

Why Volunteering Matters to Communities

Research shows that volunteering can provide many benefits to communities...



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Economic Benefits

- ▶ Individual and community benefits prevent costly social problems
- ▶ Increased employability & ability to spend wages in community
- ▶ NHS cost savings as healthier individuals
- ▶ Contributing to the prevention agenda

Thriving Communities

- ▶ Improved population health
- ▶ Reduced crime & antisocial behaviour
- ▶ Improved educational performance
- ▶ Greater life satisfaction & happiness
- ▶ Decreased loneliness & isolation
- ▶ Enhanced mental wellbeing

Crime Prevention

- ▶ Reduced anti-social behaviour
- ▶ Positive behavioural change
- ▶ Positive diversionary activity
- ▶ Supports reducing reoffending
- ▶ Increased understanding of others in community

Active Citizenship

- ▶ Increased social & civic participation
- ▶ Increased community cohesion
- ▶ Increased intergenerational & intercultural integration
- ▶ More empowered communities
- ▶ Increased community spirit & trust
- ▶ Increased civic commitment/ connection



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#WhyVolunteeringMatters

Why Volunteering Matters to Individuals

Research shows that volunteering can provide the following benefits...



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