

# NATIONAL VOLUNTEER WEEK

## Volunteer Centre Directory

The following agencies and organizations operate in Milton and welcome the help of volunteers.

**Halton Alcohol and Drug Addiction Program:** Help with counselling, educational programs, and clerical services.

**Big Brothers:** Offers friendships, guidance, support to a boy 8-18 years of age.

**Big Sisters - North Halton:** Offers friendship, guidance, support to a young girl.

**Block Parents Association:** Offers refuge to a child in distress.

**Canadian Cancer Society:** Assist with educational and support programs.

**Canadian Red Cross Society:** Drive seniors to appointments, help at blood donor clinics, or other programs.

**Child Find:** Participate in presentations, educational programs, answer hot line.

**Senior Citizen Recreation Centre:** Help with administrative and clerical work, assist at programs.

**CNIB:** Offer assistance and support to clients.

**Community Resource Services of Halton:** Attend and monitor court proceedings.

**Probation and Parole:** Assist local parole officer with administrative work.

**Halton Cable:** Learn how to operate cameras and audio equipment for production.

**Halton Adolescent Support Services:** Provide counselling, friendship for young people.

**Halton Board of Education:** Help in classes, provide input for planning.

**Halton Children's Aid Society:** Drive clients to appointments, offer support to clients in a variety of programs.

**Halton Helping Hands:** Pay friendly visits to seniors and the disabled.

**Halton Roman Catholic School Board:** Help in classes, in the library, on school trips.

**Heart and Stroke Foundation of**

**Ontario:** Help with fundraising and public education.

**Multiple Sclerosis Society:** Participate in organizational and promotional work, and in education programs.

**Milton Community Information Services - Information Milton:** Help provide information and referral on services to Milton community.

**North Halton Literacy Guild:** Tutor clients in reading and writing skills.

**Parental Stress Services:** Provide support and referral service for parents who call crisis line.

**Halton Rape Crisis Centre:** Answer crisis line, provide information and emotional support for victims of sexual assault.

**St. John's Ambulance:** Learn first aid, assist at public events, be a part of the organizational committee.

**Tele-Touch:** Keep in touch with seniors from your home or office.

**Victim Services Program:** Assist victims of crime or accident with referral and support services.

**Victorian Order of Nurses Friendly Visitor Program:** Visit the frail, elderly, and disabled.

**Victorian Order of Nurses Hospice:** Be an empathetic friend to a dying person.

**North Halton Distress and Information Centre:** Answer information and crisis line.

**Tinker Bell Nursery:** Assist with pre-school programs for children with developmental handicaps.

**Girl Guides of Canada:** Be a leader in a guiding program for girls.

**Boy Scouts of Canada:** Be a leader in a scouting program for boys.

**Halton Centennial Manor:** Participate in programs for senior residents.

**Recreation Committee for Special Needs:** Help at weekly social afternoons or drive participants to meetings.

**Hope Place:** Assist a newly-opened treatment centre for women with problems with alcohol.

**Halton Recovery House:** Assist in

programs for men with alcohol-related problems.

**Maplehurst Correctional Centre:** Participate in tutoring, support, or recreation programs.

**Ontario March of Dimes:** Assist with support and educational programs for clients.

**Neighbourhood Watch:** Participate in the watch in your neighbourhood.

**Birthright Halton:** Provide information, referral, and support to pregnant women.

**Cherish Parent/Child Centre:** Help with pre-school programs.

**Halton Region Museum:** Help in a variety of research, educational, and support programs.

**The Centre:** Assist with child care, participate in board work, help with programs for teens.

**Halton Women's Place:** Help with support services to battered women and their children.

**Meals on Wheels:** Help with delivery of hot meal to a senior or shut-in person.

**Milton District Hospital:** Assist in a variety of programs and services.

**North Halton Association for the Developmentally Handicapped:** Befriend teens in local group home or assist at sheltered workshop.

**Thistleton Centre:** Assist in programs for young offenders.

**Good Neighbours Program:** Participate in activities aimed at encouraging Milton's residents to be "good neighbours" to one another.

