

BENEFITS OF VOLUNTEERING WITH HOME-START THANET

Being a volunteer Mentor not only provides much-needed help and support to a local family, it also brings you many benefits:

Builds Community and strengthens your own social network, giving you a sense of belonging.

Increases Socializing - these skills develop quickly, social interaction improves physical and mental health. It improves brain functioning and lowers the risks of depression and anxiety. It even improves your immune system!

Increases skills in the employment market - interaction, new networks, and increased confidence from trying new experiences increase your employability and improve job opportunities.

Shows commitment and compassion - potential employers, colleges and training organisations view volunteering as such a positive way forward. It shows commitment and initiative ...just what we want!

Helps you decide your future - if you have been out of work or study for a while, sometimes a feeling of uncertainty creeps in, volunteering can help you decide which pathway to follow.

Develops emotional stability - by helping you feel connected, it supports positive mental health and can help those who have previously faced their own traumas.

Volunteering builds bonds and friendships and creates closer relationships, giving a sense of connection with others. It can combat loneliness and actually extend your life expectancy, as volunteers tend to be more active and mentally happier.

So what have you got to lose? Why not give it a try?