

What Can Volunteering Do For Me?

Increase confidence and self-esteem

- Get active and feel good
- Take time away from the stresses of daily living
- Have a great pressure valve
- Feel better physically and mentally

- Set your own goals
- Work at your own pace
- Challenge yourself;
- Discover your full potential

- Make a difference to your life
- Make a difference to the lives of others
- See the results in smiles, a 'thank-you', money raised, or a better environment

Improve your health

- Get out of the house
- Open doors to new experiences in different places
- Have a contrast from everyday life

Get results

- Feel connected to the community you live in

Do something different

Feel valued, and part of the community

Have fun

- Have fun for free
- Enjoy leisure interests, from sport to graffiti art

Channel interests

- Build an interest in something new
- Help others by doing something you already enjoy

Make new friends

Develop skills and get a reference

Gain responsibility

- Broaden your social circle
- Get to know different kinds of people
- Start friendships which can last a lifetime

- Responsibility can range from matching pairs of shoes in a bag of charity donations, to managing thousands of pounds as a volunteer treasurer
- Responsibility can vary according to how you feel at a particular time

- Excellent training for employment
- Try different work roles without committing yourself
- Discover an alternative career

Improve Your Health

Health All Around

Volunteering as a walk leader for Health All Around walking group, allows you to socialise with people whilst enjoying fresh air and physical exercise, and exploring different parts of the city. Walk leaders often comment that this is good for their social, physical and mental health.

Increase Confidence And Self-Esteem

Leading Outdoors Adventures

Venture Scotland offers volunteer-led personal development experiences for young adults from backgrounds where the opportunities are limited. 16–30 year olds participate in weekend programmes of outdoor and conservation activities. Volunteers are usually involved in three or more weekend events throughout the year.

Have Fun

Assisting Children's Play

Volunteers at Scotland Yard Adventure Centre enrich the play environment for children of all ages and abilities. In return they gain many rewarding moments and insights into children's play, and enjoy with them the excitement of Bonfire Night, Festival Cavalcades and other highlights in a full diary of year round events.

Gain Responsibility

Getting Political

The Scottish Youth Parliament, made up of 200 young people, gives a real voice to young people at national and international level and acts as a sounding board for the Scottish Parliament. Members represent youth forums, voluntary organisations or stand as individuals, and are elected annually.

Get Results

Meeting the Needs of Homeless People

The Crisis FareShare initiative, operated in Edinburgh by Edinburgh Cyrenians, collects surplus fresh food from businesses which is within its use-by-date but no longer on display. Refrigerated vans take this to depots for sorting then delivery to homeless hostels and drop-in centres. Volunteers help with all the links in the chain.

Volunteering

Can Change

Your Life

Some local examples ...

Channel Interests

Supporting Sport

Volunteers in sport are hidden champions. Without the timekeepers, referees, officials, match secretaries, organisers, transport providers, carers, coaches and leaders, opportunities to enjoy sport would simply not exist. Enthusiasm, commitment and a willingness to try are more important than sporting experience.

Make New Friends

Befriending Families

Homestart works with families under stress where there is at least one child under five. Volunteers offer friendship, regular support and practical help to families in their own homes, helping to relieve pressure and prevent breakdown. Many of those supported by Homestart return to help other families as

Do Something Different

Heading for the Wide Open Space

BTCV Scotland run regular conservation breaks across the country lasting between one day and two weeks. Volunteers help with repairing footpaths, planting trees, building dry stone dykes and many other conservation activities.

Feel A Part Of The Community And Valued by Others

Becoming a Community Player

Did you know that there are over a thousand Community Councils in Scotland? These enable communities to act for their collective benefit, from organising community festivals to neighbourhood clean-ups. Meetings are open to the public and you are welcome to go along. Check the local press for details.

Develop Skills And Get A Reference

Promoting Equality

Skill helps disabled people make the most of their learning and employment opportunities. It offers a range of volunteering opportunities to disabled people which allow them to gain work experience and develop practical skills.