



**volunteering nt**

*Leading volunteering in the  
Northern Territory*

## MEDIA RELEASE

21 May 2018

### **DOUBLE THE THANKS TO VOLUNTEERS IN THE NORTHERN TERRITORY**

It's National Volunteer Week and the 70,000 Northern Territory volunteers who freely and passionately give their time and skills to communities and individuals are gratefully acknowledged and recognised.

Volunteering NT are managing two special events this week in celebration of volunteers everywhere, and both have seen an increase in attendance numbers.

On Tuesday, volunteers in Alice Springs will be recognised at a reception event at The Star of Alice, hosted by Hon Dale Wakefield MLA, Northern Territory Minister for Territory Families. Although only in its second year, numbers have increased by 100.

On Thursday, the Chief Minister, Michael Gunner MLA will open the doors of Parliament House for 400 people – double the attendance from last years' garden party.

Volunteers make a huge difference to the lives of many without financial gain, which in turn benefits the Northern Territory economy by an estimated three billion dollars.

Imagine what it would cost if volunteers had to be replaced with paid workers. Who would provide the support and services in areas such as the arts, education, health and sport?

Many people don't even know they are volunteering – some just help out here and there whilst others volunteer more formally, through an organisation in a planned way.

People choose to volunteer for their own reasons but for many it is to give something back to the community or to make a positive impact on people's lives. For others it provides an opportunity to meet new people, share knowledge and learn new skills.

CEO Evelyn O'Loughlin said that no matter which way you look at it, volunteering is good for both the giver and the receiver.

"Research shows that volunteers experience greater feelings of wellbeing and are healthier and happier- even increasing life expectancy.

"It connects communities, making them more resilient and cohesive, which is reinforced by this year's National Volunteer Week theme of 'Give a Little. Change a Lot,'" said Ms O'Loughlin.

No matter how you help out in your community, whether formal or informal, it is all volunteering and it does not go unnoticed.

To everyone who volunteers, or will take up volunteering in the future, we want to thank you during National Volunteer Week and every single day of the year too.

#### **Media enquiries and interviews**

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#### **Australia wide volunteering facts**

- 99% of volunteers would continue to engage in volunteering in the future.
- 93% of volunteers saw positive changes as a result of volunteering
- 95% of volunteers relate their volunteering to feelings of wellbeing and greater health and happiness.
- 67% of volunteer involving organisations said that volunteers bring new insights.
- 57% of staff in volunteer involving organisations are volunteers.