



9 May 2018

## **All the cheer of being a volunteer: get in the know at expo**

The benefits of volunteering – and opportunities on offer – will be highlighted at the free Give A Little, Change A Lot Volunteering Expo at Dalkeith Hall on 22 May.

Presented by the Nedlands Volunteer Resource Centre from 3pm to 6pm as part of National Volunteer Week, it's a chance to talk to more than 20 local groups and organisations looking for volunteers.

The inclusive event is for all ages with families welcome and a door prize also to be won.

The Perth Children's Hospital Foundation will be at the expo looking for people to become "Fun on Four Volunteers" in the Perth Children's Hospital recreational area.

Shelby Rathjen volunteers one day a week with the foundation – she applied as soon as she turned 18 and was eligible.

"My family have fostered a seven-year-old girl, Tiambrah, for the past five years," she said.

"Tiambrah spends a lot of time in the hospital and I see first-hand the amazing work that they do.

"I wanted to be able to give something back. I'm also studying nursing and would love to work in paediatrics so it's the perfect volunteer role for me – I get so much out of it.

"I love being able to spend time with the kids. Being able to brighten the day of kids in hospital is a great feeling but, really, it is the kids who brighten my day."

Sabine Demarte decided to volunteer for Solaris Cancer Care when she first started as a reflexologist.

"It gave me a chance to have exposure to real clients in a very professional environment," she said.

"At the same time, I realised how rewarding it was to be there for people who have been through so much on their journey through cancer treatment.

"On top of that, it is just the most calming and nurturing environment with the loveliest and friendliest people working at Solaris, which makes me look forward to spending a day there every time."

According to *The Economic, Social and Cultural Value of Volunteering in Western Australia*, there are more than 600,000 volunteers in WA and the social, economic and cultural value of their contribution is more than \$39 billion.

Four out of five West Australians volunteer, donating a total of 315 million hours each year which equates to about 15.9 hours each month.

City of Nedlands Community Development Officer (Volunteering and Community Groups) Robyn Forrest said the expo was an opportunity to build knowledge, confidence and skills to be a volunteer.

“It’s a great way to learn more about all different types of volunteering roles and how you can get involved to find a best match for your interests and skills,” she said.

“There’s such an array of arts, cultural, conservation and recreational groups who depend upon volunteers for their existence – and there are thousands more who help at schools with sports, canteen duties and literacy programs.

“There are also plenty of other helpers who care for friends’ children, the elderly and people with disability without ever being registered with an agency.

“Volunteers can come in many shapes and forms so people might be surprised at the different things they could do.”

For more details on the expo, call Robyn on 9273 3640 or email [rforrest@nedlands.wa.gov.au](mailto:rforrest@nedlands.wa.gov.au). Alternatively, visit [www.nedlands.wa.gov.au](http://www.nedlands.wa.gov.au).

Dalkeith Hall is at 99 Waratah Avenue, Dalkeith.



Perth Children’s Hospital Foundation “Fun on Four Volunteer” Shelby Rathjen, left, with Isabella.



Sabine Demarte found volunteering for Solaris Cancer Care helped her in professional life as a reflexologist.

### **About the City of Nedlands**

The City of Nedlands is situated 7km from Perth and stretches from the banks of the Swan River to the edge of the Indian Ocean. A population of more than 21,000 lives in the suburbs of Nedlands, Dalkeith, Mt Claremont, Swanbourne, Karrakatta and parts of Floreat and Shenton Park.

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For further information, please contact [communications@nedlands.wa.gov.au](mailto:communications@nedlands.wa.gov.au) or 9273 3500.