

# VOLUNTEERING FACTS



**7**  
in  
**10**

say they have already or would recommend their volunteering to a friend or family member.



Volunteers are most likely to be involved in range of activities, most commonly relating to events (39%), administration (28%) and getting others involved (27%).

**96%**

say they are very or fairly satisfied with their volunteering.



**83%**

agreed they feel well supported.

**Over 3/4**

of volunteers say that their volunteering improves their mental health and wellbeing.



Those aged 65-74 are most likely to participate in volunteering

