

NATIONAL VOLUNTEER WEEK  
17 - 23 MAY

# Celebrating Our Community's Volunteers

Can you imagine Esperance without volunteers? So many of the things that make our town wonderful are run by people who volunteer their time. Without volunteers, we would not have organisations like Rotary or the Lions Club, no op shops, no sporting groups, no Esperance Community Arts or Cannery Arts Centre, no museum, or SAFE or Miniature Railway. And that doesn't even cover emergency services, such as the ambulance, State Emergency Service, and surf lifesaving, or the role that volunteers play in support services around town such as Home Care, and Esperance Care Services. The contribution that volunteers make to our community is immeasurable.

Every year, National Volunteer Week acknowledges and celebrates the contribution of volunteers in Esperance and other communities around Australia. This year, the Volunteer Resource Centre has partnered with Esperance Community Arts, South Coast Natural Resource Management, the SES, and Esperance Volunteer Fire and Rescue in order to make National Volunteer Week bigger and better than ever. National Volunteer Week is celebrated every year in the third week of May. This year, the theme of the week's celebrations is 'Recognise, Reconnect, Reimagine.' "After the COVID shutdown last year, a lot of people really missed the social aspect of volunteering," Caitlyn from the Volunteer Resource Centre says. "This year, we're making up for lost time with lots of opportunities for people to reconnect with other volunteers during National Volunteer Week."

While volunteering is vitally important for our community, it also has many benefits for volunteers themselves. Volunteering is good for physical and mental health, it provides opportunities for community members to engage with causes that they care about, and it provides opportunities to get to know new people. Erica from the Volunteer Resource Centre says, "Volunteering tends to help with both individual resilience and whole



community resilience." This resilience is certainly evident in Esperance. During last year's lockdown, the Volunteer Resource Centre initiated the 'Community Supporting Community' program to support people who needed extra help during the lockdown, which was well supported. Caitlyn also notes that during times when there have been fires or other emergencies in town, the centre has had an influx of people willing and eager to volunteer, demonstrating the willingness of people in the Esperance community to support each other during difficult times. "We have a real culture of volunteering here in Esperance, which means that people are ready to give their time whenever it is needed," she says.

During National Volunteer Week, volunteers have the opportunity to be involved with a range of different activities. There is a yoga session for beginners, a guided walk through the Lake Warden Wetlands, 'beer yoga' for those who like their yoga with some extra relaxation, and a gala dinner to acknowledge and thank volunteers for their contributions. Volunteers are encouraged to attend any events they like. Caitlyn and Erica say people who volunteer in any capacity are welcome to join. "You might volunteer at your child's school, or at a sporting club. You might be involved on a committee, or volunteer for one off events. We really want to acknowledge the different ways that volunteering can look for different people," Erica says. The activities are intended to recognise the vital contribution of volunteers, but also to provide opportunities for volunteers to reconnect with others in the community, and even to reimagine what volunteering could look like for them.

### GET INVOLVED

There are many different opportunities to volunteer in Esperance. Vacancies are listed on the 'Go Volunteer' website, and the Volunteer Resource Centre often lists different opportunities on their Facebook page. To find out more about National Volunteer Week (17 - 23 May), or to RSVP to an event, phone the Volunteer Resource Centre on 9072 0346, or send an email to [volunteer@esperance.wa.gov.au](mailto:volunteer@esperance.wa.gov.au).

## NATIONAL VOLUNTEER WEEK MAY 2021

We are hosting a variety of events to celebrate this year's National Volunteer Week (May 17-23)  
If you are a volunteer, you are welcome and encouraged to attend!

MONDAY	17	TUESDAY	18	WEDNESDAY	19
Double check you've RSVP'd to all the National Volunteer Week activities you're wanting to get to!  If you haven't, there's still time! Call us on <b>9072 0346</b> or email <a href="mailto:volunteer@esperance.wa.gov.au">volunteer@esperance.wa.gov.au</a>		<b>Yoga for Beginners</b> 9:15 - 10:15am Cannery Arts Centre Limited spaces! Bookings essential!		<b>Volunteer Gala Dinner</b> 6:00pm Esperance Civic Centre Limited Spaces - Bookings essential! <b>Tickets \$15ea</b>	
THURSDAY	20	FRIDAY	21	SATURDAY	22
<b>Wetlands Walk</b> 9:00am - 11:00am Bus departs RSL carpark A environmental walk and talk through the Lake Warden Wetlands  <b>Beer Yoga</b> 6:30 - 7:30pm Cannery Arts Centre Limited spaces! Bookings essential!		<b>Sewing Circle</b> 1:00 - 4:00pm Esperance Community Arts Make some upcycled cloth bags! Drop by for a stitch!		<b>Drumming Circle</b> 9:15 - 10:15am Esperance Community Arts / Museum Garden, James St Come join the beat!	
We are also offering a \$10 discount on tickets for volunteers to see <i>Margaret Fulton The Musical!</i> at the Civic Centre on May 15. Contact us for the discount code!					

