

## **Inquiry into volunteering in Queensland**

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I would like the inquiry to know what a difference volunteering has made for me and, I hope, the people I meet on these occasions.

I no longer work in a paid environment but still needed to interact with people. Volunteering for me is a blessing in disguise.

Personal growth and tolerance have increased for me thanks to the volunteering experience. It has made me feel part of the bigger community rather than my own small one. It has also shown me how much those I help benefit from it as well.

It gave me a sense of purpose after the death of my husband. I made new friends, I love helping people, even if it is only to give them a smile and a few moments of conversation. My self esteem and my mental health have improved since I began volunteering. I have seen others blossom from the volunteering experience.

What I do enjoy is seeing people who need assistance, coming together and forming their own little community under the same roof. I have noticed them also supporting each other away from the community centre. Is this the result of the volunteering spirit? All I know is it gives me great joy to help people.