



volunteering sa&nt

*Leading volunteering in South Australia
and the Northern Territory*

MEDIA RELEASE

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OVER A THOUSAND REASONS TO SAY THANK YOU

Who doesn't love a parade? And when you are celebrating something that nearly one million South Australians do every single day of the year, you can't go wrong!

Seven years ago, 250 volunteers from 24 organisations joined the inaugural Volunteering SA&NT National Volunteer Week march in Adelaide.

Today, a record number of 1000 volunteers from 60 organisations will proudly take the same steps in a sea of colour to commemorate the enormous contribution that volunteers make to communities, and to kick start National Volunteer Week celebrations all around the State.

These happy faces represent every volunteer in South Australia who make a difference by freely and passionately giving their time and skills without any financial gain.

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.

The parade starts at the Torrens Parade Ground at 11 am and concludes at Victoria Square with a thank you BBQ at 12 noon. This follows the official proceedings by His Excellency The Honourable Hieu Van Le, Governor of South Australia and Patron of Volunteering SA&NT, Hon Michelle Lensink MLC, Minister for Human Services and Karen Buenger, Volunteering SA&NT Board Chairperson.

Thanks to in-kind supporters FoodBank SA, Kyton's Bakery, Mt Lofty Springs and Rapid Relief Team.

Media enquiries and interviews

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SA volunteering facts

- Almost one million South Australians volunteer both formally and informally.
- South Australian volunteers contribute about 1.7 million volunteer hours each week, equivalent to 107,400 full-time jobs.
- The volunteering effort is valued at almost \$5 billion each year.
- 20,864 registered SA not-for-profit organisations and volunteer associations, with 80% having no employees, have limited income mainly raised through fundraising activities as opposed to grants.

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.