

**BE A
FRIEND**

Brighten someone's life!

COTA SA is looking for volunteers to visit with older people who are isolated and lonely.

A Greek-speaking female volunteer is wanted to visit a woman living in Fullarton who enjoys family heritage, Greek dancing, cooking and gardening.

A volunteer with a military background is wanted to visit a gentleman in Mount Barker on a Monday or Wednesday.

A gentleman in Forrestville would like a visitor who shares his love of watching sports on television including football, wrestling and cricket. Volunteer should be available to visit in the afternoon to sit and chat.

A woman in Ovingham who likes cats, dolls and teddy bears would love a female visitor to chat with.

A woman in Woodcroft is keen to have a visitor who likes to chat about music, education, family history and Australian history.

An older visitor is wanted to join a woman on Sunday afternoon walks along the seaside and visit a cafe in Glenelg.

Male volunteer with social work experience is wanted to visit a man in Salisbury who is interested in world events, news and politics.

Yes! I'd love to visit someone weekly or fortnightly.

To sign up to be a visitor or for more information contact COTA SA on (08)8232 0422 or email cvs@cotasa.org.au or apply online at www.cotasa.org.au [and click programs].

