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Volunteers bring joy to seniors

ANTHEA Power is a special volunteer and artist at RSL Care's Day Therapy Centre in Caboolture.

The arty 19 year old has been coming regularly to the centre to help with a variety of activities including administration work and coordinating arts and crafts classes. Anthea also loves participating in activities with the clients and socialises with them.

"I started volunteering more than a year ago as I was in between jobs. My mum is a nurse at RSL Care, so I am fami-

liar with the care environment. When she mentioned volunteering I thought 'why not?' and I don't regret my choice," Anthea said.

In the months leading up to Christmas, Anthea painted a fantastic mural measuring 3.6m x 1.5m in the main entrance of the facility.

"I wanted our clients to feel at home in the centre for Christmas, and a painting of Santa Claus definitely brings out the Christmassy atmosphere," Anthea said.

"For some of Caboolture's seniors, RSL

Care's Day Therapy Centre is like a second home, and for those with no family close by, the centre is their only place to socialise, so it is important to offer them a lovely environment."

Anthea has now found full-time work, but still comes regularly to support the clients and the staff at RSL Care's Day Therapy Centre before and after work.

"Volunteering is so rewarding. I met new and interesting people that I love to chat with. It is so much fun all year round," she said.

RSL Care is currently

looking for volunteers.

You too can make a difference by donating as much or as little time as you can spare in areas such as shopping, transport to appointments, assisting with activities, social support or companionship. Training and support are provided.

"I don't regret for a second my decision to volunteer. Give it a go; I know you will enjoy it," Anthea said.

For more information about Volunteering with RSL Care, please call 1300 796 111 or visit www.rslcare.com.au.



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HELPER: Anthea Power is a special volunteer and artist at RSL Care's Day Therapy Centre in Caboolture.

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