Volunteers

Supporting everything we do

3,991 hours of time given

Volunteering builds confidence, skills, and social connection, gained in roles that bring fulfilment. From helping out at our activity groups and Lunch Clubs, being matched with a Neighbours Connect participant, to supporting children and young people's sessions at The Ranch, we offer something to suit everyone. Our Volunteer Coordinator trains and supports people to help them feel valued and connected.

100 volunteers supporting our work

Albin volunteered to buddy with a gym member who needed support with their physical and mental health. He has found the experience of helping someone with their fitness goals extremely rewarding.

"Seeing them grow more confident each week is incredibly fulfilling. It's shown me how meaningful small acts of support can be, and I'm glad to help them feel more at ease in a space that once felt overwhelming. Not only have they become more comfortable in the gym environment, but they've also made great progress in their fitness, which has been amazing to witness - Albin"

94% of volunteers felt an increased sense of purpose