

## Media Release

Monday 11 May 2015

### **Pledge to volunteer this National Volunteer Week and you too can Give Happy, Live Happy**

Today marks the beginning of National Volunteer Week 2015, which runs from 11-17 May. This year with the theme ***Give Happy, Live Happy*** we are celebrating that not only are volunteers helping make the lives of others happier, they too are happier as a result.

Earlier today the Federal Minister for Human Services, Senator the Hon Marise Payne, launched National Volunteer Week at the Museum of Australian Democracy at Old Parliament House in Canberra.

National Volunteer Week is an annual celebration to acknowledge the generous contribution of our nation's volunteers. Thousands of events across the country will be held to say thank you to the more than 6 million Australians who volunteer including thank you breakfasts, morning teas and sausage sizzles as well as open days, awards ceremonies, street parades, garden parties and movie nights.

"Research tells us that volunteering makes a difference in people's happiness. It's proven that volunteers are happier, healthier and even sleep better than those who don't volunteer," said Brett Williamson OAM, CEO, Volunteering Australia.

"Australia was ranked number 10 in the latest World Happiness Report and we think it has a lot to do with Australia's dedicated volunteers. The report highlighted Australia as having the second highest percentage population share of volunteering in registered organisations and we know that number would be even higher outside of the established organisations."

"Just a few hours of volunteer work can make a difference, so pledge to volunteer this National Volunteer Week and you too can Give Happy, Live Happy. We want to make Australia the happiest place on Earth!" said Mr Williamson.

Beyond Bank Australia's General Manager Community Development, Peter Rutter said Beyond Bank is proud to again partner with Volunteering Australia for National Volunteer Week.

"Beyond Bank recognises the critical role that volunteers play in our communities, and we are honoured to support them through our relationship with Volunteering Australia."

"National Volunteer Week provides a great opportunity for us all to say thanks to the many volunteers who help make our communities stronger, and let them know their efforts and commitment are appreciated – it's also an appropriate time to encourage more people to get involved," said Mr Rutter.

If you are interested in volunteering, so you can Give Happy, Live Happy, go to [www.govolunteer.com.au](http://www.govolunteer.com.au) to search over 10,000 vacant volunteering positions to find the perfect role in your region.

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### **About Volunteering Australia**

Volunteering Australia is the National peak body for volunteering working to advance volunteering in the Australian community. Its role is to represent the diverse views and needs of the sector and it promotes volunteering as one of the enduring social, cultural and economic values of our society. Additionally, Volunteering Australia strives to engender recognition for volunteer effort through support and consultation with organisations dependent on volunteers. For more information visit [www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)

### **About Beyond Bank Australia**

With more than 190,000 members and assets under management worth more than \$4 billion, Beyond Bank Australia is one of the nation's largest 100% customer-owned financial institutions. It operates 47 branches across South Australia, Western Australia, Wagga Wagga, the Hunter Valley and the ACT, and provides banking services and wealth management. It also supports a range of community endeavours via the Beyond Bank Foundation. For more information please visit [www.beyondbank.com.au](http://www.beyondbank.com.au)

