



**3 February 2014**

### **Compeer launches new volunteer video in Northern Sydney**

Compeer, a Special Work of the St Vincent de Paul Society, will be launching a new volunteer recruitment video on Monday 10 February at Northbridge Golf Club at 2pm.

Compeer are in need of 30 volunteers across the Northern Suburbs of Sydney and hope the video will give the community an understanding of the Compeer program and the impact that volunteering their time can have on a person's life.

Compeer matches people living with a mental illness in a one-to-one friendship with a volunteer. Compeer aims to reduce the stigma associated with mental illness by encouraging social inclusion and community education.

Volunteers are matched in a friendship with someone of the same gender and similar age living in their local community. Friends meet up regularly for a coffee, a walk in the park, or to watch some sport.

This friendship can have a big impact on the life of someone who is lonely, helping build confidence and a sense of connectedness to the community.

Ted, 70 first got involved in Compeer after answering the call for volunteers at his local Church and over the past six years has become very close to his Compeer friend.

"Volunteering with Compeer has definitely changed my perception of mental illness and I have been able to move outside my comfort zone to make a positive difference to another person. We have become good friends and I really enjoy his company and conversation," says Ted.

The Compeer video was funded by grants from the Claffy Foundation and Chatswood RLS through Willoughby City Council.

Community members and media are invited to attend. Copies of the video will be available on the day and afternoon tea will be provided.

**Interviews and photo opportunity with current Compeer volunteers including Ted available.**

**What:** Compeer recruitment video launch

**When:** Monday 10 February 2014 at 2pm

**Where:** Northbridge Golf Club, Sailors Bay Rd, Northbridge

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