

# MEDIA RELEASE



19 January 2011

## **Volunteering to enrich lives**

For Les and Carolyn Dunston from Arana Hills, volunteering on a Wednesday and Friday is the highlight of their week.

For the past seven years, the husband and wife volunteering team have donated their time and skills to Churches of Christ Care's Moonah Park Aged Care Services in Mitchelton.

From helping residents do their shopping, to bus outings, activities, transport, meal times, and event planning, Mrs Dunston said her role was always varied and interesting.

"The most enjoyable part of volunteering at Churches of Christ Care's Moonah Park is just visiting the residents and spending time talking with them," Mrs Dunston said.

"I also help one lady with her computer if she gets into trouble – well, I try and help!

"We have a fantastic team of volunteers here, so it is definitely a team effort. We all get along so well and help each other. Everyone works really hard but we all love it."

Mrs Dunston also uses her artistic flair to write the bi-monthly Churches of Christ Care's Moonah Park Aged Care Services newsletter, which keeps the residents up-to-date on what is happening around the centre.

"I get a lot from helping the residents here," she said.

"They are a joy to sit and talk to and have really great stories to tell. Although volunteering was challenging and a bit daunting at first, it didn't take long to become comfortable here. Residents often say to us, 'why do you do this', but all the volunteers here love hearing their life stories, and they are so grateful for everything you help them with. That is the most rewarding part, seeing how appreciative of you they are."

Mr Dunston volunteers in the garden, and said he loved exercising his green thumb and doing something different.

"For nearly 45 years I worked in an office behind a desk, so when I retired I decided I wanted to do something outdoors," Mr Dunston said.

"I really enjoy doing something for the residents at Churches of Christ Care's Moonah Park Aged Care Services, and making their gardens and shrubs look nice. It's just a way we can give something back to them while we are able to."

Director of Nursing and Care Services at Moonah Park Mary Clarkson said the service's 24 volunteers played a crucial role.

"All our volunteers here help out in so many ways and each contributes to enriching the lives of our residents," Ms Clarkson said.

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“Volunteers bring fresh perspectives and enthusiasm to daily activities and can bring a positive change to the day-to-day living and working experience. Many also bring specialised skills and knowledge, new ideas and a fresh insight to the tasks at hand.

“They are vitally important to us, and we are always looking for more people who may be able to give a few hours of their time, even if it is only once a month. It makes such a difference to the lives of our residents, and our volunteers find it very rewarding.”

For more information about volunteering at Churches of Christ Care’s Moonah Park Aged Care Services, or at any of Churches of Christ Care’s services across Queensland, phone (07) 3363 1701.

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## About Churches of Christ Care

Churches of Christ Care is a division of Churches of Christ in Queensland—a group of churches that is part of the worldwide Christian church.

We strive to create an inclusive, caring, compassionate environment that meets its clients' needs without discrimination or prejudice. Everyone is welcome to call on our help regardless of their religious background.

Churches of Christ Care is one of Queensland’s leading providers of early childhood, child protection, affordable housing, retirement living and aged care services. We are a not-for-profit organisation that supports more than 27,000 clients each year in urban, rural and remote areas.

We operate 137 services throughout Queensland with the support of more than 2,800 staff and over 700 volunteers.

Churches of Christ Care is built on a foundation of Christian values, commitment to quality care, and trust and respect for clients and the community.