What are the health and wellbeing benefits for volunteers?

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Improved mental health

Volunteering (+) Helping offers a solutions to Having fun Supporting those with learning disabilities

Reduced social

Feeling of achievement

5

Health & wellbeing benefits for volunteers

Improved life

expectancy through expectancy through + Social connectedness + Positive outlook + Frequency of volunteering + Altruism - helping others + Altruism - helping others + Makin[®] thenth

Improved physical health

self-respect

skills

Building confidence + Increased activity & exercise + Adoption of healthy behaviours and lifestyles + Functional independence + Ability to cope with personal illness



Make Volunteering one of your healthy 'five a day'







.....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.



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

Be Active enhance your physical and mental health. Volunteering can be

tailored to suit your own ability

Keep Learning

Share your existing and

Connect

Connect



Be active



Keep learning

learn new skills



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

Take Notice

Take notice

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

Give



Facebook @VolunteerNow



Twitter @VolunteerNow1



HS



Public Health

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