

The Association for the Wellbeing of Children in Healthcare organised a Mental Health Month event involving the AWCH Hospital Ward Grandparent Scheme volunteers as well as our office volunteers. The event highlighted the importance of volunteering and how it helps a person’s overall wellbeing; not just their mental health, but also their physical, social, spiritual and community health.



A day’s outing was organised through the Sydney Heritage Fleet for a Fish ‘n’ Ships tour. This was a unique nautical experience with an extensive tour of the 1874 Tall Ship *James Craig*, with full commentary. We then went aboard a heritage vessel, *Harman*, for a harbour trip with historical commentary and an exclusive guided tour of the Heritage shipyard. The tour ended with lunch at the Sydney Fish Markets. All volunteers who attended were given a gift bag containing mental health month postcards and balloon, a puzzle book, a packet of mixed nuts and hand sanitiser sampler bottle.



The event showcased the importance of volunteering and its benefits to support and enhance a person’s wellbeing.

To all our volunteers, thank you for your dedication and valuable contribution to the work of AWCH. You truly make a difference!



*The Sydney Heritage Fleet is also a unique voluntary organisation that restores and operates in world class maritime heritage including the magnificent tall ship James Craig, steam tugs and yachts, a shipyard, a research centre and 600 volunteers.*