



MEDIA RELEASE

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For immediate release

SHAPING AN ACTIVE LIFE

Volunteering Gold Coast is offering a FREE education workshop on the 30th November for people who want to and are volunteering with people with a disability. This fantastic opportunity for the Gold Coast public is presented by the knowledgeable Mr. Peter Strain at the Gold Coast Learning Centre, Surfers Paradise.

Mr. Strain has an extensive back-ground in community services, in sales and marketing spanning over 25 years. This experience includes senior management positions in the public, private and non-government industry of the Gold Coast. He has specialised in Aged and Disability care and training during this time.

All Participants will be educated on wide range of practical elements including; A range of development and acquired types of disabilities, Communication Principles, Disability Requirements; what each type/category of disability requires from the volunteer, Principles and practices, Empowerment/ disempowerment in relation to people with disabilities; and The benefits of volunteering and transferrable skills.

These exceptional skills are put to practice when taking part in volunteer programs for people with a disability, whilst being completely beneficial for those in the field they also encourage a more understand community.

The Shaping an Active Life workshop has been proudly sponsored by the Queensland Government Department of Sport and Recreation through the Volunteering Gold Coast Sport and Recreation service. The Sport and Recreation service aims to provide help to clubs and organisations that provide sport and recreation programs for people with a disability.

If you want to participate in the free Shaping an Active Life workshop on the 30th November or get involved with any of the services Volunteering Gold Coast has to offer contact Volunteering Gold Coast on 55262811 or email reception@vgcvs.org.au

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