

## **Inquiry into volunteering in Queensland**

**Submission No:** 160  
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**Attachments:** No attachment

### **Submitter Comments:**

Volunteering on many levels has been a huge part of my life as I understand that whatever organisation you may see there needs to be changes and improvements, volunteering your skills can be a wonderful catalyst to help in the progress of most organisations. The State Government can help to encourage volunteers by ensuring they are valued and not loaded down with too much red tape that discourages them to volunteer. Also to encourage and mentor people who have the necessary skills to help with volunteering with the best possible outcomes for the organisation. People are time poor and not as community orientated as in previous eras, so it is difficult to encourage young people to volunteer. I think volunteer programs in schools that provide skills to young people could be a great way to encourage younger volunteers and educate them about the importance of volunteer work in their community. Of course older, retired people in the community need to be valued and encouraged to volunteer in any small way possible. Their contribution will help the community and their own well-being and self worth. There seems to be an increase in mental health and depression, and I believe volunteering could assist people to take their minds off their own worries by helping others. Programs along these lines could be implemented that would benefit the community and organisations that desperately need volunteers to keep operational.