

### **Over 90 years old and still volunteering**

UnitingCare West would like to congratulate long serving volunteer Ruth Reid on winning Volunteering WA's "Lifetime Contribution to Volunteering" Award at the Volunteer of the Year Gala Dinner on Wednesday as part of National Volunteer Week.

Ruth has been volunteering with UnitingCare West's Rainbow Project since it began in 1998, and continues to be involved to this day. The program provides support and companionship to people with mental illnesses, and through her involvement Ruth continues to advocate for and raise awareness of the needs of those in WA who are living with mental illness.

*"Ruth is one of Rainbow's earliest members and her contribution to the program is invaluable. We are very proud of her accomplishment and it is wonderful that her dedication has been acknowledged at the Volunteer of the Year event" says Sue Ash, CEO, UnitingCare West.*

Ruth spends around 4 hours each fortnight volunteering with the Claremont/Nedlands Rainbow Project, which holds community lunch groups in six locations throughout Perth, and which has over 125 participants.

Ruth's community work began in 1966 when she started volunteering with the Save the Children Foundation, and she has been active in the community ever since.

UnitingCare West acknowledges and applauds Ruth's continuing work and celebrates her "Lifetime Contribution to Volunteering" Award.

To find out more about the Rainbow Project, or to volunteer with UnitingCare West, visit [www.unitingcarewest.org.au](http://www.unitingcarewest.org.au) or contact the Rainbow Project on 1300 663 298.

**- End of Media Release -**

## **About UnitingCare West**

UnitingCare West is a community services agency that supports thousands of people each year. UCW's clients include those in the community experiencing financial hardship, domestic violence, child abuse, mental health issues and disability to name a few.

UnitingCare West is part of a network of 400 agencies that make up UnitingCare Australia.

### **For quotes please contact:**

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### **For more information or to organise a photo opportunity please contact:**

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Claremont/Nedlands Rainbow Project luncheons are held on the first Thursday of every month.