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MEDIA RELEASE

International Volunteer Day, a time to thank all volunteers - Friday December 5

Friday December 5 marks the day we celebrate the significant contribution volunteers make in the Southern Highlands community. In 1985, the United Nations General Assembly declared this day as International Volunteer Day and ever since it has been celebrated worldwide.

The latest figures from the Australian Bureau of statistics show that 5.4 million Australians (one in three adults) volunteer per year, giving over 713 million volunteer hours per year. We in the Southern Highlands certainly do our share.

Each year over 100 prospective volunteers come through the doors of Volunteering Wingecarribee (Volwing for short). Volwing has trained interviewers who can discuss the diverse volunteering opportunities that are available throughout the shire.

"Volunteers are the lifeblood of the community," says Judi Rose, Volwing Manager. "Some of our most vital community services, including meals on wheels, community transport, parents support services, rural firefighting services, environmental programs, animal shelters and community management committees, rely on the support of volunteers.

"We would like to say a huge "thank you" to all volunteers for the contribution they have made in the past year." says Judi. "As a community we have to ask ourselves where we would be without volunteers, so it's timely that we say thanks."

Almost anyone can volunteer – young and old, men and women. Volunteering brings its own rewards which include meeting new people, learning new skills, gaining confidence and personal fulfilment.

There are over 70 different types of volunteering opportunities available and Volwing also provides training and information for individuals and organisations. To find more contact Volwing on 4869 4617 or see our website www.volwing.org.au.

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