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REASONS TO START VOLUNTEERING TODAY

Take care OF YOURSELF

Improve your wellbeing

Volunteering is a great tool in supporting your overall wellbeing. Research shows us that 75% of individuals report feeling better about themselves as a direct result of their volunteering.

Learn new skills

Have you ever wanted to try learning a new skills? Volunteering is a great way to try your hand at new activities. Most organisation often provide lots of training opportunities too, giving your the perfect chance to learn.



Make A DIFFERENCE

Make a difference

Volunteer enables you to make a significant difference to causes that you are passionate about. Whether it's advocating for vulnerable individuals or you are dedicated to supporting climate change campaigns. Every volunteer makes a difference.

"Our volunteers literally change lives" - A Go Volunteer Glos organisation

Make new friends

Volunteering is a great way to meet new people and make new friends. There is often a great sense of shared purpose in your volunteer role and organisations often host social events for volunteers too.



Career development

Are you looking to take your career in a different direction? Or perhaps you are looking for employment after some time off? No matter what your circumstances are, volunteering is a great stepping stone to boost your skills, experience and professional connections - whilst doing something worthwhile!



HOW TO FIND YOUR PERFECT VOLUNTEER ROLE

Go Volunteer Glos is the home of volunteering in Gloucestershire

Find your role in 4 easy steps

1

Browse opportunities on the Volunteers page

Create an account

2

3

Apply for the opportunity that you feel is right for you

Wait to hear back from the organisation hosting the role

4

Browse hundreds of opportunities right across Gloucestershire. No matter your interests, skills or time commitment - there is something for everyone!

www.govolunteerglos.org

Email: support@govolunteerglos.org