

DO SOMETHING POSITIVE FOR YOURSELF

Volunteering with Groundwork and the Community First Partnership could benefit you in many ways.

Various studies have shown that volunteering has a positive effect on the well-being of individuals. Volunteer work can also reveal new skills and interests that volunteers never knew they had.

Positive effects of volunteering:

One of the biggest positives in doing volunteer work is the satisfaction of knowing you contributed your time and energy to a good cause. Volunteer work almost always helps someone else out, so you can take comfort in knowing you are doing something for the good of another person or group of people. If it weren't for the work of volunteers, many neighborhoods would never receive any help, because the government only has so much money to go around. Volunteer work helps improve neglected areas of the community.

You can volunteer with a friend or family member and spend quality time with them. Plus, volunteering in your community allows you to help out in your own area, where you can see the difference you make every day and can benefit from the contribution you give. You can still get a feeling of satisfaction and achievement and learn new skills, while giving back to your local community.

People complain that young people are irresponsible. Volunteering can teach them responsibility. When volunteering, you try to make something better. A young person can see exactly how grateful others are for the help. This teaches them to be responsible and work hard. Volunteering can also help a young person decide what they want to do with their life, or maybe what they don't.

A number of research studies have shown that volunteering, particularly by older adults, provides health benefits. For example, one study published in the February 2009 "Journal of Gerontology" notes that older women who volunteered in elementary school classrooms were not just more active than their counterparts who did not volunteer, but that activity boosted their metabolism to where they were burning twice as many calories. Physical activity and a positive outlook can also help reduce blood pressure, other studies have shown.

Read more at www.livestrong.com

Build skills and job prospects

Volunteering is one of the best ways to make friends and help the community. Not only is it a great experience, but it looks great on college and job applications.

Working on one of our community projects, such as the community allotment plot, will provide the opportunity to build new skills. Skills such as teamworking, initiative, effective communication and organisational skills could be developed at an environmental project.

For students who need community service hours for school or college, volunteer work is a particularly important and necessary commitment of time. Community service can also be an option for some people as a means of avoiding jail time and/or heavy fines.

Dispelling myths about volunteering:

Volunteering doesn't disrupt your daily life, it doesn't cost you any money and it doesn't have to take up much of your time. You can put in a few hours, contribute to your community and still be home in time for dinner. We usually meet for one session a week; you could come along once a week, once a month or even once a year! You decide.

You may never have volunteered before, if you have any questions or concerns, or maybe you would like to meet us before taking part in a project then please feel free to call us on 01495 222605 and ask for the officer for Rhydney.

We hope to hear from you soon!

