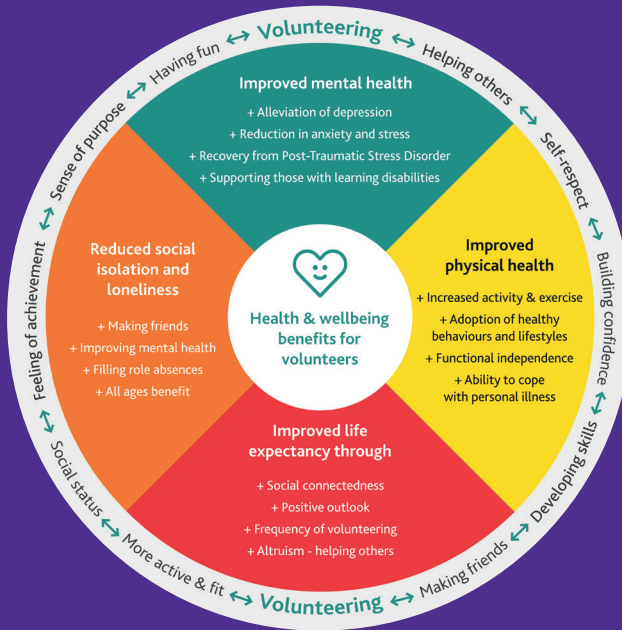


What are the health and wellbeing benefits for volunteers?



**Make Volunteering
one of your
healthy 'five a day'**



VOLUNTEER NOW
connect · build · change

Take5

steps to wellbeing

.....and volunteer!

There is a strong body of evidence which shows that volunteering provides benefits not just to service users and wider communities, but also to the volunteers themselves in terms of their enhanced health and wellbeing.

Choose volunteering and take a step to improving your health and wellbeing. Check out our search facility on www.volunteernow.co.uk

There's a wide range of opportunities throughout Northern Ireland to suit everyone.



Connect

Connect
with new people and get involved with groups, organisations and causes



Be active

Be Active
enhance your physical and mental health. Volunteering can be tailored to suit your own ability



Keep learning

Keep Learning
Share your existing and learn new skills



Take notice

Take Notice
Look out for a neighbour and generally be aware of the world around you



Give

Give
Volunteer your time to help others. One small action can make a huge impact



Facebook @VolunteerNow



Twitter @VolunteerNow1



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