

## MEDIA RELEASE

10 May, 2016

### **Give Happy, Live Happy, during Volunteer Week 2016**

From 9 to 15 May the work of volunteers all over Australia will be recognised and celebrated during National Volunteer Week.

Darling Downs Hospital and Health Board Chair Mr Mike Horan was a special guest at a luncheon today to celebrate the work of the service's volunteers.

"Throughout the Darling Downs Hospital and Health Service we have around 350 volunteers who give their time selflessly to help others," Mr Horan said.

"Every contribution helps us to deliver improved health care so it is an absolute pleasure to be here today to thank our volunteers for their efforts."

Sam Savva, Darling Downs Hospital and Health Service (DDHHS) Manager for Volunteer and Consumer Participation Services, said the theme for Volunteer Week 2016 was 'Give Happy, Live Happy'.

"National Volunteer Week is a great opportunity to thank volunteers for their generous efforts in helping others, and highlight the ways that volunteering can contribute to a happier and healthier life," he said.

"Every one of our volunteers, regardless of where they are located, makes an invaluable contribution to Darling Downs Hospital and Health Service.

"In many cases volunteers can be the first point of contact when patients or visitors come to hospital and the work they do a wonderful job in making visitors to our facilities feel welcome."

Earlier this year well-known Toowoomba entertainer Owen (Owie) Paroz became a DDHHS volunteer. Mr Paroz described volunteering as one of the most fulfilling things he'd ever done.

"What I get out of volunteering is priceless," Mr Paroz said.

"I'm a professional musician so I've got plenty of time during the day, so now every Wednesday afternoon I come and drive the golf buggy transporting patients around the hospital, and it's great.

"One day that really stands out was a day when I brought a patient up to palliative care, and straight afterwards I picked up a couple at the front of the hospital who had just had a baby girl, so in that short space of time I saw life at both ends of the spectrum.

"It's very rewarding, because everyone has a story, and I also really enjoy getting to know the other volunteers.

“A lot of them are older people and when they’re not volunteering they’re off having adventures caravanning and that sort of thing so I get to hear their stories, they get to hear mine, and we all get the satisfaction of helping the community.”

**Ends**

**MEDIA:** *Contact Darling Downs Hospital and Health Service Media Team 4699 8725, 0448 996 296 or [DDHHS\\_media@health.qld.gov.au](mailto:DDHHS_media@health.qld.gov.au)*