

There is a lot of joy in being a **National Volunteer**

19-25 MAY 2025
Connecting Communities **Week**



About National Volunteer Week
19 - 25 May 2025



National Volunteer Week is Australia's largest annual celebration of volunteers. Established in 1989, National Volunteer Week is the premier celebration of volunteers and volunteerism in Australia. It is a week where we celebrate and thank volunteers for the vital role they play in communities across the country.

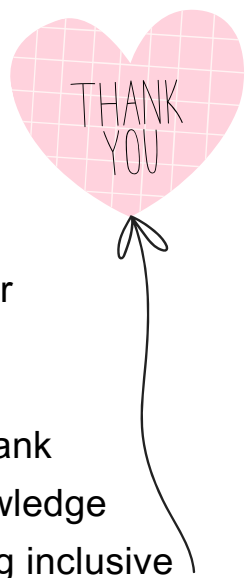
The Heart of Our Community: Celebrating Our Volunteers

Volunteers are the quiet heroes of our communities, giving their time, energy, and kindness to make a real difference in the lives of others. At Amaranth Foundation, we see this spirit in action every single day, especially through the incredible team of volunteers who help run our Regional Food Bowl.

In regional areas, access to essential support like food relief can be limited. That's why our Food Bowl is so important, not just as a service, but as a symbol of what happens when a community comes together. From unpacking deliveries to stocking shelves, greeting visitors with a smile, and making sure no one leaves empty-handed, our volunteers are at the core of everything we do.

Their dedication ensures that the Food Bowl can open its doors each week to support individuals and families doing it tough. Many of our volunteers juggle other commitments, yet still show up ready to help, rain, hail, or shine. Their impact goes far beyond just handing out food; they offer conversation, dignity, and connection in a time when many need it most.

So this May, during National Volunteer Week, we want to say a heartfelt thank you to our Amaranth volunteers and all community volunteers. Let's acknowledge the spirit of connection and the incredible impact volunteers have in building inclusive and flourishing communities.



The Power of Belonging: Why Clubs and Communities Matter



At the heart of human wellbeing is a simple, powerful need: to feel like we belong. Belonging gives us connection, purpose, and identity. It's what anchors us during tough times and lifts us during the good. Whether it's a local footy team, a Lego or craft group, a car enthusiasts' club, or a book circle, these spaces offer more than just shared interests, they offer community.

Sporting clubs bring people together with a shared goal, where teamwork and mutual support go hand in hand. Hobby clubs like LEGO or vintage car groups might seem lighthearted, but they foster creativity, trust, and camaraderie. They give people a place to be themselves, to be seen, and to contribute.

In rural and regional areas especially, these groups can be lifelines, offering not only social connection but also emotional and sometimes practical support. For many, they become chosen families.

The ripple effect of belonging is huge. It builds resilience, reduces loneliness, and strengthens the social fabric of our communities.

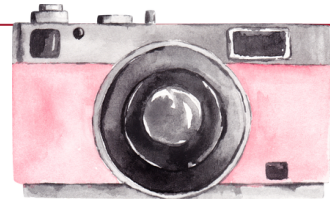
At Amaranth Foundation, we believe that every person deserves to feel they belong, because when people feel connected, they thrive. Amaranth's groups, such as the Thursday activity group and Breakfast group provide a safe place to be yourself, to be heard, connect and know you are part of our community.



COMMUNITY
IS ABOUT DOING SOMETHING
TOGETHER
THAT MAKES BELONGING
MATTER.

