

Benefits of Volunteering

**Improves
mental
health and
wellbeing**



**77% of
volunteers say
volunteering
improves their
mental health
and wellbeing.
(NCVO)**

**Meet
new
people**



**77% report
feeling less
isolated or
more socially
connected
after
volunteering.
(NCVO)**

**Improve
employment
prospects**

**73% of
employers in a
UK survey said
they would hire
candidates with
volunteering
experience over
those without**



Volunteer Centre
Sutton