

Key facts and statistics about volunteering in Victoria

3 August 2016

Table of contents

Introduction.....	page 2
How many people volunteer.....	page 2
• Formal	
• Informal	
Who volunteers.....	page 4
Gender	
• Disability	
• Cultural and linguistic diversity	
• Age	
• Labour force status	
• Household type	
• Other characteristics	
Where people volunteer.....	page 5
• City / regional	
• Types of organisation	
Other ways people volunteer	page 6
• Spontaneous volunteering	
• Employee volunteering	
How often people volunteer.....	page 7
• Number of organisations	
• Frequency	
• Number of hours	
Why people volunteer.....	page 8
Barriers to volunteering.....	page 9
Volunteering in sport.....	page 9
The economic value of volunteering.....	page 10
The social value of volunteering.....	page 12
• Community involvement	
• Level of satisfaction with volunteering	
• Volunteering and happiness	
• Importance of volunteering to the NFP sector	
• Role in community strengthening	
Trends in volunteering.....	page 14

Volunteer support organisations.....page 15
Volunteering networks.....page 16.

Introduction

Currently, we do not have a ‘State of Volunteering’ report that provides comprehensive data about volunteering in Victoria but Volunteering Victoria continues to advocate for funding to develop such a report. In the meantime we have prepared this information sheet, which provides a ‘snapshot’ of key facts and statistics to assist you with program development, funding applications and advocacy.

The source of each fact or statistic is provided as an end note. If you are seeking more detailed or specific data, we suggest you look at the source documents that are listed (with online links provided) in our companion information sheet *Key sources of information about volunteering*:

<http://volunteeringvictoria.org.au/new-comprehensive-list-key-sources-information-volunteering-victoria/>

How many people volunteer?

Formal volunteering

The Australian Bureau of Statistics (ABS) measure of formal ‘volunteering’ includes people who willingly gave unpaid help in the form of time, service or skills, through an organisation or group. It does not include people who did unpaid work under some form of compulsion (e.g. work for the dole) or as part of study commitments.¹

In July 2015, Volunteering Australia released a new Definition of Volunteering which states: “Volunteering is time willingly given for the common good and without financial gain”².

Notes about the Census data:

Information about the rates of formal volunteering come from two ABS surveys, which provide different figures for the rates of volunteering:

- *The 2014 General Social Survey (which is the source of much of the material in this information sheet) was collected via a series of questions asked by trained interviewers from a sample of the Australian community aged 15 years and above.*
- *The 2011 Census data was collected via a single question on a self-completed form from all households.*

Self-reporting is considered less reliable and tends to give much lower volunteering rates than interview surveys. Despite this limitation, the Census data is very valuable for comparing volunteering rates

*between smaller geographic areas (e.g. regions, local government areas or suburbs). The General Social Survey does not provide data at this level.*³

A complication of the General Social Survey is that the measurements it uses to gauge involvement in volunteering changed from 2010 to 2014. In 2014 the General Social Survey measured the number of volunteers under the age of 18 for the first time, but it did not, for example measure the number of organisations that each individual volunteered for or the frequency of volunteering. For this reason, at times throughout this document we provide 2010 data as the most up-to-date relevant information.

Australia: In 2014, 31% of people aged 15 years and over participated in formal volunteering (5.8 million people).⁴

The 2011 Census rate for formal volunteering was 19.4% (see notes above).⁵

Victoria: In 2014, 32.3% of people aged 15 years and over participated in formal volunteering (1.5 million people).⁶

The 2011 Census rates for formal volunteering in Victoria and smaller areas within Victoria were (see notes above):⁷

- Victoria overall – 19.3% (772,400 people)
- Melbourne – 17.2% (516,500 people)
 - Inner – 20.4% (81,200 people)
 - Inner East – 22.3% (59,200 people)
 - Inner South – 20.3% (58,300 people)
 - North East – 15.5% (50,500 people)
 - North West – 13.1% (30,300 people)
 - Outer East – 20.2% (73,800 people)
 - South East – 14.6% (71,400 people)
 - West – 12.6% (55,800 people)
 - Mornington Peninsula – 17.8% (36,000 people).
- Outside Melbourne – 25.5% (254,900 people)
 - Ballarat – 24.1% (26,200 people)
 - Bendigo – 25.7% (26,900 people)
 - Geelong – 21.2% (39,900 people)
 - Hume – 27.7% (33,100 people)
 - Latrobe-Gippsland – 24.9% (47,400 people)
 - North West – 30.2% (32,500 people)
 - Shepparton – 24.5% (22,100 people)
 - Warrnambool – 29.9% (26,700 people).

Informal volunteering

As well as formal volunteering, there are informal ways of providing support to others in the community. Information about the rates of informal volunteering also come from two different ABS surveys (see notes above).

