

VOLUNTEERING *and* CONTACT ACT

MEDIA RELEASE - 2018 Volunteering Awards Canberra Region Canberra Region loves its volunteers - nominate your favourite today!

People in the Canberra region love volunteering, and local community organisations love to show their appreciation.

So, there is no better day to open nominations for the 2018 Volunteering Awards than on Valentine's Day, according to Vicky Darling, CEO of Volunteering and Contact ACT.

Ms Darling said that volunteers are happier and healthier than their peers, and research demonstrates the economic, social, and cultural value of volunteering yields a 450% return for every dollar invested.

"Over 130,000 people in Canberra volunteer and that is making our region a happy place."

The 2017 ACT Volunteer of the Year, Jayanti Gupta, is living proof.

"Winning Volunteer of the Year has been a wonderful experience. It has significantly built my confidence that I take through to all areas of my life," says Jayanti.

"Volunteering continues to give my life a sense of purpose. It's fun, a way to make friends, improve time management and develop new skills. Personally, I feel that I've benefitted more from volunteering than the organisations and people for whom I volunteer. It is very rewarding." Jayanti's volunteering work was nominated for addressing a need in the community that had previously gone unmet, with a special focus on assisting women to find organisations and information that can support them.

Now in its 27th year, the annual Volunteering Awards, Canberra Region, is the premier recognition event for volunteers. Hosted by Volunteering and Contact ACT, the Awards attract a diverse range of nominations from every sector, including community organisations, environment, sport, tourism, business, arts, education, science, and emergency management.

This year, as many as 100 nominations are expected to be received from across the Canberra Region, including from neighbouring areas of Goulburn, Bungendore, Yass and Cooma.

A new award category for 2018, the "Corporate Volunteering Award", recognises the improving workplace volunteering culture, and gives Canberra businesses the chance to nominate a corporate or employee volunteering program, team or individual.

Nominations can be lodged on Volunteering and Contact ACT's website at www.vc-act.org.au. Nominations close on 6 April 2018.

Key information

Nominations Open: 12am (midnight) on 13th February 2018

Nominations Close: 6 April 2018

Awards Ceremony: Tuesday 22 May 2018, 6-8pm, at National Arboretum

Nomination Website: www.vc-act.org.au

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