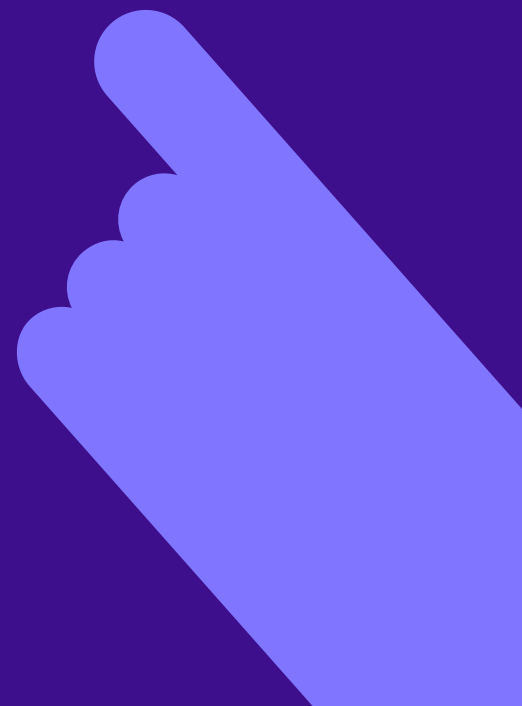


CSSC

Active Wellbeing

The benefits of volunteering

Volunteering is one of the most rewarding activities you can do to stay active. Whether it's dedicating time to help the less fortunate, supporting a local cause, or contributing to a community event. Giving your time and energy to help others fosters personal growth, strengthens communities, and contributes to a more sustainable world.



Building stronger communities

Through their contributions, volunteers help create a sense of solidarity and shared purpose. A group of volunteers planting trees in a local park not only improves the environment but also fosters a sense of pride and ownership. Similarly, volunteers organising cultural events or festivals bring people together, celebrating diversity and enhancing social cohesion.

Personal fulfilment and rewards

Volunteering offers profound emotional benefits that contribute to overall wellbeing. The act of helping others often brings a deep sense of fulfilment and purpose. Knowing that your actions have made a positive impact, no matter how small, can be incredibly rewarding. Studies have shown that volunteering increases happiness and reduces stress, as it allows individuals to focus on something larger than themselves.

Enhancing social connections

Sharing your time and skills is a fantastic way to meet new people and strengthen existing relationships. By working alongside others toward a common goal, volunteers forge meaningful connections with like-minded individuals. For individuals who are new to a community or experiencing loneliness, volunteering provides an excellent opportunity to integrate and connect.

Professional development

It's not only a way to give back but also an opportunity to enhance career prospects. Many volunteer roles provide hands-on experience in areas such as project management, event planning, fundraising, and leadership. These skills are highly transferable and can bolster a résumé, especially for students and recent graduates to gain practical experience in their field of interest. Demonstrating qualities such as commitment, empathy, and a willingness to take initiative.



Improving physical and mental health

Volunteering has numerous physical and mental health benefits. Physical activities such as tree planting or sports events provide a natural form of exercise. While engaging in activities that require planning and strategy such as admin or counselling roles, can provide structure and routine. Volunteering involves social interaction, which combats loneliness and fosters emotional wellbeing. Regular social engagement has been linked to lower levels of stress and improved cognitive function. For retirees, volunteering offers a way to stay active and maintain social connections.

Cultivating empathy and compassion

Spending time with others exposes individuals to diverse groups of people and various societal challenges. By working directly with a wider circle, volunteers gain a deeper understanding of the struggles faced by others. This exposure encourages a more inclusive and compassionate worldview, challenging stereotypes and breaking down prejudices.

Setting a positive example

Volunteering sets a positive example for others, especially children, encouraging them to engage in similar acts of kindness, instilling values of generosity from an early age. Young adults who take part in community service often influence their peers to get involved, creating a culture of giving. This ripple effect extends to workplaces, schools, and social circles. Organisations like CSSC that support volunteering foster a sense of collective responsibility among employees, leading to greater engagement and stronger teams.

Find your community

If you'd like to volunteer, but not sure where to start or how to get involved, CSSC is a great place to share your hobbies, passions and experiences and help like-minded colleagues and friends stay active and engaged. CSSC has thousands of opportunities to volunteer, whether through playing and helping others to take up a sport, organising trips and adventures for groups or hosting exclusive talks and one-off experiences.

