



This Newsletter is just to let you know the Committee is aware that because of Covid and we are not able to meet, this is our way to keep in touch.

Welcome all,

“We make a living by what we get but we make a life by what we give”. A famous quote by Winston Churchill.

The practice of working on behalf of another person or for a particular cause with no compensation for one's time and services is called volunteering. It is considered as an activity that is highly altruistic. Volunteerism intends to promote good and improve the quality of human life. People will volunteer for many different reasons. Some volunteer for altruistic purposes or to make a positive difference in the lives of other people. They will also volunteer to satisfy their desire to learn new skills, to enhance and develop one's current skills, to meet other people and make new contacts for future employment, and other self-serving reasons. Others engage in volunteer activities to have fun.

Why research volunteerism? I have become increasingly aware of the number of friends, friends of friends, grandparents, parents and young people in New Zealand who volunteer their time both formally and informally and in doing so make a significant contribution to New Zealand communities in various activities from sports, recreation, arts, culture, and heritage to emergency and social services, health, education, conservation, and environment activities. Formal volunteerism examples identified as – Meals on Wheels, Dove Shops, Football Coaches, organisational committee roles, etc etc .

Informal volunteerism is defined as unpaid, voluntary work that is not coordinated by an organisation or institution; it occurs directly between individuals and communities. Helping individuals living outside one's household – doing the shopping or mowing the lawn for an elderly neighbour, membership in informal mutual assistance groups are examples of informal volunteering.

- Approximately 21.5% of New Zealanders undertake volunteer work.
- The value of formal volunteering is estimated at \$4 billion per annum.
- New Zealanders contribute a total of around 159 million hours of formal volunteer labour each year.
- 11.8% of people undertake informal volunteering work, contributing a total of 7.8 million hours of volunteer labour per year to these figures.
- Rates of volunteering for those who are employed are higher than those who are unemployed or not in the labour market. The exception is those over 65 years old, where the rate of volunteering for those not in the labour market is higher than those who are employed. This is because the proportion of over 65 who are not in the labour market may be higher than those who are employed.

The following facts have been compiled through research undertaken in both New Zealand and Australia about volunteering and happiness so you can understand the smiling faces and positivity that emanate from the volunteers you know:

- Volunteers are happier, healthier and sleep better than those who don't volunteer – doctors should recommend it. • 96% of volunteers say that it “makes people happier.” • 95% of volunteers say that volunteering is related to feelings of wellbeing.
- Volunteering results in a “helper’s high,” a powerful physical and emotional feeling experienced when directly helping others. • Just a few hours of volunteer work makes a difference in happiness and mood. • Sustained volunteering is associated with better mental health. i • Altruistic emotions and behaviors are associated with greater well-being, health, and longevity. • A strong correlation exists between the well-being, happiness, health, and longevity of people who are emotionally kind and compassionate in their charitable helping activities. • The experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement. • Volunteering is highly associated with greater health and happiness.

P.S there is still a vacancy on the St Heliers U3A committee



WORK FOR
A CAUSE,
NOT FOR
APPLAUSE.
Live life to
EXPRESS,
NOT TO IMPRESS.
STAY POSITIVE ME

On the way back to New York as I was sitting in the Phoenix airport, they announced that the flight to Vegas was full. The airline was looking for volunteers to give up their seats. In exchange, they'd give you a \$100 voucher for your next flight and a first class seat in the plane leaving an hour later. About eight people ran up to the counter to take advantage of the offer. About 15 seconds later all eight of those people sat down grumpily as the lady behind the ticket counter said, "If there is anyone else OTHER than the flight crew who'd like to volunteer, please step forward..."

Cheers Kathy