

# Give happy live happy

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As part of Law Week activities, the Pro Bono Clearing House (PBCH) in conjunction with the Law Society Northern Territory (the Society) hosted a Give Happy Live Happy function to celebrate and thank its volunteers. Each year many legal practitioners generously donate their valuable time to the Society through pro bono work, participation in various Society committees and as presenters at Continuing Professional Development seminars.

The Society appreciates the work of its volunteers and thanks them for their continued contribution. The Society particularly values the contribution of pro bono lawyers who assess applications and offer their services free of charge to assist needy applicants who would otherwise not have access to justice. To ensure that everyone has the right to access justice, the Society encourages lawyers to join our pro bono register.

Did you know volunteers are happier, healthier and even sleep better than those who don't volunteer?



L-R: Kathryn Baumeister, Dept. Attorney-General & Justice; Kendra Frew, Dept. Attorney-General & Justice



L-R: Bella Basilides, Law Society NT; The Hon Justice Graham Hiley RFD







*L-R: Ron Lawford, Ron Lawford Solicitor; Dr Karen Cavanagh, Top End Forensic Services, Breakout NT (Escape Rooms)*



*L-R: Alexandra O'Donnell, NTLAC; Lindsay Allan-McConchie, NTLAC, Domestic Violence Legal Service; George Roussos, Roussos Legal Advisory; Matthew Littlejohn, Maurice Blackburn*

**Volunteering Australia (volunteeringaustralia.org) has provided the following list of facts about volunteering and happiness:**

- Sustained volunteering is associated with better mental health
- A strong correlation exists between the wellbeing, happiness, health and longevity of people who are emotionally kind and compassionate in their charitable helping activities
- The experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement
- Altruistic emotions and behaviours are associated with greater wellbeing, health and longevity
- Volunteering is highly associated with greater health and happiness
- Volunteers are happier, healthier and sleep better than those who don't volunteer – doctors should recommend it
- 95% of volunteers say that volunteering is related to feeling of wellbeing
- Volunteering results in 'helper's high', a powerful physical and emotional feeling experienced when directly helping others
- Just a few hours of volunteer work makes a difference in happiness and mood
- 96% of volunteers say that it "makes people happier"

## CALL OUT

### Join our Pro Bono Cleaning House today!

Contact Marian Wilson [probono@lawsocietynt.asn.au](mailto:probono@lawsocietynt.asn.au) to register your interest.

