

**Health & Wellbeing Team
Volunteers' Self Appraisal**

Since starting volunteering I have gained new contacts or friendships with people I know and trust:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering I have acquired new skills:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering I have gained confidence and self- esteem:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering I feel of more value:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering my health and wellbeing has improved:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering I have been less dependent on drugs, alcohol, crisis services and/or medication:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering my physical fitness and stamina has increased. I feel more resilient:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering I feel more part of my community and less isolated and lonely:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering I am more motivated:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering I feel I have made a difference to other people's lives:

Strongly Agree Agree Don't know /Unsure Disagree Strongly Disagree

Since starting volunteering I feel I have grown/ developed as a person:

Strongly Agree Agree Don't know/Unsure Disagree Strongly Disagree

My main reason for volunteering was to

Do you feel volunteering has helped you do this?