

Media Release

Business as Usual for Active Volunteers

Every day in South Gippsland many of the 6,500 people who choose to volunteer their time and energy are active in our community.

Last week's National Volunteers Week was no different to any other week.

"It is because of the dedicated work from volunteers that so many of the daily activities that we take for granted happen," said Ms Dana Hughes, Council's Volunteer Coordinator.

"It is volunteers who enable sporting events, theatre productions, meals delivered and so much more. Just look around you'll see the result of volunteer contribution and it is likely that the person standing next to you is a volunteer."

The theme for National Volunteers Week this year was '*Give Happy, Live Happy*,' which aimed to highlight the benefit of volunteering to the individual. Research tells us that those who volunteer experience higher levels of happiness because of their contribution. So, the ongoing message is if you want to increase your happiness level, join the six million Australian volunteers who give happiness to others each year.

"Today you can volunteer in so many different ways. At Council we have volunteers who give a couple of hours per month, or a day a week. We also have people who are 'virtual volunteers' – those who give their time via the internet - and others who mentor young people to gain their 120 hours of driving experience. All are valuable and appreciated," concluded Ms Hughes.

Attached image: Ms Vicki Bradley volunteering for the 'Meals on Wheels' program.

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