

Reasons To Get Involved And Volunteer

Volunteering has many positive implications that go beyond the betterment of your mental health.

Health

Volunteering gives the opportunity for people to feel more socially connected, which helps ward off loneliness and depression. Evidence also suggests that people who give their time to others might also be rewarded with better physical health –including lower blood pressure and a longer lifespan. This is due to the physical activity that happens whilst volunteering.



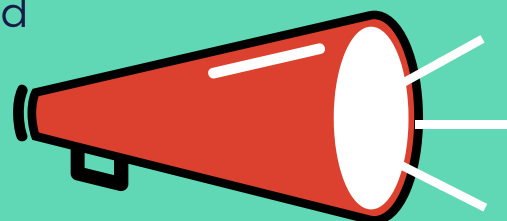
Purpose

Volunteering offers vital help to people in need, the community and for worthwhile causes that provide help and support to an array of people, which gives you a sense of purpose.



Giving A Voice

When volunteering, you are often in the presence of people who are occasionally unable to voice their opinions, feelings and emotions. In providing help to vulnerable individuals, you are giving them a voice, which allows them to express themselves, without you, or anyone else talking on behalf of them. It can give those who feel powerless, power.



Support A Cause

Start with an organisation who is or has been doing work that you are passionate about, and continue from there. This gives you a feeling that you are making a difference for a cause you love.



So, if you feel inspired and motivated to make a difference through our various volunteer opportunities, please get in touch.