



volunteering sa&nt

*Leading volunteering in South Australia
and the Northern Territory*

MEDIA RELEASE

20 December 2018

FEEL GOOD THIS CHRISTMAS AND INTO THE NEW YEAR

It's easy to forget the true spirit of Christmas and the holiday season and for most Australians, it is a happy time, spent celebrating with family and friends. However, for many it can signify feelings of sadness, loneliness and isolation through a lack of connection.

Volunteering is a simple way to connect with your community at Christmas. People who "give", including their time have been reported to be happier and healthier than those who don't.

Through interacting with other people, setting and achieving goals and learning new things, volunteers tend to be more satisfied with their lives.

Volunteering SA&NT CEO, Evelyn O'Loughlin says that giving to others has a profound effect on both the giver and the receiver – by having a greater sense of enjoyment out of life.

"By reaching out and helping in an area that you are passionate about, engages both your heart and mind, adding both meaning and purpose to your life and giving a sense of belonging.

"When we help others, we tend to feel good about ourselves, which in turn can contribute to a more positive state of mental health", said Evelyn.

And it works the same for the person receiving the help and support.

With thousands of positions waiting to be filled, Volunteering SA&NT is calling on more South Australians to share their time by volunteering.

Some of our member organisations are currently looking for volunteers, such as The Smith Family, the Salvation Army and Hutt Street Centre – the positions can be found on our website – search, [Find a Volunteer Position](#) or download the free and easy to use [WeDo Volunteering App](#).

Our Victoria Square office is closed from this Friday 21 December and re-opens on Tuesday 8 January 2019 and we are more than happy to invite you in for a one on one chat about how you can make a difference by volunteering in 2019.

Media enquiries and interviews

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