



## Notes to accompany presentation for pre retirement module 10-15 MINUTES

### 1. **Introductions**

Give participants your name, organisation and thank them for their time today. Start by asking how long until they retire (there will be a range) and then ask how they are feeling about it (this can help to break the ice).

### 2. **Purpose of presentation**

Today is about sowing a seed of an idea for the future, as at some point down the line they might find they:

- have time on their hands
- would like to do something different
- want to give something back

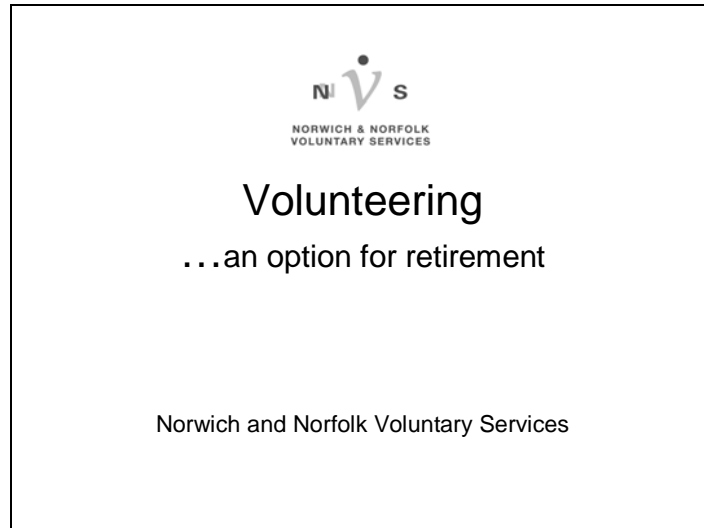
Hope that they remember today and will consider doing voluntary work as an option when that time comes.

### 3. **Key messages for today**

- That voluntary work is about doing what you want to do, when you want to do it (explain how different that can feel from doing paid work)
- The huge variety of voluntary opportunities available
- How NVS/volunteer centre can help with info, advice and support.



Slide 1



1. Ask participants if they have heard of your organisation or seen the logo?
2. Explain where you are based and other VC's around the geographical spread of the area from where participants are drawn.
3. Explain how your centre acts as a broker for a range of organisations.
4. Explain what volunteering in your community might mean, e.g. Working with organisations like CAB, Witness Support etc and then alternatives like working one-to-one in someone's home

Examples are

- Brenda who works one morning with Witness Support (what she gets out of it) and one afternoon walking with a client who has lost confidence due to a knee replacement
- Michael goes to gym with man in his 40s who is disabled through illness
- Jo gardens with an elderly client they get to know each other by working together
- Gail does one morning with CAB and one afternoon sitting with an elderly lady who has short-term memory loss, so husband can have free time and relax

Slide 2

## Volunteering

Volunteering is defined as.....

An activity that involves spending time, unpaid, doing something that aims to benefit the environment or individuals or groups other than (or in addition to) close relatives.

(Compact, Volunteering England 2005)

### DEFINE VOLUNTEERING

Slide 3

## Good Value

- Over half the adult population volunteer (20 million people)
- Economic value of volunteering is said to be in the region of £40 bn per year
- 4/10 people active in formal volunteering
- 7/10 people active in informal volunteering

Talk through the points revealing them one at a time. Explain the difference between formal and informal volunteering.

Ask who has been a volunteer and what their experience has been?

Slide 4

### Fun facts!

According to new research by ICM, commissioned by CSV Make a Difference Day and Barclays, in a survey of 600 volunteers:

- 47% say volunteering has improved their physical health and fitness
- 15% say volunteering had led them to eat less chocolate
- 17% of 18 to 24 year olds say volunteering has improved their sex life!

Talk through the ICM poll

Slide 5

### Facts and figures about the 65+ age group

- 27% of the 65 and over age group are volunteers
- 76% of 65-74 year olds have been involved more than once a month in volunteering
- This group is most active in informal volunteering
- If people can be introduced to the idea of volunteering before they retire there is an increased likelihood that they will volunteer.  
(Sources: HO Citizenship Survey, 2001, Atwood et al 2003, Harvard 2004)

GIVE FACTS AND FIGURES ABOUT THE 65+ AGE GROUP



Slide 6

## Benefits for the 65 + age group

Research has established that older people derive a multitude of benefits from volunteering, e.g.

- The feeling of making a difference/giving something back
- Enhanced physical and mental well-being
- Improved confidence and self-esteem (Ellis 2003)
- Personal development
- Meeting new people (Rochester and Hutchinson 2002)

BENEFITS FOR THE 65+ AGE GROUP

Slide 7

### By volunteering you could:

- Develop new skills
- Use existing skills and experience
- Do something worthwhile
- Make friends
- Keep a structure to the day
- Maintain confidence
- Enjoy yourself!

Go through point by point

- Enjoying yourself is most important
- Do something worthwhile – talk about the feel good factor and say that your quest volunteer will be saying more about this later
- Meet people/make friends - say how easy it is to lose touch and feel isolated
- Use existing skills - say they have a lifetime of skills gained in so many ways, illustrate with female volunteer who is supporting a woman with learning disabilities, helping her to budget and organise her week etc
- Develop new skills - say they might have wished to do something different in past but family and financial commitments prevented them. Volunteering could give them the opportunity
- Keep structure to the day – say most of us need this to plan our lives
- Enhance physical & mental well-being – feeling good
- Maintain confidence – Easy to lose identity as we are often known more for the job that we do.

You may want to add another point verbally –

- Space from your partner.

Slide 8

## It's your choice!

- Time – how much?
- Regular or occasional
- Training – yes or no?
- Challenging or easy
- Something old – something new
- With a group or on your own
- With an organisation or with an individual

Talk through each point

When you reach 'challenging or easy' you can illustrate the challenge bit with an example like the Appropriate Adult scheme.

**END BY reiterating your 3 points to remember**

- There is a wide choice of opportunities
- There is freedom to choose what you want to do
- Please come and talk to us

**ASK FOR ANY QUESTIONS**