

Volunteering.

Welcome to Central Gippsland Health.

The health and wellbeing of our staff is a high priority. Your health and wellbeing could be enhanced by volunteering in our community.

The benefits of volunteer?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career through building networks and skills.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Benefits of volunteering: 4 ways to feel healthier and happier

1. Volunteering connects you to others
2. Volunteering is good for your mind and body
3. Volunteering can advance your career
4. Volunteering brings fun and fulfilment to your life

(Source: www.helpguide.org)

Link to volunteering opportunities in the Wellington Shire

www.volunteeringinwellington.com.au

Would you like to know more about volunteering opportunities?

Visit www.volunteeringinwellington.com.au for a list of local opportunities.

Alternatively please contact CGH Community Network and Volunteer Support Officer

Phone: 5143 8833

Email: jude.bridgeman@cghs.com.au