The 2014 General Social Survey measured people who provided care to someone with a disability, long-term illness or problems associated with old age in the four weeks prior to the survey. It also measured people who provided informal assistance to someone outside their own household, but not through an organisation. This includes assistance provided to relatives in another household, friends, neighbours and others.⁸

The 2011 Census measured providing care to someone with a disability, long-term illness or problems associated with old age. It also measured time spent looking after a child aged under 15 years (other than their own child).⁹

Australia: In 2014, 2.7% of people aged 15 years and over provided care to someone with a disability, long-term illness or problems associated with old age in the four weeks prior to the survey. 1.7% of people provided informal assistance to people not living in the same household in the four weeks prior to the survey.¹⁰

Victoria: The 2011 Census found 12.3% of Victorians provided care to someone with a disability, long-term illness or problems associated with old age. 29.5% provided care to a child other than their own (see notes above).¹¹

Who volunteers?

Gender

Australia: In 2014, 34% of women aged 15 years and over volunteered (3.13 million women) and 29% of adult men volunteered (2.65 million men).¹²

Victoria: In 2014, 33% of women aged 15 years and over volunteered (788,000 women) and 32% of adult men volunteered (726,500 men).¹³

Disability

Australia: In 2014, 29% of adults with a disability or long-term health condition volunteered (1.68 million people), compared with 32% for those with no disability or long-term health condition (4.1 million people).¹⁴

Cultural and linguistic diversity

Australia: In 2014, 26% of adults born overseas volunteered (1.5 million people). 23% of adults who spoke a language other than English at home volunteered (888,000 people).¹⁵

Age

Australia: In 2014, the volunteer rates for Australians aged 15 years and over by age group were:

- 15-17 years – 41%
- 18-24 years – 26%
- 25-34 years – 28%
- 35-44 years – 39%
- 45-54 years – 32%
- 55-64 years – 29%
- 65-74 years – 35%
- 75 and over – 24%
- Overall – 31% of the adult population.¹⁶

Victoria: In 2014, the volunteer rates for Australians aged 15 years and over by age group were:

- 15-17 years – 25%
- 18-24 years – 28%
- 25-34 years – 28%
- 35-44 years – 44%
- 45-54 years – 29%
- 55-64 years – 31%
- 65-74 years – 34%
- 75 and over – 24%
- Overall – 35.6% of the Victorian population aged 15 years and over.¹⁷

Labour force status

Australia: In 2014, the volunteer rates for Australians aged 15 years and over by labour force status were:

- Employed full time – 30%
- Employed part-time – 38%
- Unemployed – 31%
- Retired – 27%
- Others not in the labour force – 30%.¹⁸

Household type

Australia: In 2014, the volunteer rates for Australians aged 15 years and over by household type were:

- Partnered with dependent children – 38%
- Partnered with no dependent children – 29%
- Lone parent – 27%
- Lone person – 25%.¹⁹

Other characteristics

Volunteering rates also vary based on other characteristics including level of education, household income and occupation.²⁰

Where people volunteer

City / regional

Australia: In 2014, the volunteer rate was 30% in capital cities (3.7 million people) and 34% outside capital cities (2 million people).²¹

Victoria: In 2014, the volunteer rate was 30% in capital cities (1 million people) and 40% outside capital cities (0.4 million people).²²

Types of organisation

Australia: In 2014, volunteers worked in the following types of organisations:

- Arts/heritage – 4%
- Business/professional/union – 2%
- Welfare/community – 21%
- Education and training – 24%
- Emergency services – 4%
- Environment – 4%
- Health – 10%
- Parenting, children and youth – 5%
- Religious – 19%
- Sport and recreation – 31%
- Other – 11%.²³

Victoria: In 2014, volunteers worked in the following types of organisations (NB: the total is greater than 100% as some volunteers worked for more than one type of organisation):

- Welfare/community – 21%
- Education and training – 25%

- Health – 11%
- Religious – 19%
- Sport and recreation – 32%
- Other – 29%.²⁴

Other ways people volunteer

Spontaneous volunteering

‘Spontaneous volunteers’ are people who seek or are invited to contribute their assistance during and/or after a disaster, and who are not affiliated with recognised volunteer agencies, and may or may not have relevant training, skills or experience. Following Victoria’s 2009 Black Saturday bushfires, more than 22,000 potential spontaneous volunteers offered their help online, via the Go Volunteer website, and by a phone hotline managed by the Victorian Government.²⁵

Employee volunteering

‘Employee volunteering’ (sometimes called corporate volunteering) is defined as allowing staff to engage in unpaid work for a community organisation during work hours for a wider societal benefit, and for the possible benefit of the volunteer and for the corporation.²⁶ An Australian survey in 2011 found 24% of volunteers worked for an employer that had an employee volunteer program.²⁷

How often people volunteer

Number of organisations

Australia: In 2010, the number of organisations volunteers worked for was:

