# Fact sheet 1a: Reasons to involve volunteers

## Volunteers carry out unpaid activities for organisations and businesses such as charities, community groups, voluntary organisations and fundraising bodies.

## They are also involved in supporting the work of public sector organisations such as local and county councils.

**Good for your organisation**

## Organisations that involve volunteers can benefit from a wealth of skills, energy and experience. Volunteers come from many different walks of life, bringing with them a wide variety of perspectives and expertise. They bring passion, enthusiasm and motivation, all of which can enrich organisations’ achievements, morale and capacity.

**Good for people**

## It is well known that volunteering enhances individual wellbeing in a number of ways:

- Feeling good for helping out - Boosting confidence

- Enjoyment - Learning new skills

- Feeling valued and useful - Expanding horizons, personally

- Getting out and meeting new people and professionally

**Good for society**

Volunteering enables people from a wide range of backgrounds to meet and work towards a shared aim or cause. Developing links between people who might not have otherwise met helps to build and strengthen communities. This is known as social capital, or the positive connections between people that enable societies to function effectively.

Further information

[National Council for Voluntary Organisations (NCVO)](http://www.ncvo.org.uk)

NCVO champions the voluntary sector and volunteering across Britain by connecting, representing and supporting voluntary organisations. It has a reputation as an authoritative voice for the sector.

* [www.ncvo.org.uk](https://www.ncvo.org.uk/) Phone: 020 7713 6161 Email: ncvo@ncvo.org.uk

NCVO Knowhow Nonprofit

Knowledge and e-learning for charities, social enterprises and community groups. Learn from experts and peers, and share your experiences.

* [www.knowhownonprofit.org](https://knowhownonprofit.org/)

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