

## Johannes Van Der Peet

---

**“Make sure that your volunteering work is interesting and rewarding to you, so that you receive the benefits from your labour”**

Johannes was used to a busy life, retiring from fulltime employment at the age of 70. As time passed though and with very little to do at home Johannes became restless and started to get depressed. Whilst walking passed the Te Newhanga Kapiti Community Centre, Johannes noticed the “Volunteer here” sign, belonging to Volunteer Kapiti. After months of internal debate and questioning of the benefits of volunteering, Johannes finally decided to approach Volunteer Kapiti to see what they could do for him.

Johannes was keen to try something new for his volunteering experience and Volunteer Kapiti found two volunteering opportunities at Kapiti Cottage to enable Johannes to be more hands on again as well as providing him with the new experience he was after.

Johannes says that he now feels connected and involved in meaningful work that is rewarding and makes him feel as though he is making a difference again. He feels grateful for his volunteering experience and his advice to anyone considering volunteering, is to “make sure that your volunteering work is interesting and rewarding to you, so that you receive the benefits from your labour”.



# VOLUNTEER STORIES