

Hinckley & Bosworth
Borough Council

in collaboration with



What can you get out of volunteering?

At the Hinckley & Bosworth Borough Council funded Volunteer & Community Sector initiative we want to make sure you get as much out of volunteering as you put into it. That's why we work hard to match your aims, goals, aspirations, personality, available time and everything else with opportunities in your area.

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Canvassing our wonderful volunteers to understand what they've gained from their experiences with us. Their answers show that volunteering is not only good for the local community but can improve your physical & mental health & wellbeing. Here are just some of the things our volunteers have said they get from giving their time:

New skills & valuable work experience

Making new friends

Better physical & mental health and wellbeing

Giving something back

Improving your confidence

Sense of connection to others in the community



Still have questions or want to find a role locally?

We understand that you might still have questions about volunteering or want to know what roles are available locally.

If so, contact Richard or Kev at

rstyles@ruralcc.org.uk

Or

ktaylor@ruralcc.org.uk

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Your time, your goals

When you're giving your time, skills and services, you deserve to get something back. Most of our volunteers have specific reasons for what they do – we've shared some of them here:

New skills & valuable work experience

Whether you're studying, starting a career, looking for work or trying to improve your promotion prospects, volunteering can be a great way to learn and develop the skills you need, both practically and personally.

Making new friends

Sometimes life changes leave us a little isolated. Maybe you've recently moved to a new area. Perhaps you've lost a partner. Or you might just have lost touch with people as their circumstances change. Volunteering reconnects you with your community and helps create new friendships that keep loneliness at bay.

Better physical & mental health & wellbeing

We know that keeping active, mentally as well as physically, has a powerful influence over our health and wellbeing. More than 80 per cent of our volunteers tell us the work they do has improved their mental health and sense of wellbeing. Almost half think it's improved their physical health

Giving something back

Maybe you've benefited from volunteering services at some time in your life, or you've recently had first-hand experience of the support our NHS can offer. Perhaps you just feel like you've been fortunate, and you'd like to share that with others. Volunteering gives you that opportunity to 'pay it forward' or to give something back.

Sense of connection to others in the community

Volunteering connects you directly with those around you and is particularly beneficial for your local community and sense of belonging. Volunteering can help people feel less isolated in their surroundings and form meaningful connections with the people around them.

Improving your confidence

Sometimes life can knock your confidence, for example losing a job or needing extended time off work. Sometimes people are just a little shy and want to improve their personal skills.

Volunteering gives you a chance to find your feet in your own time and at your own pace, allowing you to build your confidence in a way that works for you.

Every individual has their own reason for volunteering and their own ideas about what it will do for them. There's no right or wrong approach, it's all about exploring the opportunities on offer and finding the one you know is right for you.

The most important thing about volunteering is that you should enjoy it on your own terms and that it's a rewarding experience for you, as well as for the people you help.

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