

## Volunteer Application Form

### Personal Information and Contact Data

Name: \_\_\_\_\_ Date of Application: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Date of Birth: \_\_\_\_\_ Pronouns (*optional*): \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Check if you would like to receive the monthly electronic newsletter (SFCSC Happenings).

### Emergency Contact Data

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

### Availability to Volunteer (*Please circle the days and times you are available*)

Monday    Tuesday    Wednesday    Thursday    Friday    Weekends

Morning    Afternoon    Evening    Anytime

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### References:

Name of Reference: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Relationship to Reference: \_\_\_\_\_

Name of Reference: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Relationship to Reference: \_\_\_\_\_

### Background Information and Experiences

Languages Spoken: \_\_\_\_\_

Languages Written: \_\_\_\_\_

List your skills, strengths and interests:

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Previous work or volunteer experiences:

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List your hobbies/ recreational activities:

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Do you have any health concerns or restrictions that we should be aware of to ensure your comfort and safety during volunteer activities:

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Any other information you would like to share with the Volunteer Coordinator:

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**What interests you about volunteering for SFCSC? (Identify all that apply)**

- Contribute to the community's well-being
- Meet fellow community members and neighbours
- Opportunity to get out of the house, participate in activities
- Further employment goals (gain skills/experience, network, build references)
- Fulfill an education requirement
- Enhance mental health and well-being
- Other: \_\_\_\_\_

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**Please indicate ALL areas of interest below:**

Transportation (*mileage and parking reimbursed*):

- Drivers:** Transport clients to medical, shopping, and social appointments, as well as to local SFCSC programs.
- Meals on Wheels Driver:** Deliver hot or frozen meals to seniors in the community. Meals are delivered Monday, Wednesday, and Friday at 11:00 am.

Kitchen and Meal Programs:

- Kitchen Assistant:** Assist with cooking, baking, catering, washing dishes, or packing meals. *Training provided.*
- Meal Service:** Assist with setting up, serving meals, and take down at one of our Diner's programs or SALT events (various locations).
- Meals on Wheels Administration Assistant:** Assist MOW by providing meals and notes to drivers on delivery days, packing frozen orders, and completing data entry.

Adult Day Program

- Program Support:** Assist staff and clients with activities such as crafts, games, and baking. Help serve meals, provide one-on-one support, and socialize with clients.
- Entertainer:** Share your talents with a group of seniors in our Adult Day Program or Grace Programs. Ex. play an instrument, sing, share travel photos, or share a hobby.
- Activity Leader:** Lead seniors in a group or one-on-one in an activity of your choice. Ex: exercise, baking, crafts, making cards, or discussion topic.

Grace Social Activities:

- Café Leader:** Greet and welcome guests, serve coffee or treats, and chat with visitors.
- Exercise Leader:** Lead seniors fitness class per qualifications and need.
- Art Workshop Facilitator:** Collaborate with our Arts Committee to share your artistic skills by either supporting or leading a workshop.
- Tech Support:** Facilitate workshops or provide one-on-one tech support for older adults.

Food Security Programs:

- Food Bank:** Sort food, managing inventory, and assist clients with food hamper pick ups.
- Transporting of Food:** Deliver food hampers and pick up food donations as needed.
- Garden Team:** Support the greenhouse, gardens, and flowerbeds (seasonal).

Hospice & Bereavement (training provided):

- Visiting Hospice:** Provide compassionate companionship and emotional support to clients and their families, offering comfort in end-of-life care.
- Friendly Visiting:** Help reduce social isolation among seniors living with a life limiting illness by engaging in regular visits, conversations, games, or walks, offering meaning full social connection and support.
- Grief & Caregiver Support:** Provide emotional assistance and active listening to individuals or groups coping with loss or caring for loved ones.
- Advance Care Planning Facilitator:** Assist in delivering ACP workshops and presentations to individuals and families, helping them navigate discussions about their healthcare values and wishes.

Community Promotions or Fundraising:

- Special Events Team:** Assist with special events, and select which ones to participate in as they arise. Ex: BBQs, fundraisers, parades, art shows, or community events.
- Gaming Centre Ambassador:** Contribute in a big way to our fundraising by greeting players and assisting bingo sessions at Play Now Gaming Centre in Kingston.

Additional program needs:

- Administration:** Support administrative operations for various programs.
  - Grace Keeper Team:** Participate in the maintenance, repairs, and odd jobs of the SFCSC building and grounds.
  - Income Tax Clinic:** Prepare income tax returns for low-income taxpayers (seasonal).
  - Other:** Have an idea not listed here? Talk to the Volunteer Coordinator about your idea. We love to get creative with opportunities! Please describe your idea below:
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- Board of Directors or Committee:** If you are interested in joining the Board of Directors or a committee that helps govern the organization, please let the Volunteer Coordinator know to discuss the next steps.

SFCSC's current committees include:

- Executive Committee (by designation only)
- Planning Committee
- Policy Committee
- Finance Committee