

Did you know...  
90% of community  
organisations are entirely  
volunteer-run. Wow!

kia ora rawa atu  
Big thanks volunteers!

June 2023

the big  
**SHOUT  
OUT**



# Volunteering

CANTERBURY

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We're here to help you make a difference

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**SHOUT  
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Did you know...  
Over 50% of Kiwis have  
volunteered in the past  
month!

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the big  
**SHOUT  
OUT**

# Volunteer Recognition Awards 2023





Your time,  
your words,  
your presence



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

## FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



The most common reason identified by 45.3% of people who do not volunteer:

**Not having enough time**

# **Volunteering** CANTERBURY

**598.4K**

Total number of hours gifted  
by volunteers in Canterbury

**VOLUNTEER HOURS**



**VOLUNTEERS**



**287 FTE**

Number of full-time-  
equivalent volunteers

**\$11.9M**

Value of volunteer hours  
(at minimum wage of \$20/hr)

**VALUE OF TIME**



**PEOPLE HELPED**



**303K**

Number of Cantabrians directly  
helped by our Member Organisations

*\*Figures calculated based on 2021 Member Survey*

We're here to help you make a difference

[www.volcan.org.nz](http://www.volcan.org.nz)



Art Gallery

Civil Defence

Botanic Gardens

Council events

Friends of the Library

Graffiti - Off the Wall Programme

Parks and gardens

Peace Train

**June is dedicated to celebrating our awesome volunteers who make a difference across Aotearoa**

kia ora rawa atu  
Big thanks volunteers!

