

Volunteer
Scotland



The contribution of volunteering to a healthier and happier Scotland

Matthew Linning



Scope...



- ✓ **Context** – population change
- ✓ **Contribution** – volunteering, health & wellbeing
- ✓ **Participation** – Scotland & Glasgow
- ✓ **Deprivation** – the ‘Catch 22’
- ✓ **Conclusions**

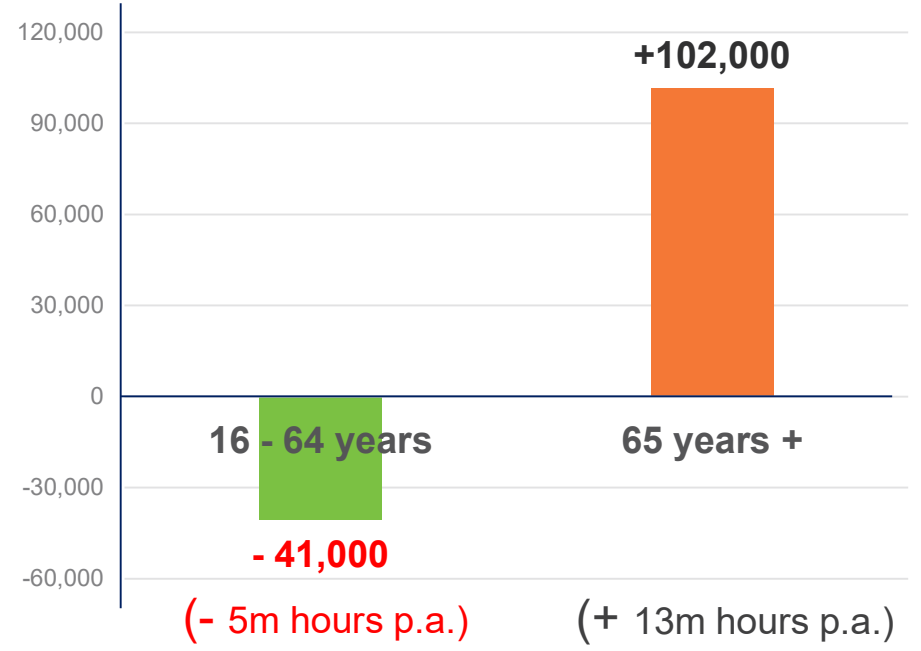
Demographic change



Projected change in Scottish population

Age	Change in population 2017 - 2041
0 – 15	-15,000
16 – 64	-144,000
65+	+428,000

Projected change in no. of Scottish adult volunteers: 2017 - 2041



Source: Scottish Household Survey (SHS) 2018

Contribution of volunteering to health & wellbeing

Volunteer Scotland's report: 'Volunteering, health & wellbeing'



