

Growth Bulletin: Volunteerism

Welcome to the Growth Bulletin on the topic of Volunteerism.

As a central theme in the global Girl Guiding and Girl Scouting Movement, volunteerism underpins the basis of our work. Read stories and articles from around the world on the theme of volunteerism and see if it inspires your thinking on how volunteerism is approached outside the Movement, and what we can learn and integrated into Guiding!

Share your feedback on the Bulletin on the Bulletin Forum on the Community Hub for Growth or via communityhubforgrowth@waggs.org



Webster's Dictionary Definition of Volunteerism¹

“volunteer”

noun vol-un-teeer \,vā-lən-'tir\

1. a person who voluntarily undertakes or expresses a willingness to undertake a service. as
 - a : one who enters into military service voluntarily
 - b (1) : one who renders a service or takes part in a transaction while having no legal concern or interest.

Studies Linking Volunteering to Improved Health

- A study by United Health Group & the Optum Institute found a direct link between volunteering and better physical, mental & emotional health and produced this infographic:²
- Forbes Magazine published the findings of Mark Horoszowski, CEO Moving Worlds, whose organisation researches the benefits of volunteering and learnt the following:³
 1. Volunteering time makes you feel like you have more time.
 2. Volunteering your skills helps you develop new skills.
 3. Volunteering your body helps you have a healthier body.
 4. Volunteering your experience helps build your experience.
 5. Volunteering your love makes you feel more love.



¹ <http://www.merriam-webster.com/dictionary/volunteer>

² <http://www.volunteer.ie/blog/the-healthy-benefits-of-volunteering>

³ <http://www.forbes.com/sites/nextavenue/2015/03/19/5-surprising-benefits-of-volunteering/3/#4c9fa3245118>

- [HUFFINGTON POST: THE BLOG](#)⁴

The Benefits of Volunteering

Here are five good reasons for seniors and caregivers alike to volunteer:

1. Find Meaning and Purpose at Any Age.
2. Experience Improved Health and Well-being.
3. Make New Friends and Improve Your Mind.
4. Learn New Skills.
5. Know That You Can Make a Powerful Difference.

- [NHS UK](#)⁵

There's good evidence that volunteering brings benefits to both the person volunteering and the people and organisations they support.

In an attempt to measure the benefits on volunteers, [Volunteering England](#) commissioned the University of Wales to undertake a review of research on the subject. Dr Rachel Casiday, lecturer at the Department of Voluntary Sector Studies at the University of Wales, Lampeter, led the review.

“Peer support doesn’t just work one way,” says Dr Casiday. “Even if you’re in a mentoring role, simply talking to someone else who is struggling with the same issue can support you as well. It’s not just an act of charity. In a lot of cases, the volunteer is helped as much as the patient.” Dr Rachel Casiday.



TED Talks on Volunteering

- ⁶[TEDxNASA - Ben Rigby - Micro-Volunteering - Giving Back for Busy People](#)

In a unique approach to voluntarism, Ben Rigby has taken the time element out of doing good works. For the past 15 years, he has focused his efforts on developing youth-focused Web and mobile phone software for non-profits and brand-name companies. In 2008, he co-founded The Extraordinaries, the micro-volunteering network that allows people to volunteer on-demand and on-the-spot using mobile phones and the Internet. Rigby's group is part of a new movement that combines tiny technology and huge social goals. He is the author of Mobilizing Generation 2.0, a handbook that promotes using virtual technologies to recruit, organize and engage youth. It's all part of the micro world. What began with microscopes and microbiology has morphed into microeverything: microchips, microhousing, microjobs. And now: microvolunteerism.

- ⁷[The future of volunteerism | Richard Dictus | TEDxBonn](#)

This talk was given at a local TEDx event, produced independently of the TED Conferences. Richard Dictus talks about how the International Volunteering programme of the United Nations can help facilitate change, inspire and equip young professionals for their career at the global level.

“Service to others is the rent you pay for your room here on earth.” - Muhammad Ali

⁴ http://www.huffingtonpost.com/rita-altman-rn/the-benefits-of-volunteer_b_3377383.html

⁵ <http://www.nhs.uk/Livewell/volunteering/Pages/Whyvolunteer.aspx>

⁶ <http://tedxtalks.ted.com/video/TEDxNASA-Ben-Rigby-Micro-Volunt>

⁷ <http://tedxtalks.ted.com/video/The-Future-of-Volunteerism-%7C-Ri;TEDxBonn>