



The benefits of volunteering

July 2017

Volunteering is a great way to improve the quality of life for others in our community. It also provides wonderful benefits for our own lives.

VOLUNTEERING CAN:

1. Help other people be more active, feel more connected, learn something new or help them with difficult tasks.
2. Help improve our community, the environment and the welfare of animals.
3. Provide new ways to have fun, or explore an interest or hobby in a different way.
4. Enable us to meet new people:
 - make new friends
 - discover new activities and interests
4. Improve our employment opportunities:
 - through new work experiences and skills
 - through new networks with organisations and people
5. Improve our mental and emotional health by feeling more connected and useful.
6. Improve our physical health by being more active.
7. Improve the relationships of families who volunteer together.

WANT TO VOLUNTEER? GET IN TOUCH!

www.volunteeringtas.org.au

1800 677 895

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