

# Merri Mates



**Merri Health**  
Healthcare that moves with you

## Part of the Disability Support Program



**Are you looking to make a real difference in someone's life, learn new skills and have fun doing it?**

Sometimes we all need a mate to support us and help us feel like we belong.

Merri Mates is a new social volunteer program that supports people living with disabilities aged 18-49 years. Each Merri Mate volunteer mentor is matched with a person with a disability who shares their interests and tastes.

The Merri Mates pair builds a personal bond through regular social outings over 12 months, minimum four hours/month.

Join us as a Merri Mate volunteer, and meet your match!

- Share your interests and experiences, and support your community
- Get experience in the disability sector, and learn professional skills
- Get together and visit cafes, events, the movies, art galleries, the beach... the possibilities are endless!

## Why be a Merri Mate volunteer?



Reach out and share your knowledge and experience, and help someone grow.



Develop professional skills and get experience in the disability sector.



Learn from our NDIS staff with ongoing training.



Join the Merri community and make friends.



Get discounted movie passes and memberships.



Make a difference and have fun doing it!

## Q&A

### **What kind of disabilities might my Merri Mate participant have?**

Disabilities can come in different forms – intellectual disabilities, autism, mental health issues, physical disabilities. Every person's story is unique.

### **What support will I need to give my Merri Mate?**

You will only need to be willing to listen and to support them as a volunteer. Your Merri Mate will be to take care of their own needs.

### **When and where can I meet my Merri Mate?**

For your safety as a volunteer, you must meet outside of your Merri Mate's home, between 8:30 am - 6:30 pm on Monday to Friday.

### **Why must I commit to volunteer for 12 months?**

Volunteering for 12 months allows you to build a stable, long-term relationship with your Merri Mate. You will get a certificate of recognition after one year of service.