



**Oliver Newstead** - Why do I volunteer? Well I volunteer to meet new people, to help others and to raise awareness of issues at hand that is relevant to the cause that I am volunteering for.

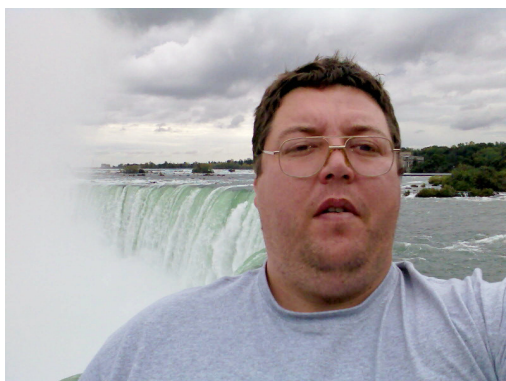
I have ridden a range of yearly rides, like the Kellogg's Cycling Challenge and then the old version of the 'Cycle of Sydney' were each year the course starting at North Sydney would change and you would ride to a different part of Sydney. I was looking for that next big thing.

In 1996, I didn't have my bike ready for the ride so I contacted BNSW office and asked if there was any other way I could get involved, and to this day I have helped out volunteering in some form.

I started as Start Site Assistant, then each year I had volunteered for a range of roles like: Sweep Bus offsider, Finish Site Assistant, Grounds Keeper (AKA Security) on the NSW Big Ride. I have also been involved in helping the MS Society on their annual Sydney to Gong ride, and MS Fun Run and Walk.

I'm also actively involved with Bicycle South West (my local BUG) advocating for cyclists in my local area.

Besides all that I'm also involved with CMRI (Jeans for GENES) fundraising and last of all I am an active member of my local area State Emergency Service (SES), where I do crowd control, First Aid, BBQs, inform the public on the role the SES performs in the community, data entry, communications, and weekly training.



Since my first volunteering experience back in 1996, I have now found out ways of helping other people and events all over Sydney, NSW and even Australia, via the volunteering web site. I have enjoyed meeting new people, working in a team and even volunteering on my own.

I strongly encourage others to volunteer and support their local community. It's a great way to expand your knowledge, or even gain knowledge and new skills.