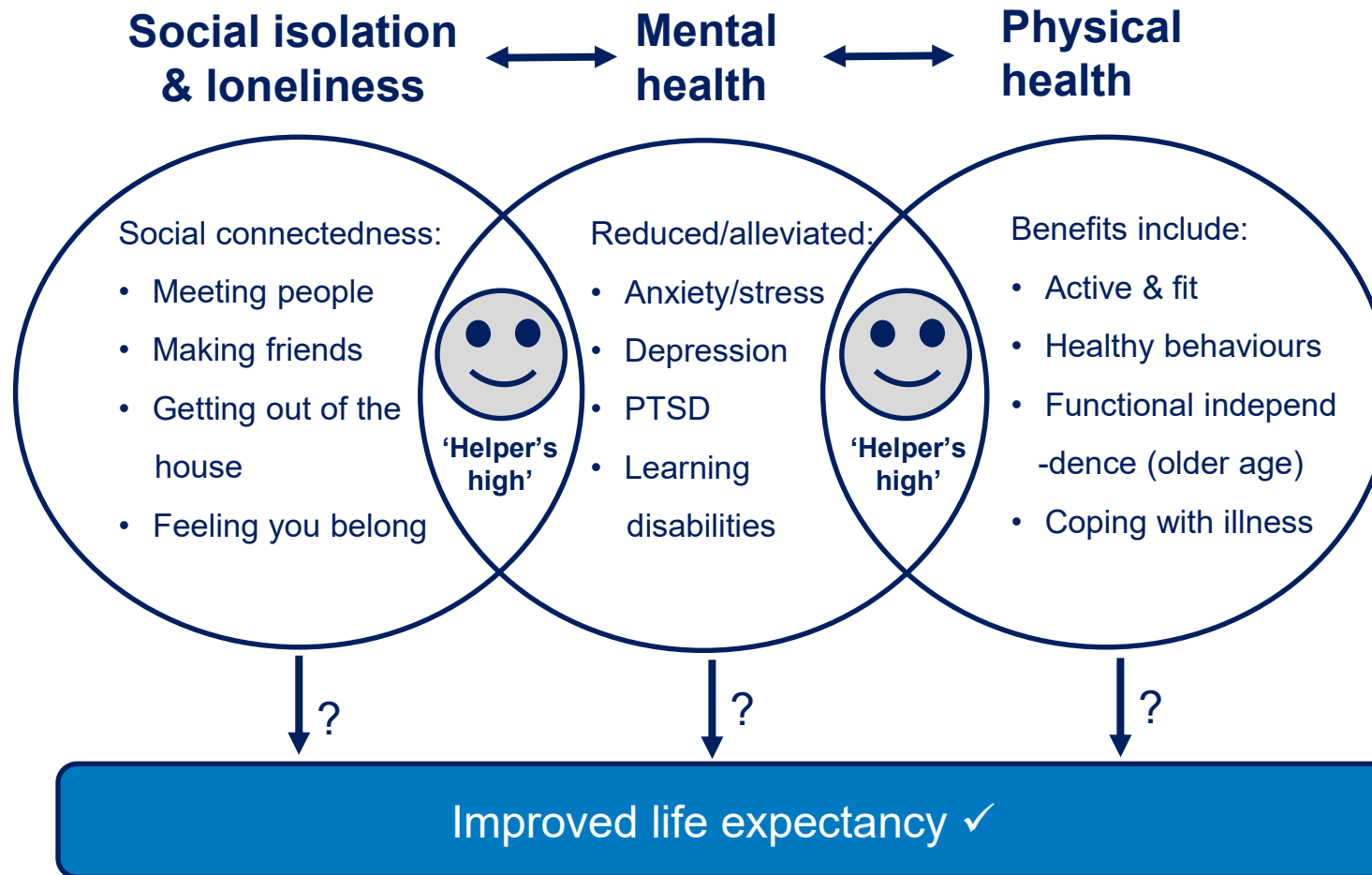
Initial perceptions

- Volunteering is a 'good thing'
- Good for beneficiaries and volunteers
- Positive health and wellbeing impacts
- More = better

Is this true?

- Are there benefits? Who benefits? Why do they benefit?
- Are there losers as well as winners?

Health & wellbeing benefits



Does age matter?

Younger ←  Older



- 16 – 24 year olds have poorest mental health
- Loneliness is a significant problem
- Volunteering important for building social skills, social capital & confidence
