

Your year to volunteer



Become a volunteer like Graham Ainsworth and see how just a few hours of your time can make the world of difference to others.



For nearly a decade, Carers' and Disability Link (CADL) has been a second home for local volunteer Graham Ainsworth, who spends every Wednesday supporting the organisation's social support group.

From 8.30am to 1pm, he's the warm, reliable presence preparing the kitchen and hall, setting tables, switching on the urn, and helping create a welcoming space for clients who come together for companionship and activities.

Each week a chef joins the group, and with the help of volunteers, clients enjoy morning tea, lunch, bowling, movies, guest singers such as Bangers and Mash, and quarterly BBQs hosted by the Lions Club.

"They have a ball every week," Graham says.

His volunteering journey began when he regularly brought his brother-in-law Barry to the group. When Barry later moved into residential aged care, Graham continued - discovering a role that gives him purpose and connection.

"It's just about giving back," he says.

"My time is valuable, and I like to do something constructive. I'm lucky to have good health, so I want to make the most of it. I don't feel 83."

The work can be emotionally demanding, but the relationships make it worthwhile.

For some clients who live alone, this weekly gathering is their main social contact. Graham's presence brings comfort, laughter, and a sense of belonging.

CADL ensures volunteers feel appreciated, including inviting them to the annual Christmas lunch at no cost.

Graham's message to anyone considering volunteering in aged care is simple:

"Do it. You get more out of it than you put in... and it gives my wife a break from me on Wednesdays!"

Make it Your Year to Volunteer in Aged Care.

Contact Carers' and Disability Link on 8562 4000 during business hours.



The Barossa Council

Be there for Aged Care

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