- One – 63%
- Two – 24%
- Three or more – 14%

Frequency

Australia: In 2010, the frequency of work done by volunteers was:

- At least once a week – 35%
- At least once a fortnight – 11%
- At least once a month – 16%
- Several times per year – 24%
- Less regularly – 14%.²⁸

Number of hours

Australia: In 2014, there was a wide variation in the number of hours of work done by volunteers. Half of volunteers contributed up to 50 hours of voluntary work, while almost one fifth (19%) reported volunteering 200 or more hours.²⁹

The work a volunteer does for an organisation is referred to as a volunteering involvement. In 2014, there were 8.6 million volunteering involvements. On average, volunteers contributed 128 hours of voluntary work in the previous 12 months or an average of 86 hours per involvement.³⁰

In 2014, Australian volunteers worked a total of 743 million hours.³¹

In 2010, the median number of hours worked by each volunteer, broken down by age and gender was:

- 18-24 years – 48 hours per year
- 25-34 years – 38 hours per year
- 35-44 years – 48 hours per year
- 45-54 years – 64 hours per year
- 55-64 years – 80 hours per year
- 65-74 years – 104 hours per year
- 75-84 years – 104 hours per year
- 85 + years – figure considered unreliable
- Total for men – 52 hours per year
- Total for women – 60 hours per year
- Total for all people – 56 hours per year (or 1.1 hours per week).³²

Victoria: In 2014, Victorian volunteers worked a total of 203 million hours.³³

In 2010, the median number of hours worked by each volunteer, broken down by location and gender was:

- Men – 52 hours per year
- Women – 62 hours per year
- People in capital city – 49 hours per year
- People in the rest of the state – 81 hours per year
- Total for all people – 60 hours per year.³⁴

Why people volunteer

Australia: In 2014, the reasons why people volunteered were:

- Help others/community – 64%
- Personal satisfaction – 57%
- Personal/family involvement – 45%
- To do something worthwhile – 54%
- Social contact – 37%
- Use skills/experience – 31%
- To learn new skills – 23%
- To be active – 35%
- Religious beliefs – 17%
- Gain work experience – 10%
- Felt obliged – 8%
- Just happened – 12%
- Other – 2%.³⁵

Barriers to volunteering

In March 2016, the Volunteering Australia *State of Volunteering* Report listed the following barriers to volunteering for those who will continue to volunteer (participants were able to provide more than one response):

- Work commitments – 35.8%
- Family commitments – 34.3%
- None – 23.8%
- Income – 18.4%
- Health issues – 16.5%
- Out-of-pocket expenses – 16.4%
- Lack of appropriate opportunities – 14.3%
- Access to transport – 7.2%
- Disability – long-term/permanent – 4.9%
- Disability – temporary – 2.2%
- Communication issues – 2.2%
- Cultural issues – 0.9%
- Other – 6.6%.³⁶

In 2013, Canadian statistics showed the most common reasons for not volunteering were:

- Did not have time – 66%
- Unable to make a long-term commitment – 62%
- Gave enough time already – 24%
- Preferred to give money instead of time – 54%
- No one asked – 49%

- Had no interest – 29%
- Health problems of physically unable – 25%
- Did not know how to become involved – 24%
- Financial cost of volunteering – 18%
- Dissatisfied with a previous experience – 9%.³⁷

Type of voluntary activity

Australia: In 2014, the type of activity volunteers spent most time on were:

- Administration/recruitment/information management – 12%
- Coaching/refereeing/judging – 14%
- Performing/media production – 3%
- Befriending/supportive listening/counselling/mentoring – 10%
- Fundraising/sales – 23%
- Food preparation/serving – 14%
- Transporting people/goods – 4%
- Repairing/maintenance/gardening – 10%
- Management/committees/coordination – 12%
- Personal care/assistance – 3%
- Teaching/instruction/providing information – 15%
- Lobbying/advocacy/policy research – 1%
- Search and rescue/first aid/firefighting/community safety – 3%
- Environmental protection – 1%
- Other – 8%³⁸

Volunteering in sport

Australia: In 2014, the sport and physical recreation sector attracted the largest number of volunteers (31% of volunteers aged 15 years and over).

