

# Why volunteer at FareShare Midlands?



At FareShare Midlands, our volunteers are the heart of our work to fight hunger and reduce food waste in our communities. They provide priceless support with driving the vans, helping to sort and store food in our warehouses, performing administrative tasks and preparing food in our kitchen.



*"It's good fun!  
I always leave here feeling like I've done something helpful and I have had a good time doing it... so I come away feeling pretty uplifted."*

- Hannah, volunteer

To help FareShare Midlands get good quality surplus food out to where it is truly needed, join our friendly volunteer team as a:

**Warehouse Assistant**

**Kitchen Assistant**

**Delivery Driver**

**Driver's Mate**



**As a FareShare Midlands volunteer, you will:**

- Stay active and healthy
- Feel good about yourself
- Know you are making a difference to your local community
- Meet like-minded people
- Help the environment
- Be celebrated for your hard work

## Research shows that volunteering can improve your physical and mental health. Here is how:

### Stay active and healthy by volunteering with FareShare Midlands

Our volunteer roles include activities like sorting and packing food, loading and unloading vans, and delivering food to local charities. Regular physical activity, like the kind you get from volunteering, can lower the risk of chronic diseases and make you feel better overall.

### Volunteering makes you feel good mentally

Research has found that people who volunteer have lower depression levels, higher life satisfaction, and better overall mental health. By working together with others towards a common goal, our volunteers create strong friendships and support systems that are good for their mental wellbeing.



### Helping those in need gives you sense of purpose

Studies show that people who volunteer have a greater sense of purpose and are more likely to be satisfied with their lives. At FareShare Midlands, our volunteers see the direct impact of their work as they provide food to people who need it. This gives them a sense of accomplishment and purpose that positively affects their mental health.

### Volunteering with FareShare Midlands is good for the environment

By giving away surplus food that would otherwise be wasted, our volunteers help reduce the environmental problems linked to food production and waste. Reducing food waste can greatly decrease greenhouse gas emissions and ease the strain on natural resources. Our volunteers play a key role in lessening the environmental impact of food waste and encouraging sustainable food habits.

*"Everybody makes you feel so welcome! It's like a home from home! If you want to occupy yourself, make some new friends and do something worthwhile - come to FareShare"*



**Other benefits for our volunteers include free food during shifts and expenses covered!**



## Have your voice heard through our volunteer listening forums

These forums empower volunteers to share their thoughts, ideas, and concerns, shaping the way our organization operates. This sense of involvement fosters a more rewarding and collaborative volunteer experience.

## Take part in fun fundraising activities for FareShare Midlands.

Build on your incredible volunteer work by helping us to secure the resources needed to continue our mission through fundraising. Fundraising activities can be fun and engaging, allowing volunteers to apply their creativity and skills to support our cause further.

## We recognise and celebrate our volunteers' achievements.

We host group events and celebrations to acknowledge their hard work and dedication, fostering a sense of camaraderie and appreciation. These events also provide a chance for volunteers to bond with one another, creating lasting friendships and strong support networks.

*"Since I started volunteering, I have become a lot more confident. It gave me a new sense of purpose which I was lacking before. I love being part of a fantastic team that is helping make a difference to so many people."*

- Cat, FareShare Midlands volunteer



**Join our amazing volunteer team today and experience the many rewards of being part of the FareShare Midlands family!**



[faresharemidlands.org.uk](http://faresharemidlands.org.uk) 0116 286 7735 @FareShareMidlands

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