

It's All Voluntary

Albany Extra, December 2<sup>nd</sup> 2005



HELPING HAND: Albany Volunteer Centre Coordinator Julie Yusop with one of the centre's volunteers Michelle Pardini and Great Southern Cricket volunteer Lynette Donaldson.

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THE WORLD would not run nearly as smoothly if it was not for the work of volunteers.

Once again it is time to take note of those people who voluntarily dedicate their time on Volunteer Day, December 5.

The aim of Volunteer Day is to recognise the contribution that volunteers make to the community.

Volunteer Day is supported by the Mentally Healthy WA campaign Act, *Belong, Commit*.

Mentally Healthy WA campaign manager Trish Travers says part of the Mentally Health campaign message is to encourage people to get out into the world and do things, such as volunteer.

"The Mentally Healthy WA campaign aims to encourage people to be more active in their community, to belong to a group or club and to commit to volunteering within the community," Mrs Travers said.

If you would like to become a volunteer there are many positions vacant in the community including bushcare, op shop assistants, bus drivers, handywork, guides, store person, kitchen hands and youth leaders.

If you would like to find out more about becoming a volunteer or apply to work for a community or organisation, contact Julie Yusop at the Albany Volunteer Centre on 9892 0152 and give something back to the world.