



3 May 2017

## **Give happy, live happy during National Volunteer Week**

Step up and step into volunteering from 8 to 14 May during National Volunteer Week with information sessions at several western suburbs libraries.

National Volunteer Week is Australia's largest celebration of volunteers and this year has the theme "give happy, live happy".

Step into Volunteering information sessions will be held 5.30pm-6.30pm, 9 May, at The Grove Community Centre; 9.30am-10.30am, 10 May, at the Claremont Library and Community Hub and 5.30pm-6.30pm, 11 May, at Nedlands Library for those wanting to know more about volunteering opportunities.

The Nedlands Volunteer Resource Centre, located upstairs in the Nedlands Library, is the local one-stop shop for information where people can make an appointment to discuss volunteering roles that meet individual needs.

City of Nedlands Community Development Officer (Volunteering and Community Groups) Robyn Forrest said more than 600,000 West Australians volunteer – and research showed that volunteers live happier and healthier lives.

"When you include informal volunteering in this figure, four out of five residents lend a hand, sharing happiness and enriching our quality of life," she said.

"They dedicate 315,000 hours to our community, which equates to a contribution of more than \$39 billion to WA's economy each year.

"If you are looking to make positive changes in the world around you, volunteering is a pro-active way to help make the changes you would like to see.

"Personal change is another benefit – volunteers grow by learning new skills and coming into contact with people from many walks of life. This helps volunteers gain self-confidence and satisfaction from helping others."

City of Nedlands Mayor Max Hipkins said National Volunteer Week was an opportunity to say thank you to the many volunteers who help make communities stronger and to let them know their efforts and commitment are appreciated.

"In the City of Nedlands, volunteers play a vital role in a vast array of community organisations that would otherwise not be able to provide services to people in need of assistance," he said.

"Arts, cultural, conservation and recreational groups depend upon these volunteers for their existence – and we know 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.

“Volunteering strengthens a sense of belonging and builds positive relationships that helps to create resilient communities.”

For more details about volunteering, visit [www.nedlands.wa.gov.au](http://www.nedlands.wa.gov.au) or contact the Nedlands Volunteer Resource Centre on 9273 3640 or [volunteering@nedlands.wa.gov.au](mailto:volunteering@nedlands.wa.gov.au).

ENDS

#### CAPTION

City of Nedlands Community Development Officer (Volunteering and Community Groups) Robyn Forrest, right, with Matthew Kohler at Nedlands Volunteer Resource Centre.

#### **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.*