

Celebrating our volunteers

CELEBRATIONS for International Volunteer Day were held last Friday.

Katanning's Act-Belong-Commit project officer Claire Hughes said more recently people had become aware volunteering strengthened the health and wellbeing of volunteers themselves.

"Emerging research shows that volunteering brings families together, increases physical activity levels, reduces stress and tension and promotes happiness," Ms Hughes said.

"Volunteering provides a sense of meaning and purpose in life, which strengthens our resilience, or ability to bounce back during tough times.

"Basically it makes us feel good."

Ms Hughes said the benefits of volunteering were endless.

"Volunteers learn new skills, extend their social circles, contribute to the community, have a greater sense of trust and belonging and gain satisfaction out of their achievements," she said.

Ms Hughes said there was a volunteer position for everyone – even in Katanning.

At the recent Relay for Life in Katanning, there were more than 100 volunteers who helped keep the day run smoothly. This ranged from activities such as parking attendants, and administration work to being on the organising committee.