

We support people into volunteering.

Volunteers have a **positive impact** across our community. Volunteering also **improves physical and mental health, enhances wellbeing and connects us to others.** It enables people to achieve their goals. Over **60,000** people volunteer in East Sussex.

Ask the Expert Sessions

10 Ask the Expert sessions delivered by **6** Volunteer Champions attracted **82** enquirers at **3** local libraries.

2,439
The number of volunteering enquiries we responded to.

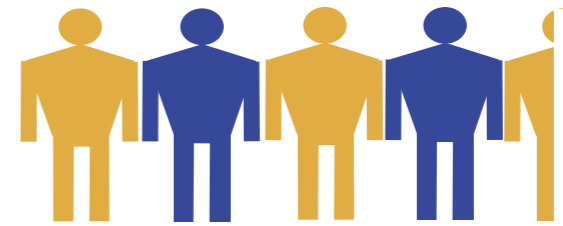
800+
volunteer roles promoted including **534** new opportunities.

We support organisations to involve volunteers effectively.

During the last year: **74** organisations received 1:1 support and **23** of these organisations received support for more than one hour.

Training and Forums

We facilitated **6** training and networking forums attended by **55** participants who rated the overall quality **4.2** out of **5**.



These are some of the comments made by delegates at training and networking Forums run for Volunteer Coordinators.

“The topic did what it was supposed to do.”

“Really good mix of contributions.”

“Looking forward to the next one.”

“Useful to link into other sector services for young people.”

Matching success

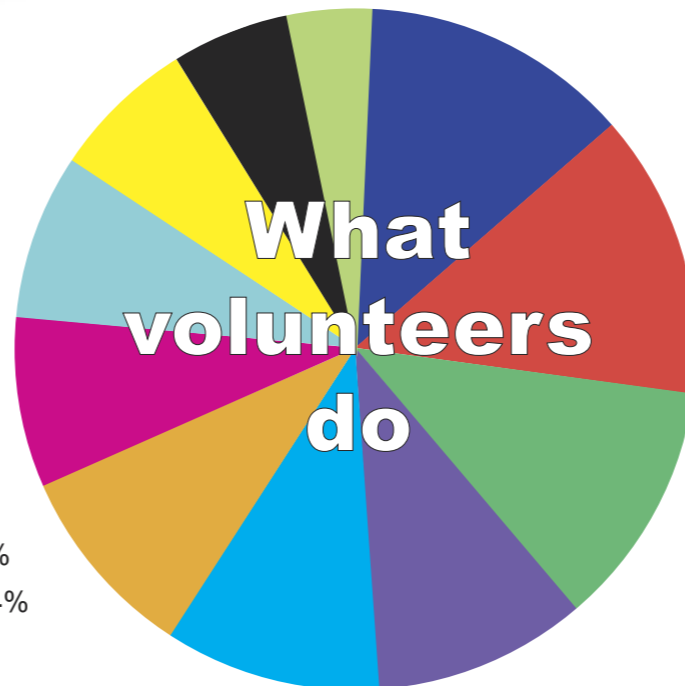
1 in 3

We helped **1 in 3** people find the right role for them from over **800** volunteering opportunities.

Volunteer Centre East Sussex services are delivered with the support of **5** volunteers who in total dedicate **15** hours of their time each week.

- Community Work 14%
- Advice, Info & Support 14%
- Befriending & Caring 13%
- Professional 10%
- Fundraising & Events 10%
- General & Helping 9%
- Teaching, Mentoring, Youth Work 8%
- Administration 7%
- Other 6%
- Driving, DIY & Gardening 5%
- Art, Music & Entertainment 4%

What volunteers do



Health 14%

Older People 14%

Leisure, Arts, Heritage, Music & Sport 12%

Disability 11%

Mental Health 11%

Advice & Advocacy 8%

Homelessness, Substance Misuse & Offending 8%

Children & Families 7%

Young People 6%

Other 5%

Education & Learning 4%