

SHORT BITES

Your time is a wonderful gift

NORTHERN beaches charities need volunteers and during these economically challenging times the need is amplified, so says the general manager of a Manly-based charity.

"A donation of your time or money can make a big difference," Delene Evans from Manly's Australian Doctors International said.

"Few people could afford to donate \$1000, yet volunteering with us for one or two months as a marketing or sponsorship consultant could yield even better benefits."

Volunteer opportunities can range from administrative support to more specialised roles such as marketing or business development.

It can be helpful for back-to-work mums seeking experience, professionals keen to expand their skills/area of expertise, and even energetic retirees who are a little bored with retirement.

"Gaps between employment on a resume - no matter how valid the reason - will not send the same message as someone who has utilised that time to give back to the community," Pro-Source Australia principal Roger Hilton said. "It shows initiative and genuine thoughtfulness."

For more details on Australian Doctors International phone 0408 288 115.

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