



THE MANY FACES OF VOLUNTEERING

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DID YOU KNOW?

AN INFORMATION SHEET FOR ST. JOHN AMBULANCE MEMBERS

DID YOU KNOW that health is not just about the body – it is also about the mind and spirit?

One of the best ways to nurture the spirit and exercise the mind is to give back to the community. Volunteering builds a healthy spirit.

There are many faces of volunteering. Over the years, there has been a significant change in volunteering trends:

- Youth Volunteering – For youth, volunteering brings a new sense of confidence, self-gratification and a good way to interact in the “grown-up world”. It enables them to develop new communication, career building and social skills that will be useful in other facets of their lives.
- Family Volunteering – Volunteering together is a creative way for families to enjoy each other’s company while contributing to the community.
- Unemployed, underemployed, and recently graduated – This group forms one of the largest groups of volunteers today. Volunteering gives them a chance to gain the skills and experience they need to find paid work.
- New Canadians & Volunteering - Adjusting to a new life in Canada can be challenging for many recent immigrants. Volunteering gives them Canadian work experience, builds social networks, improves their English/French skills, and develops a sense of attachment and integration to the new community while giving back to the community.
- Employer-Supported Volunteerism – Today, more than ever, employers are supporting and encouraging employee volunteer initiatives in the community for a number of reasons: it demonstrates a company’s commitment and awareness to social issues in their community, gives employees a chance to grow professionally, and strengthens employee morale and pride in the company they work for.
- Older Adults & Volunteering - After years of hard work, seniors and retirees are finding that it can be fun to give back to society the lessons, the wisdom and resources accumulated while remaining active, meeting new friends, and avoiding isolation.
- Special Needs & Volunteering - Many individuals who have special needs and disabilities are also donating their time to community projects. This is proof that even the most challenging obstacles can be overcome in support of important causes.

Reference: Primary source for this article was Volunteer Canada – www.volunteer.ca

SEASON’S GREETINGS - To all our volunteers, we wish you the very best of the season and look forward to working with you in the New Year.