

## Aspire Early Entry Program – Community Contribution Statement

When you apply for our Aspire Community Contribution program, you need to provide information about the length and frequency of your community service or volunteering experience, with a 200-word description of your involvement and impact.

We've included a sample statement to show what it might look like, but everyone's experiences are different. All we want to know is what you've done and how you've helped. Here's a few questions to get you started.

### TELL US HOW LONG

How long have you been involved in community engagement and/or volunteering? For example:

- less than 3 months
- 3-6 months
- 12-24 months

### TELL US HOW OFTEN

How often have you been involved in community engagement and/or volunteering? For example:

- once every 3 months
- monthly
- daily

### GIVE US AN OVERVIEW

Can you list all the activities you've been involved in your volunteering role, and describe them for us?

*I have undertaken many activities with the residents throughout this time, including spending time speaking with residents who do not often have visitors, playing games such as scrabble and participating in 'wheelchair walk' around the local park with residents who are unable to push themselves. Furthermore, I have assisted residents to operate technology such as an iPad and zoom, to stay in touch with their family and friends. Recently, I have formed a reading group with the residents to share stories, poetry, novel/book or discuss about things they've learnt or heard on the TV/news.*

### EXPLAIN YOUR IMPACT

Can you describe the impact of your community service and/or volunteerism?

*Through my volunteering there have been many occasions when I've visited residents who've been having a bad day, but I feel privileged to have the opportunity to brighten their mood and offer them a distraction from their sadness or worries.*

Can you explain your impact on the community, individuals and groups?

*As I've been visiting many of the residents on a regular basis, I have formed strong trusting relationships; it's been extremely rewarding hearing them acknowledge my efforts with remarks like, 'you've made my day'.*

How has your involvement impacted you personally? This could include your personal development, your own learning and skill development.

*Volunteering has been an extremely fulfilling experience. By having this opportunity to engage with the community, I have furthered my personal development and improved my confidence while broadening my knowledge.*