

# The Benefits of Volunteering with The Ridge

## Lessons for Life - Come out from the shadows

**INCREASE LIFE SKILLS**

**GAIN CONFIDENCE**

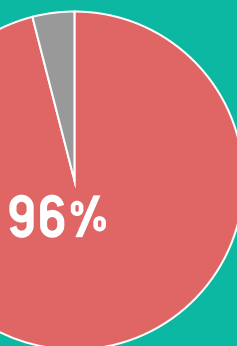
**DEVELOP LEADERSHIP SKILLS**

Volunteering gives you an opportunity to change people's lives, including your own. It gives you the satisfaction of playing a role in someone else's life, helping people who may not be able to help themselves.

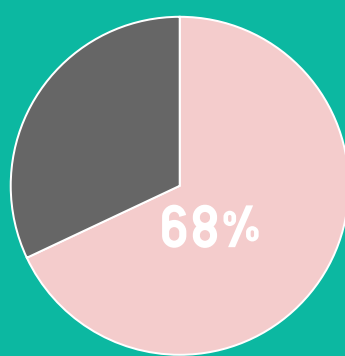
Volunteering is a way of giving back to your community while developing important social skills, and gaining valuable work experience all at the same time.

## Lessons for Life - Get healthier, mentally and physically

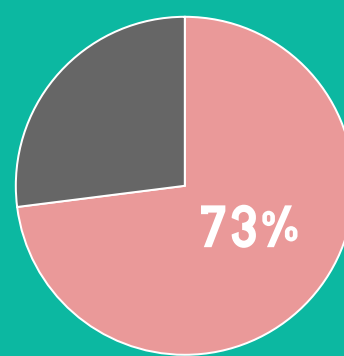
Volunteering reduces the body's stress and all releases endorphins (the brain's natural painkiller).



said volunteering made them feel happier



said volunteering made them feel healthier



said volunteering made them feel less stress

## Lessons for Life - Get connected. Grow a sense of purpose

**EXPERIENCE REAL WORKPLACES**

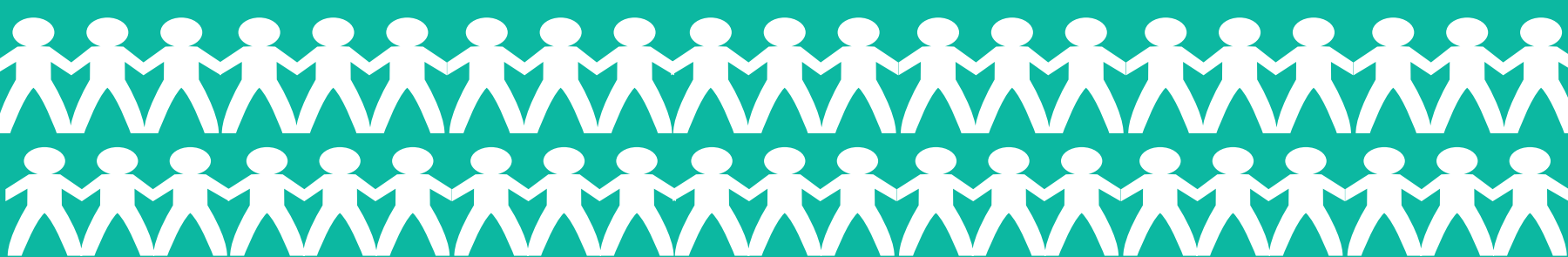
**GROW NETWORKS & FRIENDSHIPS**

**CAN LEAD TO EMPLOYMENT**

Volunteering provides unique experiences in real workplaces. It's a great way to strengthen or develop interpersonal skills.

Volunteering can help with employability skills such as time-management and team work skills.

Volunteering is good for you



**BENEFITS**

**KNOWLEDGE**

**FULFILMENT**

**SKILLS**

**CONFIDENCE**

**COMMUNITY**

**FUN**

**ENRICH YOUR LIFE**



**VOLUNTEER TODAY**



Contact The Ridge to learn about volunteering opportunities.

Email: [info@the-ridge.org.uk](mailto:info@the-ridge.org.uk)