



EVE's Healthy Bite

Volunteering



In Ireland, 28% of people over the age of 15 volunteer
Volunteers rate their Life Satisfaction and Wellbeing higher than others
This is particularly true for older adults

(Central Statistics Office, 2013)



Helping others can.....

- ↑ increase wellbeing
- ↑ improve mental and physical health
- ↓ reduce stress



Some ideas to get you started:

Check out Volunteer Ireland for opportunities (www.volunteer.ie)
Volunteer for a charity or local community group of interest to you
Help out a neighbour or friend in need



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service