



Wellbeing Tips

The power of volunteering



How volunteering can change your life

Volunteering offers many health and wellbeing benefits including improved mental and physical health through opportunities for social connection and networking, learning new skills, participating in your local community, and developing a sense of purpose or belonging.

There are many ways to volunteer, and a good place to start is to think about what things you are interested in or passionate about sharing. Volunteering is about giving back by offering one's time, knowledge, or skills to support another without the expectation of financial return. It can also be a meaningful way to connect with your community and make a positive difference in the lives of others.

Volunteering can take many forms, from lending a hand at a community centre, local council, aged care home, or community garden, to supporting a charity, mentoring someone, or getting involved in environmental projects. Think about what interests or motivates you, you might be surprised by the opportunities available. Exploring what's out there is a great first step and browsing current volunteering roles through platforms like [Seek Volunteer](#) or [GoVolunteer](#) can help you find something that suits you.

We're currently developing a volunteer framework to create rewarding and purposeful ways for veteran families to get involved. We look forward to sharing more details with you soon, stay tuned! If you'd like more information about volunteering and social connection, please contact the Social Work and Wellbeing team at wellbeing@fov.org.au

