



MEDIA RELEASE

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Ending the isolation...how you can make a difference

Kalamunda's Ailsa Allen has always been a busy woman. She began her working life as a nurse and at the peak of her career played a key role in setting up Western Australia's organ donor program.

Now scaling back her working hours and planning for retirement, the energetic 64-year-old has no plans to stop contributing to society.

Instead she has signed up as a volunteer with WA's Senses Foundation, which is the primary advocate and service provider for people who are deafblind or blind with additional disabilities.

Ailsa is tackling her latest challenge with all the bravado and determination she has displayed during her working life.

Already she has organised a team from her workplace – Health Services Australia - to play in the Foundation's fundraising lawn bowls day on Friday 28 November.

She is also going to work as a volunteer at this event, helping Senses as it strives to raise much-needed funds.

Ailsa says she has been very touched by Senses' work.

"It's something I feel very passionate about," she says. "I can't bear the thought of people being so isolated."

If you are a retiree with time on your hands, perhaps you'd like to join Senses' growing team of volunteers like Ailsa.

Senses' Volunteer Co-ordinator David Canham says your involvement can be as simple as sharing a coffee and chat with someone who is socially isolated.

“Maybe you have a hobby or interest you could share with someone who needs assistance to access community activities,” says David.

“Senses has clients who would love to go to the footy, the gym, the movies, swimming, walking, bike riding, fishing, pool, craft group, slot car racing and many other recreational activities.

“Support with administration tasks, archiving, newsletter production, fundraising, special events, recreation activities, gardening and maintenance would also be very welcome.”

If you can't spare the time for volunteering but still want to help Senses end the isolation for people who are deafblind or blind with additional disabilities, there are other ways you can show your support.

Although the Foundation is partially funded by the Western Australian Government's Disability Services Commission, it still relies heavily on the generosity of ordinary people who support its fundraising activities.

By donating to Senses you can make a real and tangible difference to people's lives.

The Foundation gratefully accepts both one-off and ongoing automatic donations, no matter what amount, and these can be made by credit card, cheque or money order (donations of \$2 or more are tax deductible).

To make a significant and lasting difference to the lives of Senses' clients, then you may also consider making a bequest through your will which entitles you to take advantage of a free will service.

Your gift can be a specific sum of money, a percentage of your estate, a specific asset of your estate, the residual of your estate, contributions to a perpetual trust or an insurance policy.

For more information on ways you can support Senses Foundation, or details about the lawn bowls fundraiser, please call Skye Petrie on (08) 9473 5459 or visit [www,senses.org.au](http://www.senses.org.au).

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