

Media Release

IMMEDIATE RELEASE
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Volunteer shares a love of music

Volunteer Kerry Reid is sharing her love of music with the community through a new social group at McLaren Vale.

Ms Reid, who is taking some time out from the workforce this year, runs the Music for Fun group, part of ACH Group's Social Links Program.

She plans to introduce monthly themes and to encourage people to play a range of instruments.

"A few are going to bring their ukuleles and we're putting together a song book with all our favourites," she says. "Some people like to sing along, others might just clap – it's about enjoying the music and having fun."

A regular performer at South Australian folk festivals for many years, Ms Reid turned to volunteering to keep busy after her mother passed away.

"For me volunteering is about getting out there and meeting people, making new friends and connections, and retaining that sense of self-worth, without the pressure of a paid job," she says. "When you feel that you are part of something, and that you are appreciated, it's very worthwhile – it gives you something to look forward to."

ACH Group Volunteer Team Leader Tay Parker says the role of volunteers at ACH Group is evolving.

"We're moving away from what has been quite a passive role to something more dynamic," she says. "In our social links programs in particular, we try to match volunteers with customers who both love doing the same thing. It's about doing things with people instead of doing things for them."

Ms Parker says ACH Group relies on volunteers to deliver its promise of creating Good Lives for Older people.

"Our Good Lives framework is about connection and engagement," she says. "Our volunteers provide an extra dimension of support that is vital to our organisation; it underpins everything that we do."

There are 380 volunteers across the organisation who contribute 77,300 hours a year. They work in a broad range of roles, including support for specialist programs in dementia, respite and disability, help with programs including choirs, health and activities, social support, transport, garden maintenance, administration support, teaching, fundraising and events. As well as retirees, our volunteers include part time and full time workers and students.

To find out how you can get involved please visit www.achgroup.org.au/work-with-us/volunteers/

NOTE: National Volunteers Week runs from 8-14 May. High resolution photos available on request.

End Media Release



Caption: Seaford Rise resident Kerry Reid, who runs a music group at McLaren Vale, says volunteering keeps her connected to the community.

About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952.

As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities.

Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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