

FOR IMMEDIATE RELEASE

Inner West Volunteer of the Year from Newtown Neighbourhood Centre

Sydney, NSW, 8th October, 2015

Jane Hehir has been awarded Inner West Volunteer of the Year by the Centre for Volunteering for her work with Newtown Neighbourhood Centre (NNC).

Jane said she felt overwhelmed at winning the award, especially as she saw her initial motivation as selfish. "Initially I volunteered to help in my recovery from mental health problems, to meet people in the community and to feel part of the community. So basically I was doing it more for me," Jane said.

Chief Executive Officer of NNC, Liz Yeo said, "Jane is not alone – Volunteering Australia research indicates that 95% of volunteers say volunteering is related to feelings of wellbeing."

"Jane was selected as the NNC nomination for the Awards given her longstanding commitment to NNC and particularly to One Stop Shop every Thursday, which provides a safe and convenient place for community members to access information and referrals under one roof."

"Jane has been volunteering for One Stop Shop for five years and has been incredibly reliable and committed to the program. One Stop Shop can be a challenging and unpredictable environment — Jane handles this so well and over the years has built a strong rapport with service users," Liz Yeo said.

Jane said the best thing about volunteering was meeting lots of people and having interesting conversations. "To people who are thinking about volunteering I would say stop thinking about it and do it! There are so many pluses," Jane said.

Volunteers and Supporters Coordinator Michelle Hunt said "NNC volunteers contribute about 12,000 hours per year. Volunteers assist across all areas of the organisation including program support, events and fundraising, media and communications and administration. We focus on matching volunteers with roles suitable to their skills."

NNC will be holding its next volunteer information session on October 17. For more details visit <http://www.newtowncentre.org/volunteer.html>.

About

Newtown Neighbourhood Centre exists to create a more inclusive, resilient, vibrant and self-reliant community. We are a not-for-profit incorporated association serving Sydney's inner western suburbs.

Website www.newtowncentre.org

Telephone 02 9564 7333

Contacts

Liz Yeo, CEO: 0403 441 159

Julian Lee, Marketing and Communications: 0403 013 366

Photo: Jane Hehir; Photographer: Diana Shypula