

## **Who's your most valuable volunteer? Recognise them with the 'Most Valuable Volunteer' award**

Volunteers are the lynchpin of basketball in the Northern Territory –coaches, managers, secretaries, treasurers, uniform co-ordinators, presidents ... they all give their time, every week, to make sure we can play basketball. Recognise your club's most valuable volunteer with an award.

### **More ...**

Nominations are now open for the 2013 NT volunteer of the year awards in the categories of:

- Most Valuable Volunteer Recognition – every club can nominate their most valuable volunteer
- Volunteering SA&NT Award for Organisational Excellence
- Chief Minister's Medal for Volunteering Services
- Chief Minister's Medal for Volunteering Achievement

More information is available at <http://www.dcm.nt.gov.au/volunteers/awards>

### **Why volunteer?**

Volunteering is about helping others within your community. Volunteering has many benefits, not only as a positive presence in the community but also to the individual volunteering.

- Volunteering is a highly personal form of contributing to the world we live in and is an important part of the lifestyle in the Northern Territory, with over a third of all adults involved in some sort of voluntary activity.
- The numerous benefits of volunteering in the community have frequently been measured, recorded and documented and the most important benefits are the development of social cohesion and a healthier and more vibrant community.
- There are also many benefits for the individual person who volunteers. It is a chance to connect with the community, meet people and make friends. Volunteering also adds to increased confidence and self-esteem. It can also be an opportunity to develop new skills such as practical IT, media and organisational skills or even pass these skills back into the community.
- Volunteers work in many areas, including organisations relating to the environment, health, welfare, sport, recreation, education, human rights, arts, religion, community services and emergency services. Many volunteers also work alone, providing informal support within their neighbourhood.
- Volunteering also has practical health benefits and it has been said older people who volunteer have a longer life expectancy!