



# VOLUNTEERING

## reasons to give it a try



### Key benefits of giving

a study released by UnitedHealth Group (NYSE:UNH) & the Optum Institute reveals benefits of volunteering

#### Health

volunteers say that they feel better - physically, mentally and emotionally

#### Purpose

volunteers feel a deeper connection to communities and to others

#### Stress

volunteering helps people manage and lower their stress levels

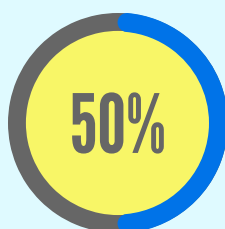
#### Engagement

volunteers are more informed, engaged and involved in managing their health

### In a charity & volunteer organization survey of people who volunteered for the first time



felt good and happy



felt physically healthier



felt a need to volunteer again

### How to start

if you want to know more about where you can volunteer, visit  
[www.bootsandbeards.co.uk/volunteer](http://www.bootsandbeards.co.uk/volunteer)



[www.bootsandbeards.co.uk/volunteer](http://www.bootsandbeards.co.uk/volunteer)