



**volunteering nt**

*Leading volunteering in the  
Northern Territory*

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## MEDIA RELEASE

### HANDS UP TO VOLUNTEER

It's a new year, it's time to do new things, to help others and do something really good for yourself.

Please raise your hand if you've said that you would like to volunteer, perhaps it was one of your new year's resolutions – and maybe you've been thinking about it for a few years now.

Tracey Fox, Acting CEO of Volunteering SA&NT said that now is the time to set goals for the year and with volunteer numbers decreasing it is more important than ever to put up your hand to volunteer.

“Even before the pandemic, organisations were facing a shortage of volunteers and at the height of the pandemic last year, two out of three volunteers stopped volunteering\*”, said Ms Fox.

The pandemic has given many people the opportunity to take life a little slower, and with that, some people have re-prioritised their lives, with volunteering taking on a new dimension.

For those who haven't stopped their volunteering, the way they used to volunteer may have changed. Rather than being structured, volunteers may now prefer to allocate a certain number of hours on certain days. These people, who are still very willing and able to help in their communities, are wanting more flexibility with their volunteering.

“There are so many positions available right now with some great organisations.

“And they are readily available on our website and also on SEEK and Go Volunteer.

“You can search for your favourite charity or not-for-profit organisation, or select key words to find the positions you are interested in,” Ms Fox said.

If you are a first-time volunteer or don't know where to start, then Volunteering NT offers a one-on-one matching service through their Darwin office.

When you volunteer, you make a difference in somebody else's life, and improve yours by doing something positive and worthwhile in the community.

\*Substantiated by research from the *Re-engaging Volunteers and COVID-19* <sup>1</sup> survey 2019 by Volunteering Australia.

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

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