



People helping People
Van Isle Heritage Club
Would like to celebrate our members that
are giving of themselves and their time to
help in their communities
We applaud you

The Value of Volunteering

Lending a helping hand in communities is something Canadians are well known for. Whether it is coaching little league or delivering meals to the elderly, we rise to the occasion when needed in communities across our country. While the benefits of volunteering your time and expertise are obvious to those you help, did you know that being a volunteer can benefit you too.

People who volunteer are more apt to stay active, build self esteem and confidence. They can learn new skills. In fact as we age, volunteering has been linked to an improved quality of life. Stronger social networks are built, helping avoid isolation and loneliness. Your physical activity goes up as well as a sense of purpose and being valued. One of the best things about volunteering is being able to dedicate your time to something you are interested in. Reading stories to pre-schoolers at a local library, helping at a small theatre company or volunteering at a variety of sports events. Whether it being involved in youth activities, the arts, health issues or the environment why not think about making a difference. You don't have to give a lot of time – it could just be an hour a week or once a year. The satisfaction you will achieve from giving your time and expertise will prove more meaningful than you could ever imagine.