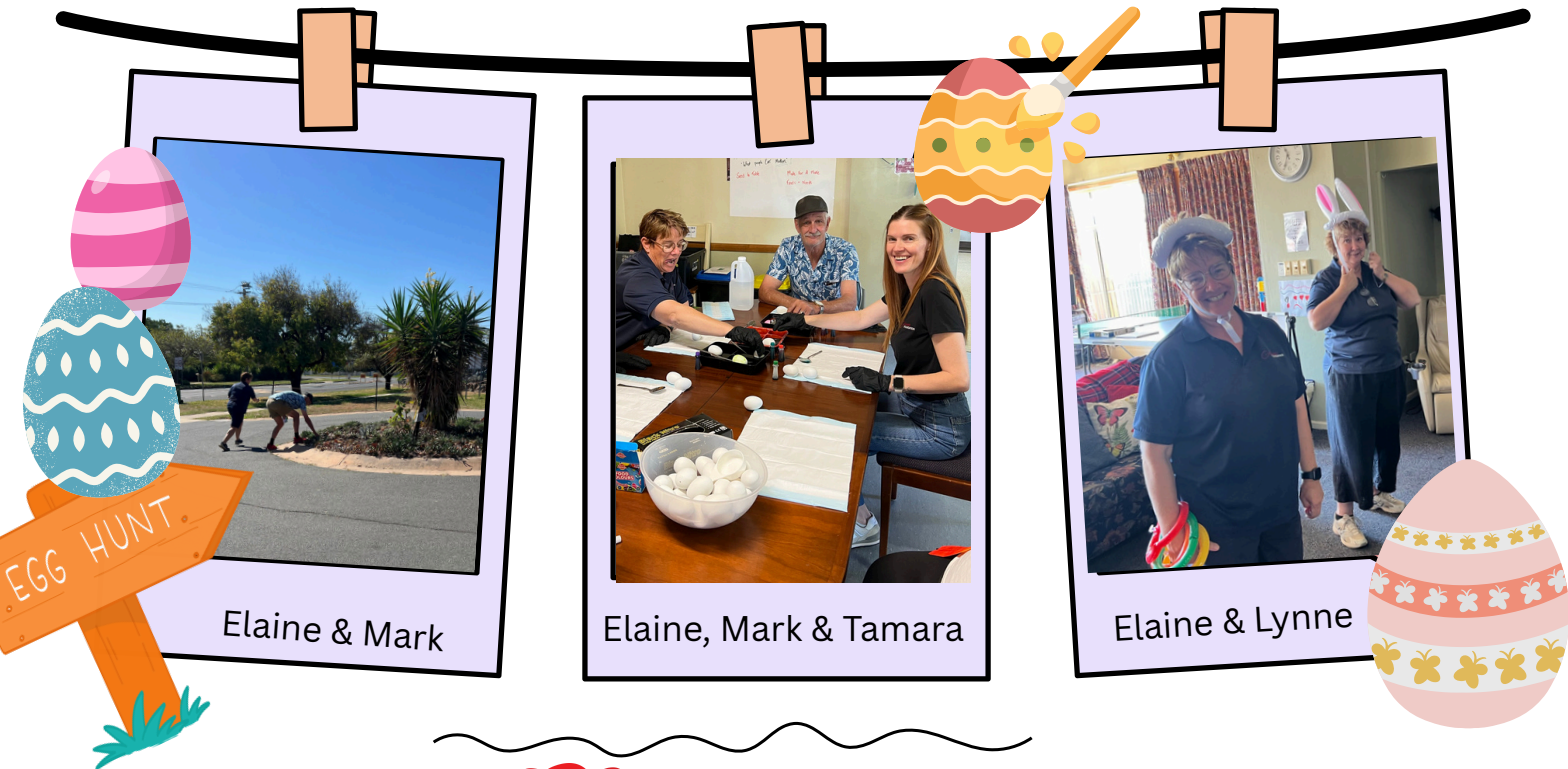
— Brian Solis

♥
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Pictures really do say a thousand words!

Lots of fun & games were created with the joy of Easter & Chocolate.



Lest We Forget

Support Worker Elaine and client Mark had a fantastic time exploring the Bandiana Army Barracks on April 24th.

The timing couldn't have been more fitting as they paused to reflect and pay their respects to those who have served and sacrificed for our country.

A special moment of connection, remembrance, and gratitude.

