



# Medway Volunteer Network's Benefits of Volunteering



March 2021



# The Health & Wellbeing Benefits From Volunteering

The one thing volunteering is not, is 'giving your time for nothing'.  
Regardless of your reason for giving your time, volunteering can offer a wealth of benefits  
– both to you and those who you are helping.

Check out some of the benefits below:

**Making new friends and an opportunity to socialise** - One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, community resources, and fun and fulfilling activities.



**Improved Mental and Physical Health** - There continues to be an ever increasing amount of evidence to show that volunteering has a positive impact on mental and physical wellbeing. The right match can help to reduce stress, provide mental stimulation, find friends, reach out to the community, provide a sense of purpose, learn new skills and increase activity.



**Gaining career experience and new skills** - Volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organisation.



**Personal enjoyment & fulfilment** - Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.



**The NHS also recognises the benefits of volunteering** and you can read some of their research around this on their website (link: <http://www.nhs.uk/Livewell/volunteering/Pages/Whyvolunteer.aspx>)

