

MannaCare volunteer and student proving young people make great volunteers

Young people tend to be lumped with stereotypical generalisations and assumptions which provide no benefit to anyone other than to stigmatise the youth of today.

One of [MannaCare's](#) volunteers, Tianna De Silva is displaying wisdom beyond her years. She spends her Mondays playing Scrabble, making coffee and engaging with friendly conversations with the ladies at Grevillea House. At 22, she signed up to volunteer several years ago because she "wanted to make a contribution".

Far from being overawed with the residents, Tianna flourishes in the setting with the environment coming naturally to her. "I spend a lot of time with my grandmother and her friends, so I'm kind of used to it in a way. They're in their late 70s and 80s. They're still at home and I play bingo with them and sometimes go out with them".

Currently, studying Law/English at Latrobe University, Tianna has a Sri Lankan background, was born in Australia and spent much of her childhood in the United States; and she is part of MannaCare's diverse multicultural community.

Tianna enjoys her volunteering saying that, "It is really friendly and warm and all my experiences are very positive. Everyone makes sure that I know that I am appreciated. They expressly tell me, which is really nice," states Tianna.

Mainly seeing the day clients in Grevillea House, she comments, "They are mobile and they can walk with more independence. They are not perfect, though, as they have dementia. It is hard seeing these residents deteriorate."

Mondays are her favourite day saying, "I love to come here. I've made a lot of friends with the residents. It sounds kind of strange. Some of them are so wise. They have such warm hearts and it makes me so happy. I wish more people my age would have more contact with older people. I think it benefits people on both sides when people interact."

We couldn't agree more!



For more information about MannaCare, get in touch:

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