methods of recognition for volunteers services on a regular basis throughout the year.

Why be a Volunteer?

Benefits to the Community - and You!

- **Volunteering builds your community**

Volunteering encourages interaction between people living in a community and strengthening community connections. When you volunteer, you are actually improving the life of your own community, and creating *social capital* at the same time.

- **Boost your own health**

Feeling connected to your community can also play a key role in how healthy you feel. Volunteering is a reflection of social connectedness, which is strongly associated with the health of the people in the community.

- **Reduce your stress**

The health benefits of doing good things for others are similar to those experienced by anyone who practices yoga, spirituality and meditation, namely a slowing down of heart rate and a decrease in blood pressure.

- **Finding a new purpose**

The altruistic feelings gained during volunteering reinforce the sense that one's life has a purpose. In turn, this enhances self-esteem. Volunteering also reduces anxiety and depression and increases life satisfaction.

General Requirements

- Volunteers must be 14+ years
- A criminal record check (Vulnerable Sector Screening) will be required of the successful volunteer candidate if they are working with participants under the age of 18.
- Completion of a Volunteer Orientation session.

Volunteer Orientation Sessions

Mandatory Volunteer orientation sessions are held once monthly. Please call 905-735-1700 ext. 4000 to register for one today.

Upcoming Sessions:

- Wednesday, March 14, 2012
- Wednesday, April 11, 2012
- Wednesday, May 9, 2012
- Wednesday, June 13, 2012
- Wednesday, July 4, 2012

...continued page 46

More Information:
905-735-1700 Ext. 4000

Opportunities Available

- Activity Leader
- Children's Camps
- Aquatics
- Information Desk
- Leisure Buddy
- Program Assistance
- Sunshine Volunteer
- Hospitality & Special Events
- Kitchen
- Special Projects
- Placement/Co-op/Intern Student

National Volunteer Week ~ April 15 -21, 2012

Ontario Volunteer Service Awards

honours the thousands of people who generously contribute their time as volunteers across Ontario. These awards are an important way to recognize volunteers who have provided service over many years. Organizations nominate their volunteer, who has served more than two years and is over the age of 24.

June Callwood Outstanding Achievement Award for Voluntarism

Recipients are typically individuals and groups who have made an exceptional contribution to voluntarism in Ontario. Whether by volunteering their time, efforts, knowledge or resources, recipients from across Ontario are making valuable contributions to the quality of life in their communities and the province. They also serve to inspire others by the positive examples they provide. Up to 20 individuals and/or groups receive this award each year.

The Ontario Medal for Young Volunteers

recognizes the outstanding achievements of youth volunteers across the province. The personal commitment of time and effort made by young volunteers is a valuable contribution to the quality of life in our communities, and our province. By honouring outstanding contributions made by youth volunteers ages 15 to 24, this award recognizes exceptional

VOLUNTEER APPRECIATION

The City of Welland will celebrate and recognize participants of the Volunteer Involvement Program at its Community Volunteer Recognition event **Thursday, April 19th, 2012** (by invitation only) during National Volunteer Week. National Volunteer Week pays tribute to the millions of Canadian volunteers who graciously donate their time and energy. It is Canada's largest celebration of volunteers, voluntarism, and civic participation.

Volunteer Co-op Placement

The City of Welland, Recreation & Culture invites Students interested in obtaining valuable work experience to apply.

young people as role models. Many of our youth volunteers are future leaders. Up to 10 recipients are chosen each year.

www.citizenship.gov.on.ca

Prime Minister's Volunteer Awards

The Prime Minister's Volunteer Awards have been created to recognize the exceptional contribution of volunteers, local businesses and innovative not-for-profit organizations in improving the well-being of families and their communities.

The awards highlight best practices in community leadership and encourage partnerships across sectors. The goal of the awards is to inspire Canadians from all walks of life to find new ways of making a difference in their communities.

The Prime Minister's Volunteer Awards program consists of 17 awards in total, at both the national and regional level.

Who can you nominate?

Nominees can be individuals or groups; businesses; or not-for-profit organizations. All nominees must help provide those facing social challenges with the support, knowledge, and/or information they need to maintain their well-being and actively participate in society.

More information: www.pm.gc.ca