

# CQ News

Friday, 20 May 2016

**NATIONAL VOLUNTEERS WEEK**

## Thanks for all your hard work

NATIONAL Volunteer Week is all about celebrating the contribution of our nation's volunteers.

The theme this year is give happy, live happy with research showing that volunteers live happier and healthier lives.

To mark the annual event, Central Highlands Regional Council Mayor Kerry Hayes is asking everyone to take the time to say thanks to a volunteer.

"Almost a quarter of the Central Highlands'

population volunteer in some capacity," Cr Hayes said.

"This week we acknowledge each and every volunteer across the region and country for their hard work and dedication; those in the emergency services, charities, sport, art and cultural groups, health services, community organisations, schools and everything in between.

"Their time and passion is invaluable."

Research shows that

volunteers are happier, healthier and even sleep better than those that don't volunteer. Not to mention making new friends, gaining experience, building confidence and having fun in the process.

"Now is a great time for people to consider getting involved and becoming a volunteer. Just a few hours a week can make a huge difference to your happiness – and, of course, it will help others in need," the mayor added.



» **THANKS:** The Emerald Visitor Centre volunteers were thanked for all their hard work at a morning tea on Monday.  
PHOTO: REBEKAH YELLAND