



# Why should I volunteer and how can I do it?

[www.govolunteerglos.org](http://www.govolunteerglos.org)



# What is volunteering?

Volunteer work can be defined as “non-compulsory work performed for others without pay” and spans a wide range of activities, but broadly falls into two categories:

- **Formal volunteering** is volunteer work provided through or for a formal or informal organisation (which can be a charity, a private company, public body, or community group)

- **Informal volunteering** is volunteer work which is performed directly for other people (such as helping a neighbour with their shopping), without being managed by an organisation.

# What is Go Volunteer Glos?

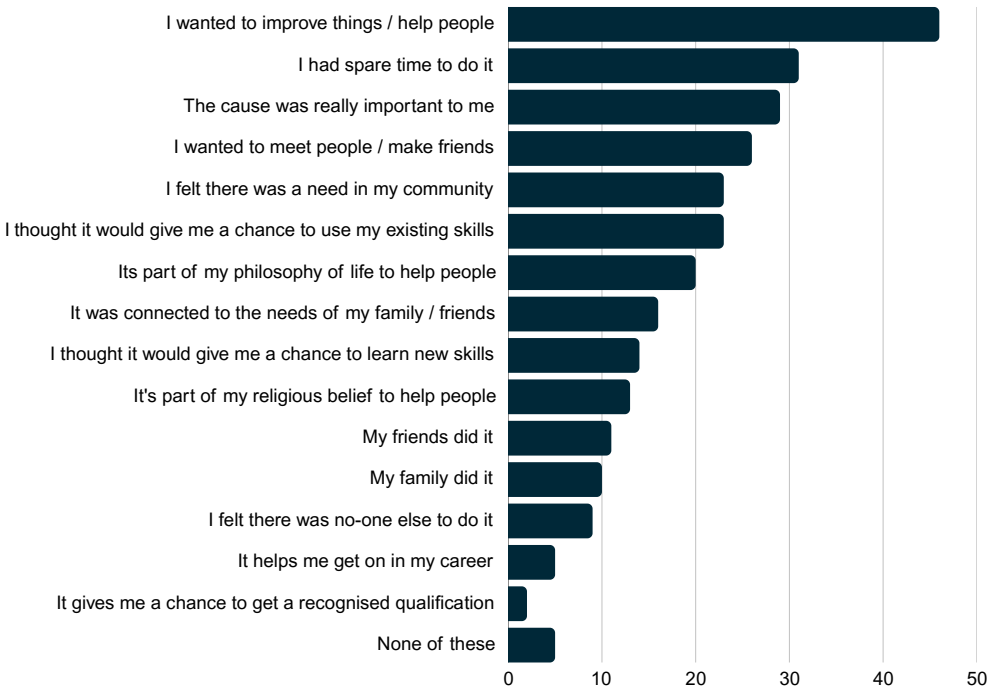
Go Volunteer Glos is a platform that matches volunteer roles with volunteers.

By tailoring your search, you can find volunteer roles which match your location, interests and availability.

# Why volunteer?

In England, 54% of the adult population volunteered at least once in the past year\*.

Their motivations for doing it were:



# Volunteering provides a range of benefits for you

In 2025, we undertook a survey of volunteers from Gloucestershire:

**82%**

reported that their overall wellbeing was either “better” or “much better” since beginning volunteering

**84%**

reported that volunteering had contributed positively to their mental health

**71%**

reported that volunteering had increased their confidence

**89%**

reported that volunteering had made them feel more connected to others

# How can I volunteer?

We're not exaggerating when we say that there's a volunteer role to suit everyone!

Before looking for roles, consider:

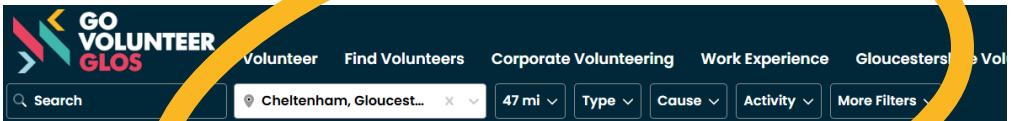
**Where am I willing to travel?**

**Do I want a regular commitment, or to help out now and then?**

**Are there any causes that I feel strongly about?**

**Do I have any special skills I'd like to use?**

Once you've decided, you can head to Go Volunteer Glos to search for roles that suit you. Simply adjust the options on the search bar to show relevant opportunities.



# What types of opportunities are there?

We feature a huge variety of roles, and they change all the time. Some examples are shown below:

## Quiz Master

Seeking a confident quiz master for ad-hoc pub quizzes in the Stroud & Gloucestershire area. We provide the questions—you host!

## Trustees

Do you want to use your skills and experience to make a meaningful difference to people and nature in the Stroud District? Then join our brilliant Board!

## Monday After School Mix & Make Volunteer

Mix & Make Mondays is a brand new project, designed as an afterschool space for those younger age primary children.

## Ward Volunteer

Stroud Hospital are looking for volunteers that can provide a befriending role to patients on the ward.

## Foster Volunteer

Providing a temporary place to stay within your home for cats in need.

## Library of Things Volunteer - Up Hatherley

We're looking for volunteers to support running the new Library of Things project at Up Hatherley Library launching in April!

## Nature Walks Leader

Lead group nature walks and support mental wellbeing in your community. Help others build confidence and combat isolation.

## Summer Fair Volunteers Needed

Our Summer Fair is happening Sunday 5th July, and we're looking for friendly helpers to support the event.

# Need some help?

We know that using new platforms can be daunting, so we're always here if you need help or advice.



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