

## CHARITIES and VOLUNTEERING

What is a charity?  
What is volunteering?  
How important is volunteering?  
Have you ever volunteered?

*Once upon a time, a man walking along a beach saw a boy picking up starfish and throwing them into the sea.*

*He asked the boy why he was throwing starfish into the sea.*

*The boy replied, "The tide is going out. If I don't throw them in, they'll dry up and die."*

*The man smiled patronisingly and said, "But, there are miles of beach and thousands of starfish on every mile. You can't possibly make a difference!"*

*The boy smiled, bent down, picked up another starfish, and threw it into the sea.*

*"Well," he said, "I made a difference for that one."*

What does the story want to tell us?

Should there be a law to get all of us to volunteer?

Why do people volunteer?

Is there anything bad about volunteering?

Why are some people more willing to volunteer than others?

From what age should people start volunteering?

Do you have a favourite charity?

Are you satisfied with the work charities do?

How often do you give money to charities?

Have you ever received charity from others?

Would you like to work for a charity?

Do you worry about where the money you donate to charity goes?

Do you think charities should only help people and not animals, buildings, etc?

What was the last cause you donated money to?

Do you ever buy used goods from charity shops? Do you know any charity shops?

Do you think it is immoral for people to spend lots of money on themselves when people are starving and dying?

## VOLUNTEERING CAN MAKE YOU HAPPIER

*rates hand deeds chances according effects way longevity*

Volunteering can make you happier and help you live longer, (1) \_\_\_\_\_ to a new study. A research paper published on Friday in the journal BMC Public Health says doing good (2) \_\_\_\_\_ for others boosts your mental health and increases your (3) \_\_\_\_\_. Researchers from the UK's University of Exeter reviewed 40 academic papers into the (4) \_\_\_\_\_ of volunteerism on our health. They found that volunteers had lower (5) \_\_\_\_\_ of depression, an increased sense of well-being, and a 22 per cent reduction in the (6) \_\_\_\_\_ of dying within the next seven years. Australians lead the (7) \_\_\_\_\_ in volunteering, with an estimated 36 per cent of the population lending a (8) \_\_\_\_\_

*beneficial first cause review sense establish separate factors*

Lead researcher Dr Suzanne Richards said: "Our systematic (9) \_\_\_\_\_ shows that volunteering is associated with improvements in mental health, but more work is needed to (10) \_\_\_\_\_ whether volunteering is actually the (11) \_\_\_\_\_." She added: "It is still unclear whether biological and cultural (12) \_\_\_\_\_ and social resources that are often associated with better health and survival are also associated with a willingness to volunteer in the (13) \_\_\_\_\_ place." In a (14) \_\_\_\_\_ study from the University of Michigan, researchers suggested three reasons why volunteering may be (15) \_\_\_\_\_. First, it involves physical activity; second, the social connections we make help to reduce our stress; and third, it gives us a deep (16) \_\_\_\_\_ of happiness.

What was the result of the survey? What are the effects of volunteering?  
Why is volunteering good for you?

**What can you do?**

a parent

a student/ a colleague

your town

an old person

your teacher

a charity

**Listening:**

(A) The RSPCA

(B) The RNIB

(C) TBG

(D) Mencap

(E) EveryChild