

WHY VOLUNTEER? THE BENEFITS OF VOLUNTEERING WITH A UNIFORMED YOUTH GROUP



you
LONDON

NO PRIOR EXPERIENCE OR KNOWLEDGE REQUIRED

Through volunteering, you can make a positive impact on your local community and gain social, career and personal benefits too.



A sense of purpose:

Find a sense of purpose and become part of something greater than yourself.



Meet new people:

Make new friends with people who share a common interest.



Gain new skills:

Learn new skills or build upon those you already have through training and hands-on experience.



Stay physically and mentally healthy:

Contributing to projects and organisations you value can keep your mind and body fit and healthy.



Challenge yourself!

What have you always wanted to try but never had the time or money? Could you do this through a voluntary role?



A sense of community:

Make a difference locally and feel connected to people in your local community.



Self-esteem and self-confidence:

Doing something worthwhile and valuable can provide a sense of accomplishment that will help you feel fulfilled.



Gain qualifications:

Gain new qualifications in anything from powerboating to first aid. Professional qualifications in leadership and continuous personal development are often also available.



Gain work experience:

Volunteering can help you acquire valuable new skills and experience.



It's fun!

Volunteering can enable you to spend your free time doing something that you enjoy.