- And...combatting mental ill-health and loneliness



- 35 – 44 year olds have the highest vol. rate = 33%
- Lack of evidence on +ve health and wellbeing impacts
- Evidence of role strain
- Possible negative H&W impacts from volunteering
- More research required



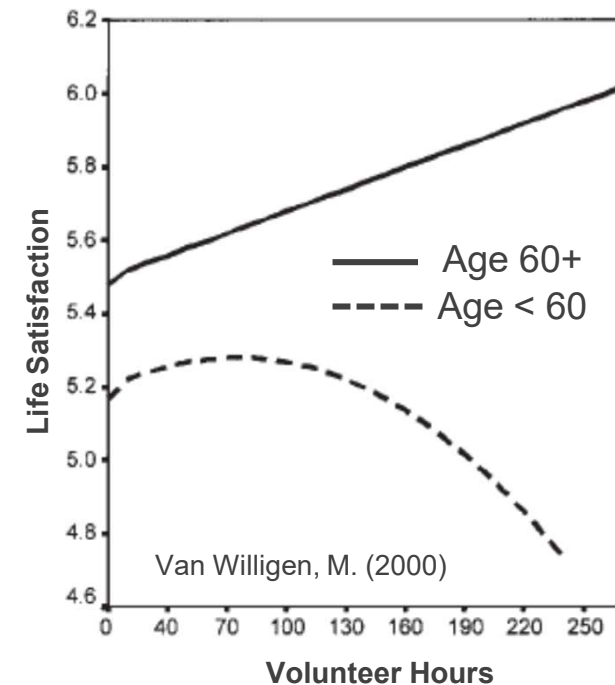
- Volunteering helps to 'inoculate' against ill-health
- Improving physical health
- Reducing social isolation & loneliness
- Over 75s increasingly become the beneficiaries of volunteering