In 2010, 14% of the population of adults (2.3 million people) volunteered in the sport and recreation sector.³⁹ Of these:

- Males were more likely to volunteer for sport and physical recreation organisations (15% or 1.2 million men) than women (12% or 1 million women).⁴⁰
- People in capital cities were more likely to volunteer (8% or almost 1.4 million people) than people in the rest of the country (6% or 0.9 million people).⁴¹
- People in couple families with children under 15 years of age were more likely to volunteer (23%), than other family types (11-14%).⁴²
- People who volunteered for sport and physical recreation organisations had higher rates of participation in physical activity for exercise or recreation (90%), compared to other volunteers (80%) and non-volunteers (65%).⁴³

- The rate of volunteering by age group was:
 - 18-24 years – 8%
 - 25-34 years – 11%
 - 35-44 years – 20%
 - 45-54 years – 20%
 - 55-64 years – 14%
 - 65+ years – 6%
 - Total – 14% of the adult population.⁴⁴

Victoria: In 2010, 13.6% (580,000) of adult Victorians volunteered for sport and physical recreation organisations. Of these, people in capital cities were more likely to volunteer (9% or almost 382,000 people) than people in the rest of the state (5% or 197,000 people).⁴⁵

The economic value of volunteering

Estimates of the economic value of volunteering vary significantly depending on the valuation method used. The most common method is the monetary value of volunteers’ time based on a notional hourly wage rate. However, different figures may be used for the amount of voluntary work being done, the hourly wage rate, and projections of future growth in volunteering. There is also a broader debate about how to calculate a dollar figure for the social value of volunteering (see section below for qualitative data).

Australia: The contribution of the volunteer workforce was estimated in the Australian Bureau of Statistics *Satellite Accounts* to provide over **\$17.3 billion** of unpaid labour to not-for-profit organisations in 2013-13.⁴⁶

Dr Lisel O’Dwyer estimated the dollar value of the contributions made by Australian volunteers in 2006 and 2010, based on the average annual number of hours worked multiplied by the average wage rate. Dr O’Dwyer found that in 2006, formal volunteering (excluding travel) was worth **\$19.4 billion** to the Australian economy. In 2010, formal volunteering (excluding travel) was worth **\$25.4 billion** to the Australian economy.

Following this method, in 2014 formal volunteering (excluding travel) was worth **\$28.8 billion** to the Australian economy.⁴⁷

In an unpublished 2014 study on the value of volunteering, Dr Lisel O’Dwyer estimated the economic contribution of volunteering in Australia at \$290 billion. The study attempted to account for the broader social and economic benefits provided volunteering including the value of saved lives and qualitative benefits from the social multiplier effect.⁴⁸

Value of volunteering in Australia 2010

Hourly wage rate 2010	\$27.45
<u>Volunteer time inputs</u>	(\$ millions)
● Formal volunteering	\$22,547
● Informal volunteering	\$52,609

- Travel time \$13,528
- Total value of time \$111,230

Other volunteer inputs (use of car, phone etc.)

- Formal volunteering \$2,863
- Informal volunteering \$6,681
- Travel (other inputs) \$1,718
- Total value of other inputs \$11,263

Total volunteer inputs

- Formal volunteering \$25,410
- Informal volunteering \$59,290
- Travel time & inputs \$15,246
- Total value of volunteering \$99,946⁴⁹

Australia: In 2014, the percentage of those incurring expenses for their voluntary work was 53%. Common expenses incurred related to phone calls (32%), Travel costs (42%) and meals (14%). Of those volunteers incurring expenses a small minority (18%) were able to access reimbursement for expenses.⁵⁰

Victoria: Dr Duncan Ironmonger estimated the dollar value of the contribution made by volunteers in Victoria in 2006, based on the number of hours worked multiplied by a notional hourly wage rate (see below for rates in 2011-2021).⁵¹ Dr Ironmonger found that in 2006, formal volunteering (excluding travel) was worth **\$4.9 billion** to the Victorian economy (equivalent to \$1,241 per adult). Of that total amount:

- women contributed \$2.6 billion
- men contributed \$2.3 billion
- people living in Melbourne contributed \$2.9 billion
- people living outside Melbourne contributed \$2 billion.⁵²

Value of volunteering in Victoria 2006

Hourly wage rate 2006 \$24.09

Volunteer time inputs (\$ millions)

- Formal volunteering \$4,342
- Informal volunteering \$7,978
- Travel time \$2,214
- Total value of time \$14,535

Other volunteer inputs (use of car, phone etc.)

- Formal volunteering \$552
- Informal volunteering \$1,013
- Travel (other inputs) \$281
- Total value of other inputs \$1,846

Total volunteer inputs

- Formal volunteering \$4,894
- Informal volunteering \$8,992
- Travel time & inputs \$2,495
- Total value of volunteering \$16,381⁵³

Value of formal volunteering in Victoria by type of organisation 2006

- Sport and recreation – \$1,281 million
- Education and training – \$1,037 million
- Welfare/community – \$723 million
- Religious – \$646 million
- Health – \$285 million
- Parenting, children and youth – \$197 million
- Other recreation/interest – \$153 million
- Other – \$175 million
- Arts/heritage – \$153 million
- Emergency services – \$110 million
- Environment/animal welfare – \$99 million
- Total – \$4.9 billion⁵⁴

Future projections of total value of volunteering in Victoria

The projected total value of volunteering (including formal, informal and travel) in the future, based on increases in the population and annual hours of volunteer work, are:

