

VOLUNTARY COMMUNITY WORK and MOCSIS (Monash Oakleigh Community Support and Information Service)

In wealthy Australia there are many people who are poor, hungry and homeless. Along with government support many volunteers provide information and support to people in need to make their lives better.

Such voluntary work brings the volunteers new friendships, pride, a sense of satisfaction and good mental and physical health through brain and body work in the company of like-minded volunteers. The type of voluntary work available is almost limitless. It can involve high level policy, shelf stacking, shopping, computer and technology work, and very rewarding person-to-person discussion to understand the problems of people in need and providing support, referral and solutions to their needs. Volunteer work which involves interviewing members of the community requires **training** (see below) but other contributions require only time and a willingness to help.

A large number of **community information and support** organizations exist in many suburbs in Melbourne and in most towns in Victoria. They all operate under the umbrella of CISVic (<http://cisvic.org.au/>) which provides overall support to the local community information and support organizations.

Monash Oakleigh Community Support and Information Service (**MOCSIS**) is one such organizations which is 39 years old, **run entirely by volunteers** and works from a house owned by Monash City Council. MOCSIS provides a service which is **free, confidential, impartial, independent and community based**. MOCSIS provides emergency relief (mainly food), tax help, case-worker support and many other related services. MOCSIS receives grants from government/s and donations from individuals and organizations to support this work. In 2012-13 MOCSIS met a total of 6287 needs involving 3321 visits and 560 phone calls.

To find out more about becoming a volunteer with MOCSIS, contact us by email: monoakci@hotmail.com or by phone: **9568 4533** (Mon-Fri 10-4) or ring and drop in to see us at **25 Downing Street, Oakleigh 3166** (Melway Map 69 G8).

Training: After an interview and two-hour orientation at MOCSIS, prospective volunteers do a 50 hour Training Course (CHCCS6B), which includes 36 hours over 6 days face to face sessions and 14 hours at MOCSIS. This training is nationally accredited. The small course fee is refunded by MOCSIS after the volunteer completes 50 hours of voluntary work.

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