'Facilitators' affecting H&W

- **Dose-response effect** – frequency and intensity of volunteering ✓
- **Motivations** – altruism vs. self-interest ✓
- **Recognition** – thanks, appreciation and recognition ✓
- **Volunteer role** – type of role, responsibilities, social engagement ✓

Possible adverse impacts

- Role strain and stress (multiple roles)
- Burnout (no. of hours volunteering)
- Physical health (esp. for older volunteers)
- Challenging /emotionally demanding roles

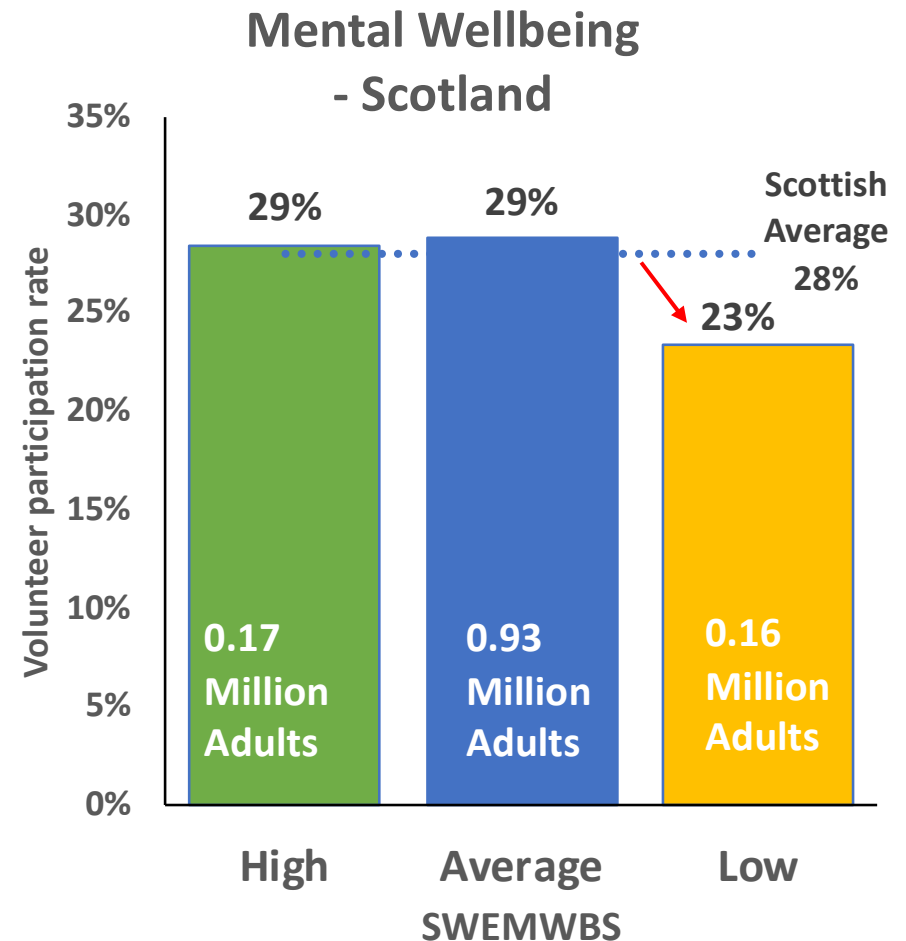
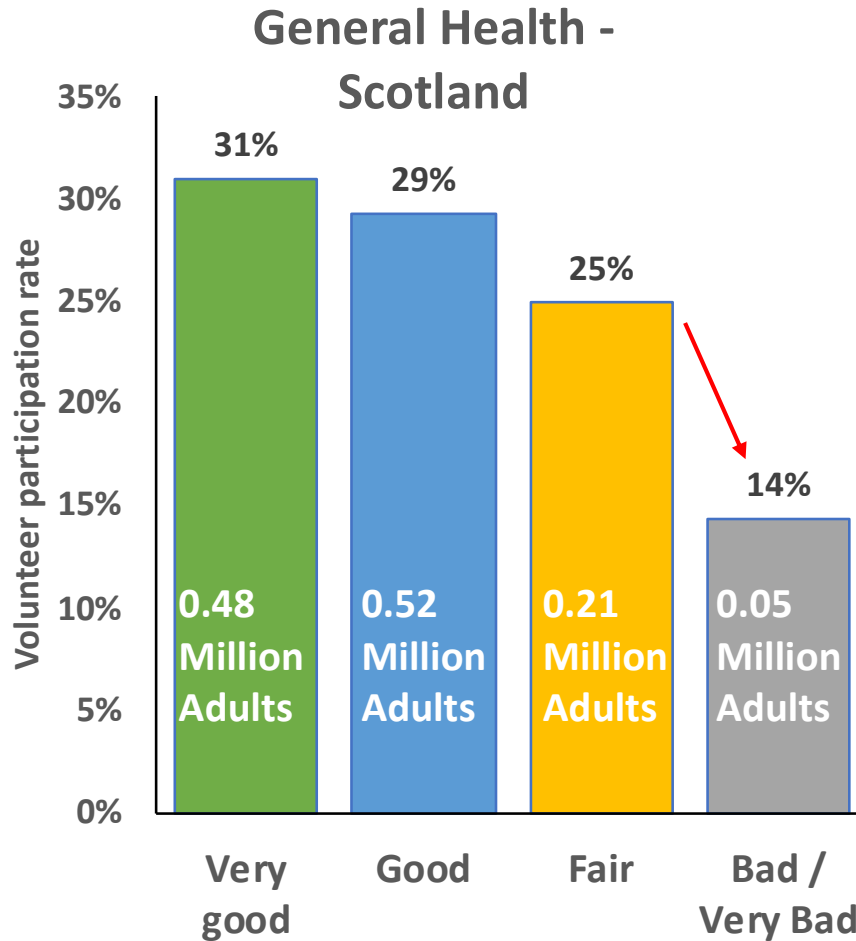