	2006	2011	2016	2021
Series A	\$16.4 billion	\$22.7 billion	\$31.0 billion	\$42.1 billion
Series B	\$16.4 billion	\$21.4 billion	\$27.8 billion	\$35.7 billion
Series C	\$16.4 billion	\$20.3 billion	\$24.9 billion	\$30.3 billion

Note: Series A assumes the total average hours of volunteering per adult continues to increase at the rate of 1.1% per year (as they have done during the period 1992-2006). Series B assumes that the 2006 average hours remain unchanged. Series C assumes that the average hours decline by 1.1% per year. All three scenarios are then combined with the ABS population projections (Series B) for Victoria.⁵⁵

Hourly wage rates for volunteers in Victoria

The projected gross opportunity cost wage rates for volunteers (based on Australian Bureau of Statistics *Unpaid Work and the Australian Economy 2000*) are:

- 2006 – \$24.09 per hour
- 2011 – \$28.99 per hour
- 2016 – \$34.89 per hour

- 2021 – \$42.00 per hour.⁵⁶

The social value of volunteering

Community involvement by volunteers

Australia: In 2010, volunteers were much more likely to be involved in other aspects of community life than non-volunteers. This is demonstrated in the following measures:

- Volunteers (82%) were more likely than non-volunteers (55%) to have attended a community event recently.⁵⁷
- Volunteers (44%) were much more likely than non-volunteers (15%) to have ever provided a service or activity in their local area.⁵⁸
- 62% of volunteers agreed (either strongly or somewhat) that most people could be trusted, compared with 50% of non-volunteers.⁵⁹
- 82% of volunteers were delighted, pleased or mostly satisfied with their lives, compared to 75% of non-volunteers.⁶⁰
- People who volunteered through an organisation (64%) were more likely to provide informal assistance to someone outside their own household than non-volunteers (41%).⁶¹

Level of satisfaction with volunteering

Australia: In 2011, the level of satisfaction among volunteers was:

- Very satisfied – 47%
- Satisfied – 45%
- Unsatisfied – 5%
- Very unsatisfied – 3%
- Not sure – 1%.⁶²

Volunteering and happiness

Volunteering Australia compiled the following facts about volunteering and happiness:⁶³

- Volunteers are happier, healthier and sleep better than those who don't volunteer – doctors should recommend it.⁶⁴
- 96% of volunteers say that it “makes people happier.”⁶⁵
- 95% of volunteers say that volunteering is related to feelings of wellbeing.⁶⁶
- Volunteering results in a “helper's high,” a powerful physical and emotional feeling experienced when directly helping others.⁶⁷
- Just a few hours of volunteer work makes a difference in happiness and mood.⁶⁸
- Sustained volunteering is associated with better mental health.⁶⁹
- Altruistic emotions and behaviours are associated with greater well-being, health, and longevity.⁷⁰

- A strong correlation exists between the well-being, happiness, health, and longevity of people who are emotionally kind and compassionate in their charitable helping activities.⁷¹
- The experience of helping others provides meaning, a sense of self-worth, a social role and health enhancement.⁷²
- Volunteering is highly associated with greater health and happiness.⁷³

Importance of volunteering to the not-for-profit sector

Australia: There are approximately 600,000 not-for-profit organisations (NFPs) in Australia. The majority (440,000) are small unincorporated organisations.⁷⁴ In 2012-13, almost 3.9 million Australians volunteered with the NFP sector.⁷⁵ The majority of people volunteering for culture and recreation not-for-profits (163 million hours), followed by social services not-for-profits (159 million hours).⁷⁶ Volunteers provided 521 million hours of work to the NFP sector (equivalent to 265,600 full-time positions).⁷⁷

Victoria: There are estimated to be more than 120,000 not-for-profit community organisations operating in Victoria. The majority are informal and rely entirely on volunteers. Around one third have established a legal identity (via various forms of incorporation or as co-operatives).⁷⁸

Of the 33,000 that are incorporated associations, more than half have fewer than 50 members and a quarter have fewer than 20 members.⁷⁹ More than 90% of Victoria's incorporated associations rely on volunteers to do what they do.⁸⁰

Role in community strengthening

Victoria: This report highlights that:

- Volunteering is a form of civic participation that creates 'bridging networks' (i.e. broad networks of loose connections to people from diverse backgrounds), which generate positive social practices that strengthen communities (by fostering positive social norms; spreading information and innovation; and providing the mechanism for collective problem solving).⁸¹
- Volunteering mediates the negative psychological effect of disadvantage, with volunteers from disadvantaged backgrounds having similar levels of psychological well-being as professional, educated non-volunteers.⁸²
- Volunteering is important for connecting people to career paths and labour markets that are better paid and more stable.⁸³
- Volunteering builds collective efficacy by bestowing a sense of altruism and citizenship; developing political and negotiation skills; and inspiring people to work together to solve problems and take action to improve community life.⁸⁴

Trends in volunteering

In 2011, the *National Volunteering Strategy* identified the following trends:⁸⁵

- Growth in volunteering is uneven. Rates of volunteering have grown in sport, religion and education but have declined in community services and emergency management.
- More volunteers want roles that are flexible, or require shorter hours or a shorter term commitment.
- People are increasingly time poor and volunteering competes with greater work and caring responsibilities
- People are more mobile than in the past so volunteers are less likely to stay for many years in a single role.
- The frequency of natural disasters requires a ready supply of skilled emergency volunteers.

