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THE SEASON FOR GIVING – CONSIDER A CHARITY

Australians are being encouraged to give generously this Christmas, and not just to their own friends and family.

AMA Vice President, Dr Tony Bartone, said today that while Christmas is a time for sharing food and gifts with loved ones, for some people it is a difficult time of the year.

“Tens of thousands of Australians experience homelessness over the Christmas period, and many more struggle with financial uncertainty,” Dr Bartone said.

“There are many ways that you can spread the Christmas cheer beyond your immediate circle.

“Many charities are facing an increasing demand for food and toiletries at this time of the year. Consider adding a couple of these to your shopping trolley, and dropping them off to your local charity shop or collection point.

“Women’s shelters, homeless shelters, and other community-based organisations provide lists of the types of donations that they can accept. Follow their guides to ensure that your donation can be put to good use.

“Sometimes, giving your own time can be just as valuable as any monetary donation.

“Many organisations work tirelessly in the lead-up to Christmas to ensure that they can provide a festive experience for less advantaged members of the community.

“Volunteering your time with these organisations can be a uniquely rewarding experience that allows you to build new social connections, while giving back to your community.”

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