

PARK ORCHARDS



Laura Mensa from Park Orchards.

Picture: LAWRENCE PINDER

# Laura's big heart of gold

THIS Park Orchards volunteer recognises the strength in others, and now it's time for the community to recognise hers.

Laura Mensa has dedicated her time to volunteering at a nursing home and a children's camp as part of completing her Gold Duke of Edinburgh's Award.

The 19-year-old, who works at Glen Waverley Crystal Clear Ears clinic, said she took on the challenge after hearing about

the experience through her cousin.

"I looked into it and saw you could do bronze, silver or gold and thought I'd just skip to the gold," Ms Mensa said. "In the first six months I went to Vietnam and volunteered and trekked over there with the World Challenge."

The gold award means she fulfilled all expectations in 12 months while completing Year 11 at Norwood Secondary College.

In Vietnam she was able to work with disabled and orphaned children.

"We raised money to get them things like blankets and colouring-in pens and pencils," she said.

She volunteered with Donwood Community Aged Care at Croydon and Portsea Children's Care.

"I really like helping people," she said.

About 79 Victorians will receive awards at the Gold Award Gala on December 6.



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