It also identified that more people are volunteering but for less time than in the past. The number of adult volunteers almost doubled from 3.2 million in 1995 to 6.1 million in 2014. However, the average number of hours per volunteer has reduced by almost a quarter from 74 hours per year in 1995 to 56 hours per year in 2006.

Year	Number of adult volunteers	Rate of volunteering	Total volunteer hours per year	Median hours per person per year
1995	3.2 million	24%	512 million	74
2000	4.4 million	32%	704 million	72
2006	5.2 million	34%	713 million	56
2010	6.1 million	36%	Not collected	Not collected

This trend is supported by results from the General Social Survey in 2014, which in addition to noting a decline in the number of people engaged in formal and informal volunteering, found on average volunteers contributed 128 hours per year compared to the average of 160 hours per year in 1995.⁸⁶

In 2016, Volunteering Australia found the majority of organisations needed more volunteers to meet the increasing demand for their current programs, with 86% of organisations struggling to get the volunteers they need.⁸⁷

In 2012, the *State of Volunteering in Australia* report identified the following additional trends:⁸⁸

- While the rate of volunteering among young adults remains lower than for other age groups, the rate for 18-24 year olds increased from 16% in 1995 to 27.1% in 2010.
- Senior Australians contributed the highest number of volunteer hours. By 2050, almost a quarter of the population will be aged over 65 compared to 14% in 2012. However Australians now live longer

than they did in previous generations. These demographic changes present both challenges and opportunities for volunteering.

Volunteer Support Organisations

Volunteer Support Organisations (VSOs) undertake the following activities:

- provide information to individuals about volunteering
- provide a referral service that is responsive to the needs of volunteers, potential volunteers and volunteer involving organisations
- provide support to not-for-profit organisations and community groups in the recruitment and management of volunteers
- promote volunteering and volunteering opportunities
- provide these services beyond the agency's own activities.

A current list of VSOs (including their contact details and information about which suburbs or towns they cover) is available on our website at:

<http://volunteeringvictoria.org.au/news-networking/>

Volunteering networks

Victorian volunteering networks meet regularly throughout the year and often provide professional development opportunities – for example, guest speakers and workshops. Networks operate according to region or focus. A current list of network (including their contact details, information about which region or area of interest they cover and a calendar of upcoming events) is available on our website at:

<http://volunteeringvictoria.org.au/news-networking/>

Inquiries about this information sheet should be directed to:

Meghan Hopper
Senior Policy Officer
(03) 8327 8512
m.hopper@volunteeringvictoria.org.au

About Volunteering Victoria

Volunteering Victoria is the state peak body for volunteering. We provide support to volunteers and volunteer involving organisations, and represent the interests of volunteering in Victoria.

Level 2/491 King Street

West Melbourne VIC 3003
www.volunteeringvictoria.org.au
Ph 03 8327 8500 Fax 03 8327 8599

ABN 79 378 017 212 Volunteering Victoria is endorsed as a Deductible Gift Recipient (DGR)

¹ Australian Bureau of Statistics (ABS), *General Social Survey: Summary Results, Australia, 2014*, cat. no. 4159.0, 30 June 2015, <<http://www.abs.gov.au>>, accessed 7 July 2016.

² Volunteering Australia, *Definition of Volunteering*, July 2015, <http://www.volunteeringaustralia.org/policy-and-best-practise/definition-of-volunteering/>, accessed 2 August 2016

³ Ironmonger, D, *The Economic Value of Volunteering in Victoria 2012*, Department of Planning and Community Development, Victorian Government 2012, p.26

⁴ *General Social Survey: Summary Results*, loc. cit.

⁵ *The Economic Value of Volunteering in Victoria 2012*, op. cit., p.29

⁶ ABS, *State and Territory 2014, Table 3 All persons, Selected personal characteristics—By State and Territory*, cat. no. 4195.0, 29 June 2015, <http://www.abs.gov.au>, accessed 7 July 2016.

⁷ *The Economic Value of Volunteering in Victoria 2012*, op. cit., p.29-33

⁸ *State and Territory 2014, Table 3*, loc. cit.

⁹ *The Economic Value of Volunteering in Victoria 2012*, op. cit., p.27

¹⁰ *State and Territory 2014, Table 3*, loc. cit.