Possibility that H&W would improve if they stopped volunteering!

Volunteering participation

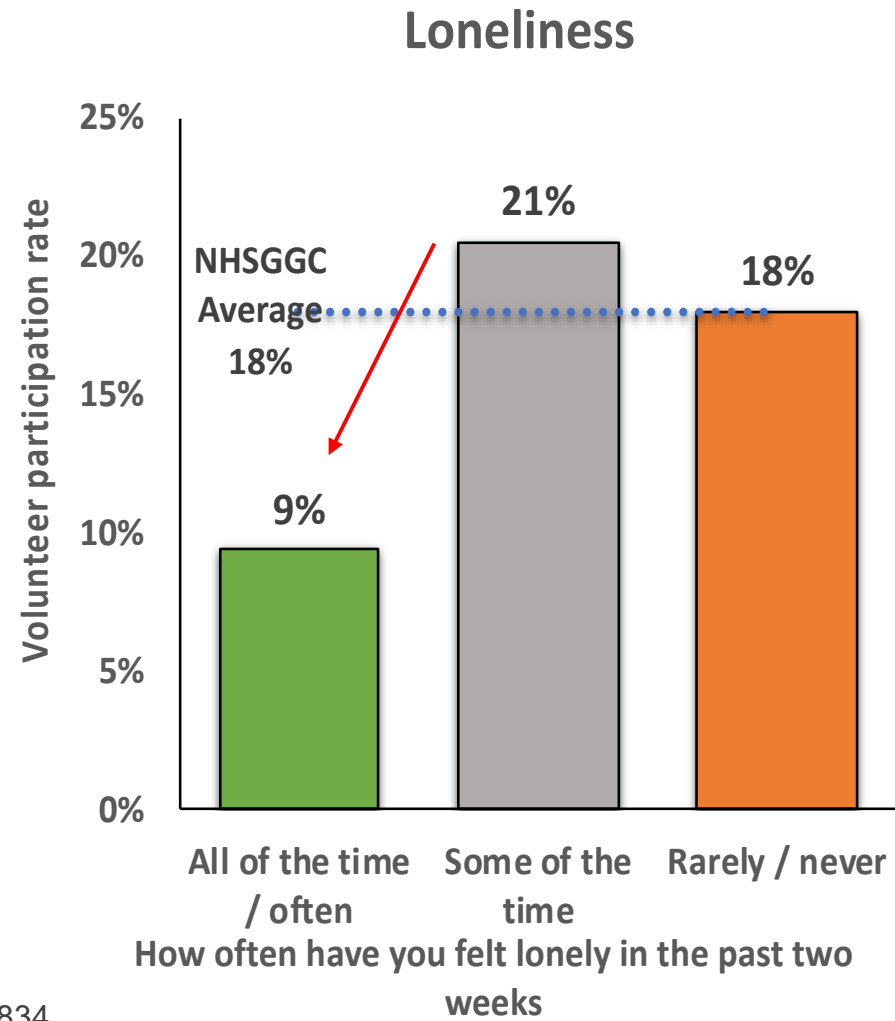
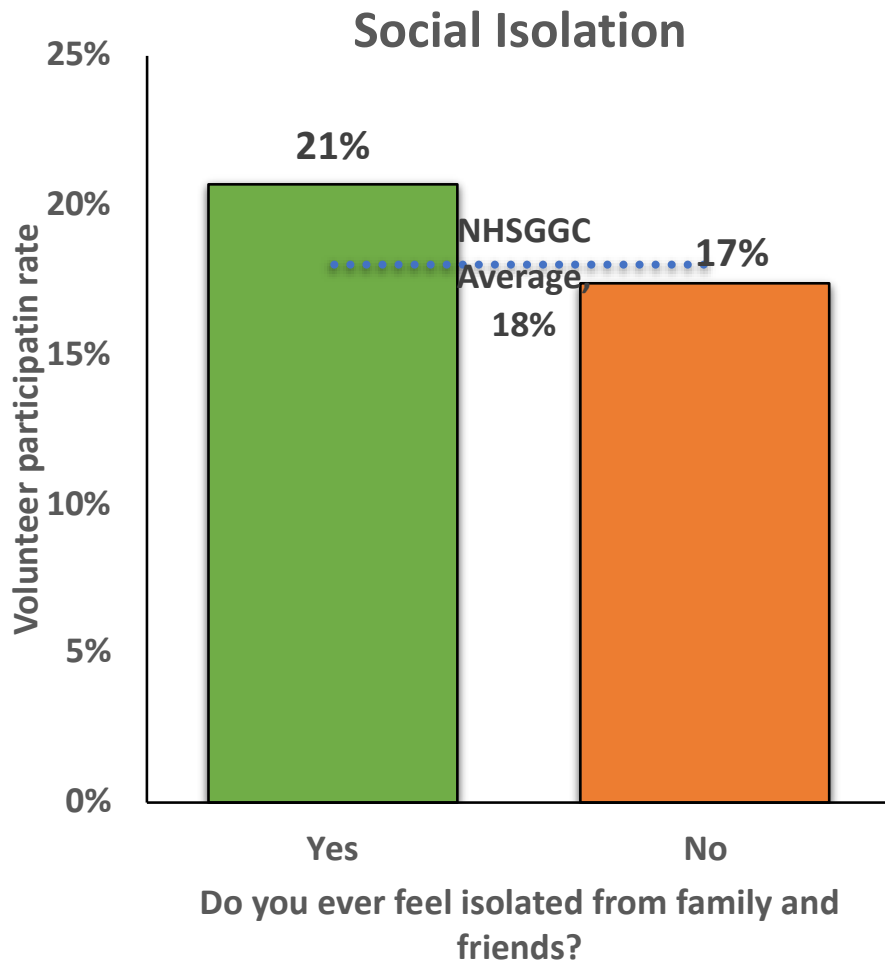
- Evidence from Scotland & Glasgow -

