

Media release

18th April, 2016

Volunteering Sunshine Coast celebrates National Volunteer Week 9TH – 15TH MAY 2016

Volunteering Sunshine Coast would like to say a **HUGE THANK YOU TO ALL THE VOLUNTEERS ON THE SUNSHINE COAST including our staff**. This year's campaign theme "Give Happy, Live Happy". The research shows volunteers live happier and healthier lives and at the National Conference on Volunteering, held in Canberra this year, Dr. Thomas Nielsen, Associate Professor University of Canberra, advocates a 'Curriculum of Giving'.

In Dr. Nielsen's research it shows that giving and service to others increases wellbeing and academic outcomes in students — something much needed in a western world with high youth depression and suicide rates. Dr. Nielsen said, "Sustainable wellbeing comes not from money or consumerism, but from having meaningful happiness in our lives. There is one shared denominator for what people across cultures and religions report as giving them meaningful happiness in their lives: being something for others." "We now know that volunteering is not just good for our physical health, but for our psychological and emotional health too. Giving is one of the strongest predictors of increasing our health and happiness," said Dr. Nielsen

"This National Volunteer Week we say thank you to the six million Australian volunteers and celebrate that they are living healthier, happier and more meaningful lives by volunteering." "Volunteering is a core part of the community and plays a critical role in Australian society, and in Australia's economy. 57% of staff in volunteer involving organisations are volunteers, and they form a formidable workforce powering many essential community, environmental, sporting, welfare, emergency services, education and cultural services and supports."

Thousands of volunteer involving organisations will say thank you to their volunteers this week with breakfasts, morning teas, sausage sizzles, garden parties and awards ceremonies to be held across the country. (Source: Volunteering Australia; http://www.volunteeringaustralia.org/wp-content/uploads/Media-Release_NVW2016-FINAL.pdf)

National Volunteer Week events on the Sunshine Coast:

Sunshine Coast Volunteer Expo – Lake Kawana Community Centre 9-2pm 11th May, 2016

Volunteer Expo at Noosa Fair – 11th and 12th May 2016

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