

HAVE YOU HERD

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THE LATEST NEWS FROM

Volunteering improves mental health, promotes wellbeing

Have you ever thought about volunteering but were put off by time constraints, fear of commitment or social anxiety about fitting in or not performing tasks correctly? You're not alone yet according to psychologists, the mental health benefits far outweigh perceived barriers.

KEY PSYCHOLOGICAL AND EMOTIONAL BENEFITS

Increased Happiness and Reduced Depression: Regular volunteering is strongly associated with higher levels of happiness with studies showing it can significantly ease loneliness and symptoms of depression.

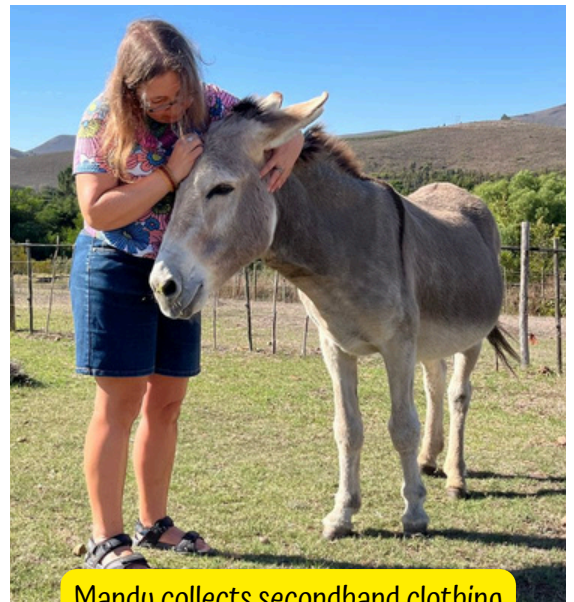
Enhanced Sense of Purpose: Volunteer work provides a sense of meaning and accomplishment, which can improve overall life satisfaction.

Reduced Stress and Anxiety: By focusing on helping others, volunteers can interrupt tension-producing patterns and reduce overall stress levels.

Improved Self-Esteem and Confidence: Learning new skills and achieving goals through service can lead to increased self-worth and confidence.

Strengthened Social Bonds: Volunteering fosters connection reducing isolation and building new social networks.

Helper's High: Acts of service trigger dopamine and serotonin.



Mandy collects secondhand clothing in Cape Town for sale in the EARS Charity Shop



Need a dopamine hit or serotonin lift?

The EARS Charity Shop in Main Road would love to welcome you as a volunteer. No retail experience necessary, just a willingness to have a lot of fun, make new friends and give four hours a week to selling gently worn items which, when turned into cash, support our Sanctuary. Call Daryl on 066 355 7098.

TO DONATE TO OUR RESCUE DONKEYS: EARS DONKEY SANCTUARY, ABSA, A/C # 9309869152

Need compost for your garden?

There's nothing like a good covering of compost to prepare your garden for winter and we have it in bakkie loads! Mature donkey manure is great for gardens and it's yours to collect from our Sanctuary. All we ask is a donation, you decide the amount. Bring your bags and get packing, winter's coming fast! WhatsApp Penny on 082 660 6714 to arrange access.



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fun facts about EARS chairperson Clare Surtees



1. Clare is an outdoor sports enthusiast & has completed 4 Duzi Canoe Marathons
2. Clare loves adventure travel; she has hiked Nepal and the Himalayas
3. The greatest love of her life is her dog Milo, an Italian Spinoni
4. She loves all things Italian, the food, the country, the music...
5. Clare is a keen reader & gardener

A legacy of love

Our Sanctuary was recently the recipient of a legacy from the Will of an elderly



Pretoria woman. It was a godsend as we are entirely dependent on donations and a legacy left in a Will is a huge boost to our coffers. If this appeals to you, our treasurer Eric Wells will explain how it works. Email Eric on ewells@wol.co.za.

How lucky we are to have not one or two but FOUR animal charities in Greyton, each focussed on different species: donkeys, dogs and cats and horses, wildlife and farm animals. Even more special is how we strive to support each other when times are tough. When Greyton Animal Welfare Society launched its mass vaccination campaign against the killer distemper virus, EARS donated a day's charity shop takings to buy vaccines. We're in awe of the work GAWS has done (and continues to do) to contain this disease and hope that all Greytonians will help their fight.



EARS chair Clare hands a cash donation to GAWS' Candi