



Have you thought about volunteering?

If you are looking for a way to help as New Zealand recovers from the COVID-19 pandemic, volunteering is a great way of making a difference and supporting your community.

Volunteers add a lot of value to our country; many organisations would be unable to carry out their work without the help of volunteers. Demand for these services has only increased because of the financial impact of the



pandemic on New Zealand households.

There are many personal benefits to volunteering. Volunteering provides us with a sense of purpose and is a great opportunity to

use our experience and skills.

Volunteering is also a way of connecting with others and meeting new like-minded people. As we age, it is important we remain socially connected. This may have been difficult for some people during the lockdown, especially for people who were isolating alone.

There are volunteering opportunities for all types of interests and skill sets all over the country. Volunteers have a huge variety of roles, providing invaluable support to schools, charities, and community organisations. Many older people provide volunteer services that support other older people.

Volunteering New Zealand is an association of volunteer centres and national and regional organisations with a commitment to volunteering. If you are interested, they can help connect you with organisations seeking volunteers through their website

www.volunteeringnz.org.nz. There are also 17 regional Volunteer Centres that you can get in touch with by contacting [0800 865 268](tel:0800865268).

If there is a specific organisation you are interested in supporting, you can also check their website for information on the support they are looking for.