



Rachel Nolan MP

Member for Ipswich



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Make volunteering a New Year's resolution

The traditional season of goodwill is the perfect time to make a new year's resolution that can make a very real difference.

Member for Ipswich, Ms Rachel Nolan is encouraging the community to make volunteering part of their life and lend a helping hand in 2010.

"Volunteers are an extremely valuable resource," Ms Nolan said

"They help address social inequities.

"They strengthen and add value in our communities, particularly in rural and regional areas where volunteering is often the key to keeping local services going."

Ms Nolan said Queensland had one of the highest proportions of volunteers but more were needed to fill thousands of positions.

The Bligh Government has set itself a target to increase the proportion of Queenslanders volunteering by half come 2020.

"The modern lifestyle is a busy one but if everyone donated just a few hours over a month, or worked on a short term project they could make a real difference to their communities," he/she said.

"Volunteers not only enrich the lives of those they help but also their own by learning new skills, meeting people and even improving their employment prospects."

Volunteering Queensland, the state's peak body for organisations that have volunteers, has made getting involved in volunteering easy with their one-stop website.

This website helps volunteers look for opportunities, and also has information to assist organisations find volunteers.

People of any age or interest can find volunteering opportunities to suit them on the Volunteering Queensland website. They can also search for training opportunities on the website.

"Volunteers can do almost anything.

"Some people plant trees, umpire local sport, help organise an event, visit older people, provide legal and IT advice or do work for an organisation online – which means anyone can get involved," Ms Nolan said.

"If you have a hobby or special skill, why not share it with someone else?"

"I urge everyone to consider the benefits and rewards of being a volunteer and make volunteering their number one New Year's resolution."

To get involved in volunteering visit www.volqld.org.au

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