¹¹ *The Economic Value of Volunteering in Victoria 2012*, op. cit., p.27

¹² ABS, *Volunteering – Characteristics, Table 19 Persons Who Volunteered in the Last 12 Months, Selected Personal Characteristics*, cat. no. 4195.0, 29 June 2015, <http://www.abs.gov.au>, accessed 7 July 2016.

¹³ ABS, *Volunteering Characteristics – State and Territory, Table 22 Persons who volunteered in the last 12 months, Selected personal characteristics—By state/territory*, cat. no. 4195.0, 17 September 2015, <http://www.abs.gov.au>, accessed 7 July 2016.

¹⁴ ABS, *Disability, Table 11 All persons, Selected personal characteristics—By whether has disability*, cat. no. 4195.0, 29 June 2015, <http://www.abs.gov.au>, accessed 7 July 2016.

¹⁵ *Volunteering – Characteristics, Table 19*, loc. cit.

¹⁶ *State and Territory, Table 22*, loc. cit.

¹⁷ *ibid.*

¹⁸ *Volunteering – Characteristics, Table 19*, loc. cit.

¹⁹ *ibid.*

²⁰ *General Social Survey: Summary Results, Australia, 2014*, loc. cit.

²¹ *Volunteering Characteristics – State and Territory, Table 22*, loc. cit.

²² *ibid.*

²³ ABS, *Volunteering Characteristics, Table 20 Persons who volunteered in the last 12 months, Selected characteristics of voluntary work*, cat. no. 4195.0, 29 June 2015, <http://www.abs.gov.au>, accessed 7 July 2016.

²⁴ ABS, *Volunteering Characteristics, Table 23 Persons who volunteered in the last 12 months, Selected characteristics of voluntary work- By state/territory*, cat. no. 4195.0, 17 September 2015, <http://www.abs.gov.au>, accessed 7 July 2016.

²⁵ Australian Government, *Spontaneous Volunteer Management Resource Kit 2010*, Department of Families, Housing, Community Services and Indigenous Affairs, Australian Government, 2010, p. 2 & 5.

²⁶ The Allen Consulting Group *Global Trends in Skill-based Volunteering, report prepared for NAB*, The Allen Consulting Group, 2007, p1.

²⁷ Volunteering Australia, *National Survey of Volunteering Issues 2011*, Volunteering Australia, 2007, Table 16.

²⁸ *Voluntary Work Australia 2010*, op. cit., p.38

²⁹ *General Social Survey: Summary Results, Australia, 2014*, loc. cit.

