



# Media release

For immediate release

Thursday 30 April

## Volunteering through the ages at the City of Subiaco

Volunteers come in all ages and from many walks of life at the City of Subiaco. The city's youngest volunteer is just eight years old, and the longest serving volunteer is remarkably still giving back to the community at the age of ninety-three.

Joan Muhling has been volunteering for more than half a century, and has volunteered with the City of Subiaco for forty-five years. Together with her daughter Pam, 93 year old Joan dedicates her time to Meals on Wheels, providing assistance to people who require support in the home.

"I began volunteering with Meals on Wheels in 1970 as President of the Subiaco Inner Wheel Group because I wanted to give something back," Joan said.

"Forty five years later I am still volunteering every week, and am extraordinarily proud to be a volunteer with the city. Each year, we provide more than 15 000 meals to 180 residents throughout Subiaco, so every volunteer has a lot to be proud of."

Meanwhile, the city's youngest volunteer is eight year old Alexander Christiansen who volunteers for Subi Kids Crew (SKC), a youth advisory group that the city established in 2012. The SKC provide a voice for local children about the city's projects and programs, and is actively involved in community events and initiatives.

"Being part of Subi Kids Crew is really fun, I've been able to make lots of new friends and I enjoy organising different events," Alexander said. "I think volunteering is important because it sets a good example for other people."

City of Subiaco Mayor Heather Henderson says the power of volunteers is extraordinary, and the city is committed to nurturing the next generation of volunteers, encouraging people of all ages to get involved in volunteer work.



“It is important that the youth of today understand the value of volunteering, so it is wonderful to see children as young as eight giving back. The entire community can learn about the value of volunteering from role models like Joan.” Mayor Henderson said.

Last year, Joan was honoured with a lifetime contribution award at the WA Volunteer of the Year Awards, and this year the SKC is a nominee for Community Group of the Year, which will be announced at a gala dinner in May.

To find out more about volunteering with the City of Subiaco visit [www.subiaco.wa.gov.au/volunteer](http://www.subiaco.wa.gov.au/volunteer)

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**Interview and photo opportunities available on request.**

## Notes to the editor

- The City of Subiaco is hosting a number of events for Volunteer Week (11 to 17 May), and the theme for this year is Give Happy Live Happy, drawing attention to the significant benefits that volunteering offers for your health and wellbeing. For more information about volunteer week in the city visit [www.subiaco.wa.gov.au/volunteer](http://www.subiaco.wa.gov.au/volunteer)
- The rate of volunteering among young people in Australia is increasing, with research indicating that the number of young volunteers increased from 16 per cent in 1995 to 27.1 per cent in 2010.
- A recent study by Volunteering WA found that the socio-economic and cultural value of volunteering in Western Australia to be approximately \$51.6 billion
- Australia has around 6.1 million volunteers, who contribute \$200 billion to the nation's economy every year
- Subiaco has 140 volunteers who volunteer across a range of programs such as:
  - Library / Library Books on Wheels
  - Subiaco Museum
  - Community Legal Service
  - Subi Kids Crew
  - Subiaco Voice of Youth
  - Men's Shed
  - Mums without Mums
  - Meals on Wheels
  - Dining room assistants
  - Community events
  - Shopping Bus
  - Adult Day Centre
  - Shenton Park Community Centre Board of Management
  - Mayor's Christmas lunch
  - Wednesdays at Wandana
  - Wandana Dance Classes