Health and volunteer participation



n = 9,670

Volunteer participation in Greater Glasgow and Clyde



n = 7,834

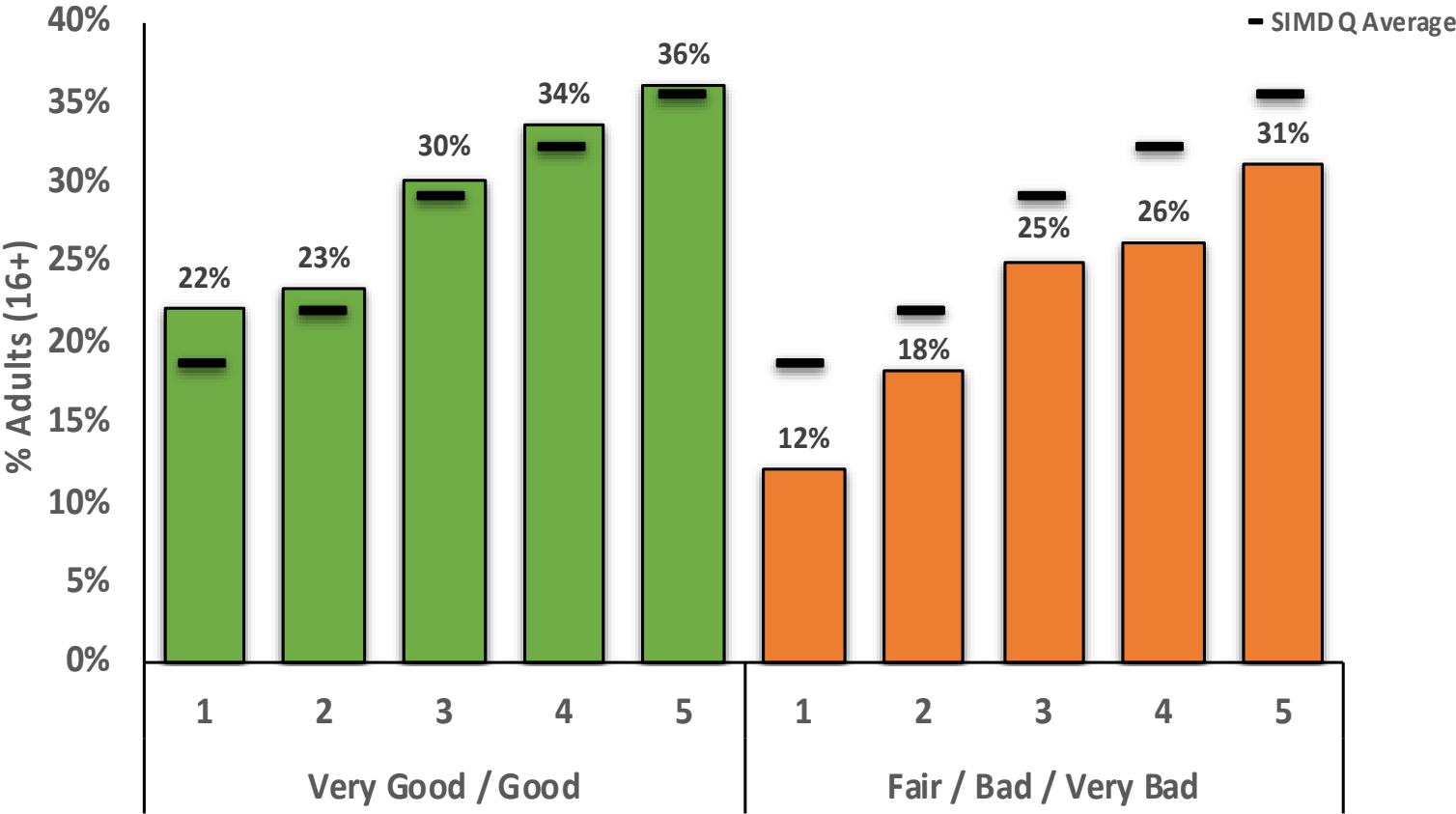
Sources: NHSGGC 2017/2018 Health & Wellbeing survey