³⁰ *ibid.*

- ³¹ *ibid.*
- ³² *Voluntary Work Australia 2006*, op. cit., p.17
- ³³ ABS, *Volunteering – Hours – State and Territory, Table 24 Volunteering involvements, State/territory, Type of organisation–By annual hours*, cat. no. 4195.0, 17 September 2015, <<http://www.abs.gov.au>>, accessed 7 July 2016,
- ³⁴ *Voluntary Work Australia 2006*, op. cit., p.18-19
- ³⁵ *Volunteering Characteristics, Table 20*, loc. cit.
- ³⁶ Volunteering Australia and PwC, March 2016, *State of Volunteering Report*, <http://www.volunteeringaustralia.org/research-and-advocacy/publications/>, accessed 2 August 2016
- ³⁷ Sinha M., 2015, 'Volunteering in Canada, 2004 to 2013', *Spotlight on Canadians: Results from the General Social Survey*, Statistics Canada, cat. no. 89-652-X2015003, 18 June 2015, <http://www.statcan.gc.ca/pub/89-652-x/89-652-x2015003-eng.pdf>, accessed 7 July 2016.
- ³⁸ *Volunteering Characteristics, Table 20*, op. cit.
- ³⁹ ABS, *Volunteers in Sport 2010*, Cat. No. 4440.0.55.001, p.10
- ⁴⁰ *Volunteers in Sport 2010*, op. cit., p.11
- ⁴¹ *Volunteers in Sport 2010*, op. cit., p.14
- ⁴² *Volunteers in Sport 2010*, op. cit., p.12
- ⁴³ *Volunteers in Sport 2010*, op. cit., p.27
- ⁴⁴ *Volunteers in Sport 2010*, op. cit., p.11
- ⁴⁵ *Volunteers in Sport 2010*, op. cit., p.14
- ⁴⁶ ABS, Australian National Accounts: Non-Profit Institutions Satellite Account, 2012-13, cat. no. 5256.0, Aug. 2015, <<http://www.abs.gov.au/ausstats/abs@.nsf/mf/5256.0>>, accessed 18 July 2016.
- ⁴⁷ ABS, Average Weekly Earnings, Australia, Nov 2014, cat. no. 6302.0, <<http://www.abs.gov.au/ausstats/>>, accessed 18 July 2016.
- ⁴⁸ Flinders University, 2014, 'Volunteering worth \$290 billion a year', 31 October 2014, *Flinders News*, <<http://blogs.flinders.edu.au>>, accessed 18 July 2016.
- ⁴⁹ O'Dwyer, L, *The Real Value of Volunteering*, The University of Adelaide, 2013, p.2
- ⁵⁰ ABS, *Volunteering Characteristics, Table 23*, loc. cit.
- ⁵¹ *The Economic Value of Volunteering in Victoria 2012*, op. cit., p. 5
- ⁵² *The Economic Value of Volunteering in Victoria 2012*, op. cit., p. 23
- ⁵³ *The Economic Value of Volunteering in Victoria 2012*, op. cit., p. 15
- ⁵⁴ *The Economic Value of Volunteering in Victoria 2012*, op. cit., p. 24
- ⁵⁵ *The Economic Value of Volunteering in Victoria 2012*, op. cit., p. 40-41
- ⁵⁶ *The Economic Value of Volunteering in Victoria 2012*, op. cit., p. 38
- ⁵⁷ *Voluntary Work Australia 2010*, op. cit., p.26-27
- ⁵⁸ *Voluntary Work Australia 2010*, op. cit., p.26-27
- ⁵⁹ *Voluntary Work Australia 2010*, op. cit., p.26-27
- ⁶⁰ *Voluntary Work Australia 2010*, op. cit., p.26-27
- ⁶¹ *Voluntary Work Australia 2010*, op. cit., p.34-35
- ⁶² *National Survey of Volunteering Issues 2011*, op. cit., Table 15
- ⁶³ Volunteering Australia, *Media Backgrounder - Volunteering and Happiness: The Facts*, 5 December 2014.
- ⁶⁴ Watson, C. 2012, 'Volunteering is so good for you that doctors should recommend it, experts say' *The Australian*, 30 September 2012
- ⁶⁵ Post, S. G. 2011, 'It's good to be good: 2011 5th annual scientific report on health, happiness and helping others', *The International Journal of Person Centred Medicine*, vol. 1, no. 4, p. 814
- ⁶⁶ Volunteering ACT, 2013, '*Selfless Service: The State of Volunteering Report in the ACT 2013*', p. 6
- ⁶⁷ Luks, A. 1988, 'Helper's high: Volunteering makes people feel good physically and emotionally', *Psychology Today*, vol. 10, no. 10, p. 39
- ⁶⁸ Post, S. G. 2011, op. cit., p. 816
- ⁶⁹ Musick, M. A. and Wilson, J. 2003, 'Volunteering and depression: the role of psychological and social resources in different age groups', *Social Science and Medicine*, vol. 56, p. 267

-
- ⁷⁰ Post, S.G. 2005, 'Altruism, Happiness, and Health: It's Good to Be Good', *International Journal of Behavioural Medicine*, vol. 12, no. 2, p. 66
- ⁷¹ Post, S.G. 2005, op. cit., p.73
- ⁷² Post, S. G. 2011, op. cit., p. 814
- ⁷³ Borgovni, F. 2008, 'Doing well by doing good: The relationship between formal volunteering and self-reported health and happiness', *Social Science and Medicine*, vol. 66, p. 2331
- ⁷⁴ Productivity Commission, *Contribution of the Not-for-Profit Sector*, Australian Government, 2010, p. XXVI
- ⁷⁵ Australian National Accounts: Non-Profit Institutions Satellite Account, op. cit.
- ⁷⁶ *ibid.*
- ⁷⁷ *ibid.*
- ⁷⁸ Victorian Government, *Stronger Community Organisations Project Report of the Steering Committee*, Victorian Government, 2007, p. 26
- ⁷⁹ *Stronger Community Organisations Project Report*, op. cit., p. 27
- ⁸⁰ *Stronger Community Organisations Project Report*, op. cit., p. 44
- ⁸¹ Victorian Government, *Indicators of Community Strength in Victoria: Framework and Evidence*, Department of Planning and Community Development, 2011, p. 10-11
- ⁸² *Indicators of Community Strength in Victoria*, op. cit., p. 14
- ⁸³ *Indicators of Community Strength in Victoria*, op. cit., p. 17
- ⁸⁴ *Indicators of Community Strength in Victoria*, op. cit., p. 21
- ⁸⁵ Australian Government, *National Volunteering Strategy*, Department of Prime Minister and Cabinet, 2011, p. 8 &12
- ⁸⁶ *General Social Survey: Summary Results, Australia, 2014*, op. cit.
- ⁸⁷ Volunteering Australia, 2016, *State of Volunteering in Australia 2016: Help Create Happiness*, PricewaterhouseCoopers Australia.
- ⁸⁸ *State of Volunteering in Australia 2012*, op. cit., p. 7-8