

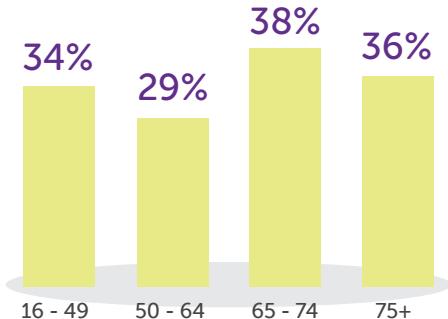
Contributing to your community increases the quantity & quality of social connections



57% of volunteers over 50 surveyed agree that volunteering enlarged their social circle, and 56% said that they did more social activities as a result of volunteering*

*Source: Morrow-Howell N, Hong SI, Tang F. (2009) Who benefits from volunteering? Variations in perceived benefits. Gerontologist.

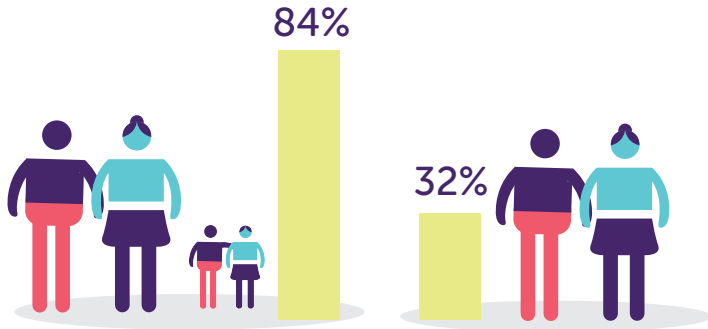
Age does not affect the likelihood of making a contribution



● % of people who carry out informal volunteering

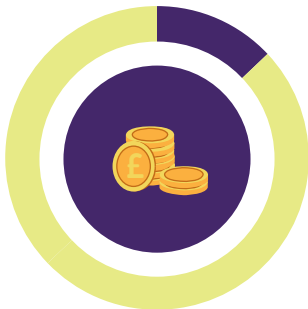
Rate of formal and informal volunteering fluctuate very little across age groups. 1/3 people aged 75 and over provide unpaid help and support to friends or neighbours at least once a month – the same as for those aged 16 - 49*

Caring and volunteering often go hand in hand



Grandparents who provide substantial care for their grandchildren are 1.5 times more likely to undertake formal volunteering than grandparents who provide no regular care for their grandchildren*

Income & volunteering are closely connected



- % of people who volunteer
- % of people who do not volunteer

Among people aged 50 and over, those in the richest 20% are more than three times more likely to engage in formal volunteering than those in the poorest 20%*

The benefits of community contributions



Community contributions and acts of neighbourliness bring people together and help build social connections, as well as increasing wellbeing, life satisfaction and give people a sense of purpose*

Community contributions & acts of neighbourliness increase wellbeing and give people a sense of purpose



Informal volunteering has been shown to have a positive impact on life satisfaction & wellbeing*

Making contributions can also help provide a sense of purpose for those in later life**

*Source: De Wit et al., 2015

**Source: Bradley, 2000; Narushima 2005