Impact of deprivation

General Health – SIMD Q



Volunteer participation and General Health - SIMD Q



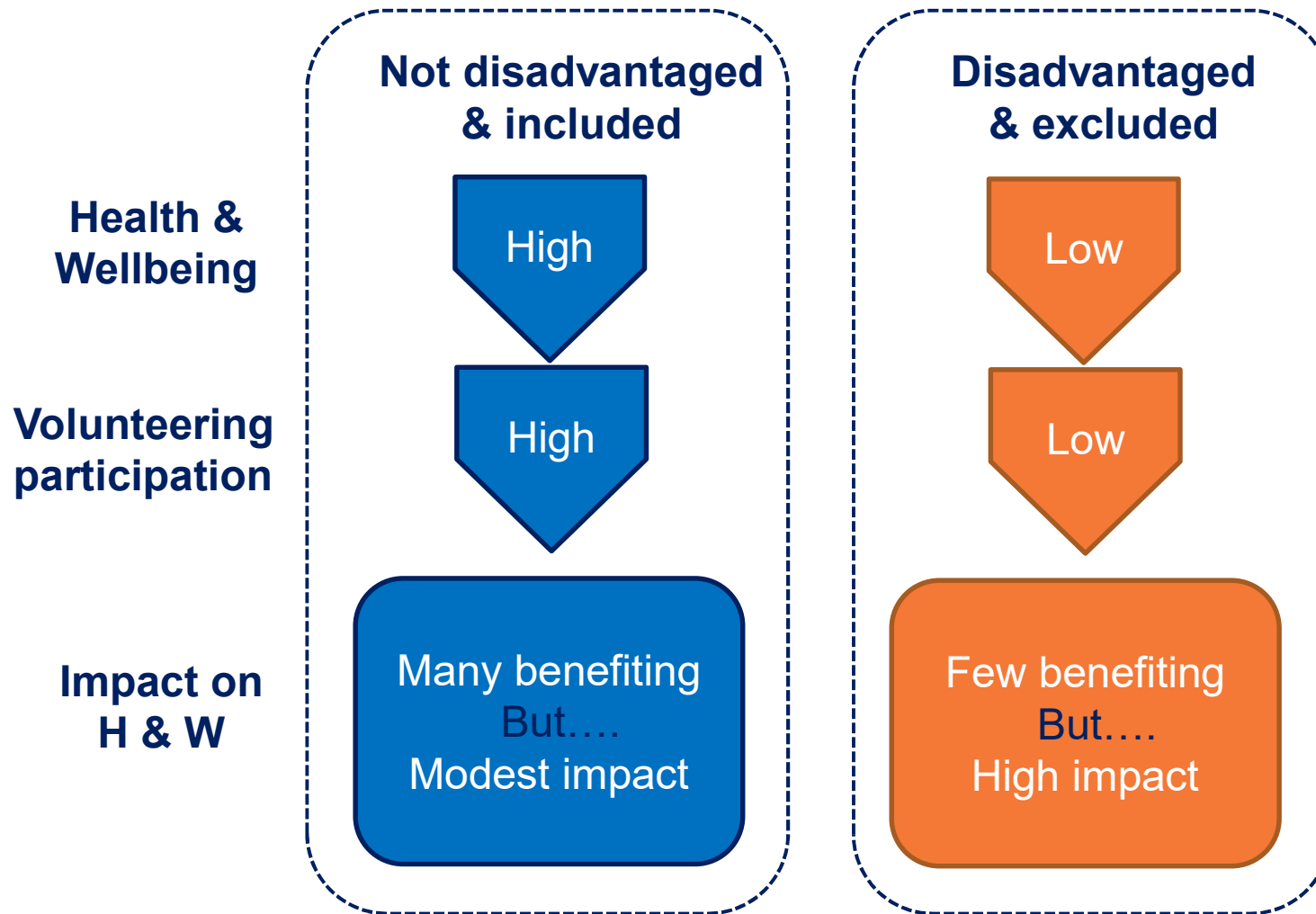
Source: Scottish Household Survey (SHS) 2016

Deprivation & mental health

Impact of deprivation on indicators of mental ill-health			
Indicators	SIMD Quintile 1 (most deprived)	SIMD Quintile 5 (least deprived)	% difference
	% of adults aged 16+		
GHQ-12: scoring 4 or more	24%	14%	10%
Depression – reporting 2 or more symptoms	20%	5%	15%
Anxiety – reporting 2 or more symptoms	17%	7%	10%
Self-harm	10%	7%	3%
Attempted suicide	12%	4%	8%

Source: [Scottish Health Survey - 2017 edition](#) – Volume 1, Main Report

The 'Catch-22'



Further information

Reports:

- [The Contribution of Volunteering to Scotland's Health and Wellbeing](#) – Volunteer Scotland, Oct 2019
- [Volunteering, Health & Wellbeing - Full Report](#): Volunteer Scotland, Dec 2018
- [Scottish Household Survey 2016 - Volunteering cross-sectional analysis](#) – Volunteer Scotland, Oct 2019
- [Volunteering Trends in Scotland: Scottish Household Survey 2007 - 2017](#): Volunteer Scotland, Jan 2019
- [Young People Volunteering in Scotland, 2016](#): Volunteer Scotland, Jan 2017

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