**United Way of Milton:** Help with administrative and clerical work, canvassing during campaign.

**Salvation Army Correctional Services:** Assist in literacy training, life skills programs.

**Halton Support Services:** Help provide support and respite care for families with special needs children.

If interested in volunteering, contact the agency directly or call the Milton Volunteer Centre at 876-4756.

## Canadian volunteers really measure up

- Canadian volunteers contributed more than one billion hours of their time from November 1986 to October 1987.
  - During that time, more than five million Canadians aged 15 years and over performed volunteer work for groups and organizations across the country.
  - There were more volunteers in Ontario than in any other province. (1.9 million volunteers — 35 per cent of the national total).
  - More than half of all volunteers in Canada are women (55 per cent). From November 1986 to October 1987, 2.9 million Canadian women and 2.4 million men performed volunteer work.
  - Nationally, 29 per cent of all women, aged 15 and over, volunteered at least once during that time. The comparable figure for men is 25 per cent.
  - In 1987, seven out of 10 Canadians performed some type of volunteer work (either formal or informal).
  - Two out of three volunteer workers are employed (67 per cent); almost three out of 10 are not in the labour force (29 per cent); and only 4 per cent are unemployed.
  - The volunteering rate initially increases with age, from a low of 20 per cent for youths aged 15 to 24 years, to a peak of 27 per cent for 35 to 44 year olds. It then declines with advancing age to a low of 20 per cent for persons aged 65 years and over.
  - Canadians volunteer to help others, to forward a cause they believe in, to participate in something they enjoy and to gain a feeling of accomplishment.
  - The most popular activities among volunteers are fundraising or canvassing for funds, providing information, organizing events as well as supervising and co-ordinating activities.
- These statistics were taken from **Giving Freely: Volunteers in Canada**, jointly released by Statistics Canada and the Secretary of State.

## More credit is due

Every year, it is the happy task of the Volunteer Co-ordinators' Association of Milton (V.C.A.M.) to organize Milton's National Volunteer Week activities.

Established in 1983, the V.C.A.M. was the brain storm of Lorena Smith (then of the Halton Centennial Manor), Pam Skinner, volunteer co-ordinator at Maplehurst, and Maureen McCallum (then co-ordinator of the North Halton Volunteer Bureau).

Through the association, they looked to bring community-wide attention to the work of Milton's volunteers.

Each year, members of the association, who themselves are co-ordinators of volunteers, meet to plan a celebration that will give Milton volunteers some small measure of recognition and thanks for their efforts and enthusiasm.

These efforts are recognized largely during National Volunteer Week. However, the association is working on other ways to offer support and nurturing to volunteers.

All non-profit voluntary agencies or organizations operating in Milton are welcome to join the work of the V.C.A.M.

# THANKS TO OUR VOLUNTEERS

The  
United Way of  
Milton

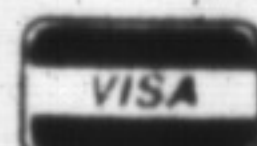
875-2550

### RAINBOW TAXI LTD.

MILTON

ANYTIME, ANYWHERE

- Airport Specialists
- Parcel Delivery
- Flat Rates Available



875-3015 or 875-3016

Locally owned & operated



The Downtown Business  
Improvement Area

says

**Thank You**

to

The Volunteers of Milton

VICTORIAN ORDER  
OF NURSES  
HALTON BRANCH



*Thank-you to our  
270 volunteers. You  
have made an excel-  
lent contribution to  
your community.  
Well Done!*

To be a volunteer please call  
**827-8800**

FURLONG COLLINS  
MANDERSON & GUNDING  
BARRISTERS & SOLICITORS

Ask us if you need a lawyer

17 WILSON DRIVE, MILTON, ONTARIO L9T 3J7  
(416) 878-8123 or 878-8129

The Royal Bank

Appreciates the efforts of the  
volunteers  
of Milton

2 GREAT LOCATIONS  
TO SERVE YOU

MILTON  
MALL

CARRIAGE  
SQUARE



ROYAL BANK