



HOW TO HELP RISE ABOVE THROUGH VOLUNTEERING



RISE ABOVE
CAPITAL REGION CANCER RELIEF

AREAS WHERE YOU CAN HELP

Through the generous donation of your time, you can help us to raise the vitally needed funds we use to assist cancer patients every day.

Rise Above has been providing assistance to Cancer Patients and the families residing with them for over 30 years. For most of that time, this assistance was provided purely by volunteers. Our most committed volunteer was Yvonne Cuscheri, the Founder of Rise Above. She gave many years of her time and energy to the Group and was instrumental in building us to what we are now.

For over 10 years now, we have been in the position of being able to employ staff and currently have three full time staff. This is due to a grant from the ACT Health Directorate. While the staff do work diligently to fulfill the requirements of the Group, we are still in need of volunteers for a variety of roles.

Administration

- Part time administration assistance
- From four (4) hours per week
- Office based role in Queanbeyan
- Experienced administrator required
- Police Suitability Check required

General Volunteer

- Occasional assistance with fundraisers
- Various fundraisers including BBQ's, Raffles, Merchandise Sales etc
- Occasionally attend the monthly Members Meetings

If you believe you may be able to provide assistance in any of these roles, we would be very grateful. While we do currently have a committed volunteer base – Many Hands Make Light Work!

If you have free time available, please complete the relevant forms and return to us. We will be in contact with you as soon as possible to arrange your orientation. If you would like any other information about volunteering for Rise Above, you can contact us on (02) 6297 1261 or email – admin@riseabovecbr.org.au

Please return completed forms to:

Rise Above

Post: PO Box 1351
QUEANBEYAN NSW 2620
Fax: (02) 6297 1878
Email: admin@riseabovecbr.org.au
In Person: 21 Cooma Street, Queanbeyan

ADMINISTRATION VOLUNTEER APPLICATION FOR RISE ABOVE

APPLICANT'S CONTACT DETAILS

Title: First name: Surname:

Address:

Suburb: State: Postcode:

Phone: Email:

APPLICANT'S AVAILABILITY

Please write hours available for each day

| | |
|-----------|----------------------|
| MONDAY | <input type="text"/> |
| TUESDAY | <input type="text"/> |
| WEDNESDAY | <input type="text"/> |
| THURSDAY | <input type="text"/> |
| FRIDAY | <input type="text"/> |

Will you be available to volunteer on a weekly basis? Yes No

Please indicate how often you can attend the office:
e.g. one day per week, two days per week, once a fortnight etc. _____

APPLICANT'S EXPERIENCE & SUITABILITY

Copy of Resumé attached: Yes No

Or please list Administration experience:

Are you willing to undergo a Police Suitability Check?
Yes No

I, _____ am willing to offer my services to Rise Above on a Volunteer Basis. I certify that all the information provided is true and correct to the best of my knowledge.

Signature: _____ Date: _____

MARKETING VOLUNTEER APPLICATION FOR RISE ABOVE

APPLICANT'S CONTACT DETAILS

Title: First name: Surname:

Address:

Suburb: State: Postcode:

Phone: Email:

APPLICANT'S AVAILABILITY

Please write hours available for each day

| | |
|-----------|----------------------|
| MONDAY | <input type="text"/> |
| TUESDAY | <input type="text"/> |
| WEDNESDAY | <input type="text"/> |
| THURSDAY | <input type="text"/> |
| FRIDAY | <input type="text"/> |

Will you be available to volunteer on a weekly basis? Yes No

Please indicate how often you can attend the office:

e.g. one day per week, two days per week, once a fortnight etc.

APPLICANT'S EXPERIENCE & SUITABILITY

Copy of Resumé attached: Yes No

Or please list Marketing experience:

Are you willing to undergo a Police Suitability Check?

Yes No

I, _____ am willing to offer my services to Rise Above on a Volunteer Basis. I certify that all the information provided is true and correct to the best of my knowledge.

Signature: _____ Date: _____

GENERAL VOLUNTEER APPLICATION FOR RISE ABOVE

APPLICANT'S CONTACT DETAILS

Title: First name: Surname:

Address:

Suburb: State: Postcode:

Phone: Email:

APPLICANT'S AVAILABILITY

Please write hours available for each day

Please note, General Volunteers are mostly required for weekend and after work hours.

| | |
|-----------|--|
| MONDAY | |
| TUESDAY | |
| WEDNESDAY | |
| THURSDAY | |
| FRIDAY | |
| SATURDAY | |
| SUNDAY | |

APPLICANT'S EXPERIENCE & SUITABILITY

Copy of Resumé attached: Yes No

Or please list Volunteering experience:

I, _____ am willing to offer my services to Rise Above on a Volunteer Basis. I certify that all the information provided is true and correct to the best of my knowledge.

Signature: _____ Date: _____

MEMBER APPLICATION - \$11 per annum Membership Fee FOR RISE ABOVE

APPLICANT'S CONTACT DETAILS

Title: First name: Surname:

Address:

Suburb: State: Postcode:

Phone: Email:

APPLICANT'S AVAILABILITY

Please write hours available for each day

Please note, Members are required for weekend & after work hours as well as monthly meetings.

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|-----------|--|
| MONDAY | |
| TUESDAY | |
| WEDNESDAY | |
| THURSDAY | |
| FRIDAY | |
| SATURDAY | |
| SUNDAY | |

Will you be available to attend monthly Member Meetings? Yes No

APPLICANT'S EXPERIENCE & SUITABILITY

Copy of Resumé attached: Yes No

Or please list relevant experience:

I, _____ am willing to offer my services to Rise Above on a Volunteer Basis. Membership fee of \$11 is enclosed or a copy of the receipt for payment is attached. I certify that all the information provided is true and correct to the best of my knowledge.

Signature: _____ Date: _____