



# Volunteer Task Force

TIME TO MAKE A DIFFERENCE



# Social Capital from Volunteering

Kath Snell

Volunteer Task Force

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# Oni Heuir Ni Fedir

“The network of relationships among people who live and work in a particular society, enabling that society to function effectively.” Google.

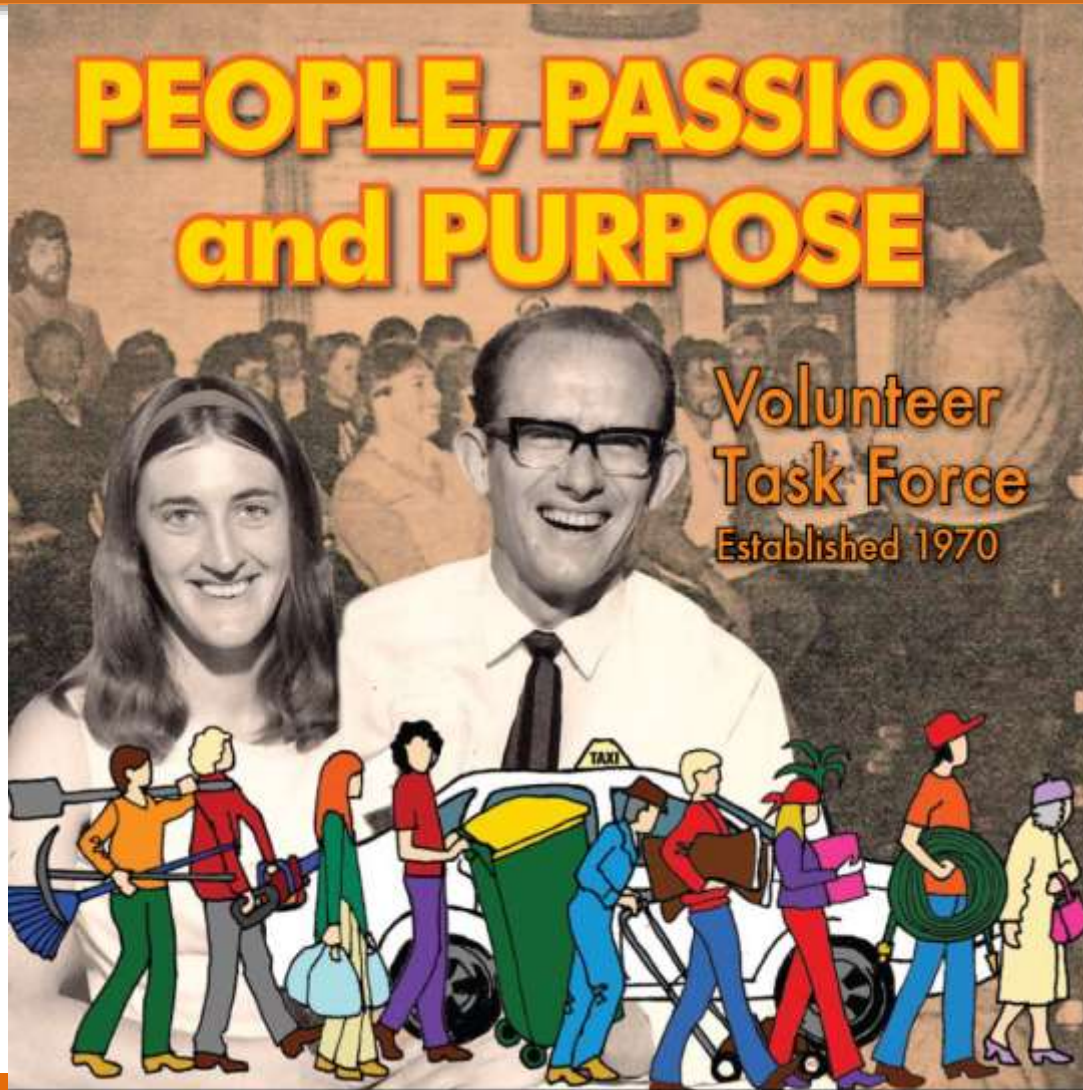
# Social Capital Definitions

“...the institutions, relationships, and norms that shape the quality and quantity of a society's social interactions. Increasing evidence shows that social cohesion is critical for societies to prosper economically and for development to be sustainable. Social capital is not just the sum of the institutions which underpin a society – it is the glue that holds them together.” The World Bank.

# Robert D Putnam

“... interaction enables people to build communities, to commit themselves to each other, and to knit the social fabric. A sense of belonging and the concrete experience of social networks (and the relationships of trust and tolerance that can be involved) can, it is argued, bring great benefits to people.”

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# Volunteering - contribution to mental health

- Feeling of belonging
- Helping to get back on feet
- Routine in life
- Building confidence
- Creating networks
- Socialising

# Let's talk about Paul





# Volunteer benefits

## **VOLUNTEER SURVEY DATA (67 respondents)**

**Volunteering with VTF has had a positive impact on the following areas of my life:**

- Mental Wellbeing 68%
- Self Confidence 60%
- Community Knowledge 81%
- Physical Health 51%

# Two way benefits



Clients at Qigong program, part of Step into Life service

# The Master Gardener

“... Results from this study, however, indicate that the value to the individual gardener goes beyond educational benefits to include improvements in physical and social activity, self esteem and nutrition. The Master Gardener program provides an individual with the opportunity for volunteering. Volunteering in almost any capacity brings value to the individual and contributes to positive feelings of life-satisfaction, self esteem, and self-rated health (Wilson 2000).”

# Questions...

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