



## VOLUNTEER OPPORTUNITY Trike Riders

Frog Hollow Neighbourhood House is a community service organization serving the Hastings-Sunrise community. **We are looking for community members who are confident in riding our outreach tricycle to accompany seniors on Community Slow Walks and deliver care packages to seniors in the neighbourhood.**

The [outreach trike](#) will assist our “Wellness Delivery Project” by delivering groceries, hot meals, and care items to homebound seniors. It also brings “mobile social activities” to isolated seniors with the support of volunteers who regularly take Community Slow Walks around the neighbourhood to connect with seniors.

For these walks, the trike will be stocked with community resources, seniors’ information resources, refreshments, board games and folding chairs to create sidewalk or front lawn social opportunities.

By having volunteers riding the tricycle doing friendly visits and delivering resources around the neighbourhood, we hope to support the needs of seniors who are more isolated, marginalized, and less mobile.

The Association of Neighbourhood Houses of BC (ANHBC)’s work is centered on inclusion and equity, to build social connection and to break down discrimination through community building. We strongly encourage applications from people who identify as Black, Indigenous, and People of Colour (BIPOC), individuals with disabilities, and members of the LGBTQIA2S+ communities.

Frog Hollow Neighbourhood House/ANHBC is committed to protecting the health and safety of its employees, volunteers, and the community. Subject to legal exemptions, proof of COVID-19 vaccination status will be required for all new hires & volunteers.

Criminal Record Check (CRC) will be required.

**Position:** Trike Riders

**Hours:** Minimum one shift every month (Shifts are approximately 2 hours.)

**Method:** In person

**Timeline:** Beginning in June. Orientation and training will be provided prior to start date.

**Duties and Responsibilities:**

- Attending an orientation and training session for trike riders.
- Picking up care packages from Frog Hollow Neighbourhood House.
- Delivering care packages to seniors in the neighbourhood with the trike.
- Ensuring items are delivered in good condition.
- Documenting deliveries made and reporting to program staff.
- Accompany seniors on Community Slow Walks to connect with seniors in the neighbourhood.
- Check that the trike is in good working condition and is well-stocked with necessary resources.
- Offering friendly communication and support to seniors.
- Notifying program staff of any issues with the delivery or seniors needs.

**Benefits for applicants:**

- Give back to the community.
- Gain a sense of well-being by supporting seniors in the community.
- Opportunity to show compassion and support a healthy community.
- Volunteer hours can be used towards fulfilling graduation requirements.
- Gain experience working with community members, specifically seniors.
- Gain experience working with a diverse staff team.
- Make a positive impact on seniors in the community.
- Opportunity to learn new skills.
- Improve communication skills.

Please apply by emailing your interest to [volunteer@frohollow.bc.ca](mailto:volunteer@frohollow.bc.ca)

Frog Hollow Neighbourhood House, 2131 Renfrew Street, Vancouver, BC V5M 4M5  
604-251-1225

