



Which Type of Volunteering Suits Me?

A quick, friendly guide to help you find a volunteering role that fits your life, interests, and wellbeing

How to use this guide

Read each statement and tick the ones that sound most like you **right now**. There are no right or wrong answers — just different ways to get involved.

1. How much time do you want to give?

- I like regular commitment (weekly or fortnightly)
 - I prefer short-term or one-off opportunities
 - My availability changes and I need flexibility
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2. How do you like to spend your time?

- Talking with and supporting people
 - Being active or outdoors
 - Organising, planning, or helping behind the scenes
 - Using professional or life skills
 - Working quietly or independently
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3. What energises you most?

- Feeling connected and part of a group
- Seeing practical results from my efforts
- Learning something new or sharing my skills
- Helping my local community in a meaningful way

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4. What feels manageable for you right now?

- A structured role with clear expectations
- A casual role with minimal pressure
- Something I can do from home or online
- A role that allows me to take breaks when needed

5. Match your answers to volunteering types

If you ticked mostly people-focused options:

- Community Support Volunteering
- Event and Activity Volunteering

If you ticked mostly active or outdoor options:

- Environmental and Outdoor Volunteering
- Event Support or Working Bees

If you ticked mostly skills or planning options:

- Skills-Based Volunteering
- Committee or Governance Roles

If you ticked mostly flexible or quiet options:

- Behind-the-Scenes or Online Volunteering
- One-Off or Short-Term Volunteering

Remember

The right volunteering role can change over time — and that's okay. What suits you now may look different in the future.

Volunteering should feel **rewarding, supportive, and manageable**.

Volunteering works best when it fits who you are and where you're at.

A gentle note about wellbeing

If life feels busy, stressful, or overwhelming, choose roles that are flexible and low-pressure. It's okay to say no, step back, or change roles. Support is always available if you need it.

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