

# PRESS RELEASE

## “National Volunteer Week 13-19 May – Volunteer Power”

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**LOCATION:** nationwide

Today there are over 6 million (ABS 2010b) people volunteering annually in Australia, representing 36% of the adult population. It is important to recognise the valuable contribution each individual provides by offering their time, skills and passion, continuing to demonstrate Australia’s proud culture of giving.

The Australian Multiple Birth Association (AMBA) is joining Volunteering Australia with their theme of *“Thanks A Million”* to recognise all of the volunteers that run AMBA and local clubs around Australia. As a 100% volunteer-powered organisation, AMBA wouldn’t be around if it wasn’t for 600 amazing parents of multiples who volunteer their time to help others.

Caroline Hutchison, Chairperson of the Australian Multiple Birth Association, said

**“I get so much out of volunteering and wasn’t surprised to read that research shows that if people start volunteering two hours a week, their happiness, satisfaction and self-esteem go up a year later. It always amazes me that we seem to find time even while juggling twins, triplets or more and I think the statement ‘If you want something done, ask a busy person’ is so true.”**

AMBA and local clubs will be celebrating National Volunteer Week and thanking their volunteers; we welcome media coverage to acknowledge these incredible individuals and their special families.

### **ABOUT OUR ORGANISATION**

The Australian Multiple Birth Association (AMBA) is a not-for-profit organisation comprising of multiple birth families. The organisation provides support, resources and education to multiple birth families from “those who know”.

### **CONTACT DETAILS**

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For all local media – AMBA clubs can be accessed on our website or supplied upon contact

[www.amba.org.au/clubfinder](http://www.amba.org.au/clubfinder).

