

# Sport for Change

Voluntary Action: A positive force  
for social change

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# About BVSC

- BVSC was founded in 1916 as the Birmingham Citizens Society
- Became Birmingham Voluntary Service Council in 1946
- The largest Council for Voluntary Service in the UK



# About Birmingham

- Population – the second largest city in the UK
- Demography - a diverse population
- A rich tradition of voluntary action with 4,000-8,000 voluntary and community organisations



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# Volunteering

## The Volunteer Centre

- Over 700 volunteering opportunities available.
- Administration
- Gardening
- Sports
- Coaching



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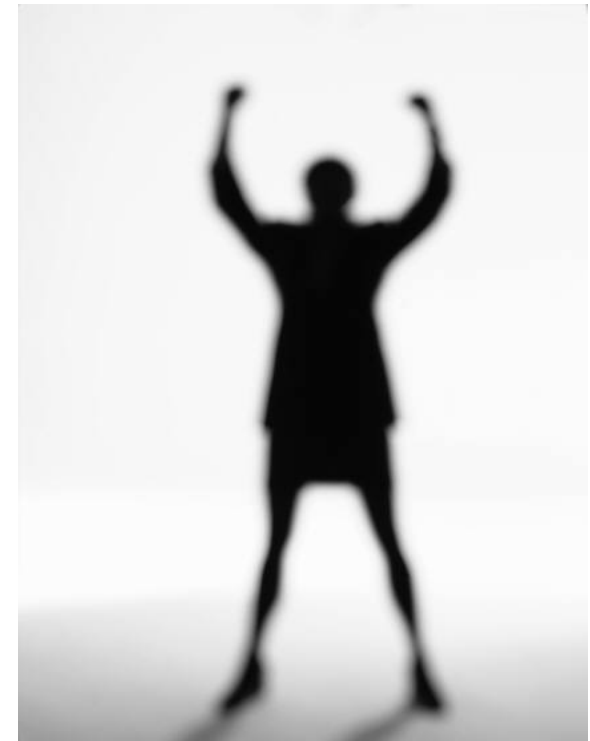
# Volunteering

## Volunteer Programmes

Special volunteering projects targeting disadvantaged groups:

- Offenders
- Disabled people
- Refugees
- Mental health
- Learning disabled

- 45% into employment
- 22% helped into training
- 95% reported new skills
- 100% reported an increase in confidence and self-esteem
- 85% improved mental health
- 100% ex-offenders said they were less likely to re-offend



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# Why do people volunteer?

- To give something back to their communities
- To be valued
- To enhance employability
- To meet new people and integrate into society

# Benefits of Volunteering

“Volunteering activities directly contribute to the key objectives of EU policies such as social inclusion, employment, education, skills development and promotion of citizenship.” European Commission press release 20<sup>th</sup> September 2011.



# Benefits to volunteers

Volunteering can:

- Improve a person's physical health
- Improve mental health

**Doing good makes a person feel good**

# Benefits to organisations

- Volunteers can give a more personal touch in services to clients
- Volunteers may build links to other groups or clients

# Benefits to society

Volunteering can also lead to wider social and economic outcomes

- Volunteering could save money
- Volunteering promotes social cohesion

# Supporting Volunteering

To support voluntary action in Birmingham,  
BVSC:

- Provides training for host organisations
- Provides advice and guidance
- Manages BRAVO (Birmingham Resources and Advice for Voluntary Organisations) – a place where organisations can share best practice

# Summary

Volunteering has multiple Benefits:

- It's good for the volunteer
- It's good for the organisation
- It's good for society

## Quote from a volunteer

*"I'm so proud of myself; I can't get the grin off my face! The people I have worked with have helped to boost my confidence so much, this placement has helped me to work out what I want to do and given me the confidence to go for it. I always put myself down and think I can't do things but this has proven to me that I can."*



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