

10 Reasons to Join a Community Group

- 1. IT'S GOOD FOR YOUR HEALTH**
Studies show that having a good social network extends your life, keeps you healthy, and staves off mental deterioration.
- 2. YOU MEET NEW FRIENDS**
Get to know new people and work with them on things you all care about. How many people have met their future partners at the club?
- 3. YOU MAKE NEW CONTACTS**
Keeping your networks in good repair helps you to see opportunities when they come up and gives you people to call when you want help.
- 4. YOU LEARN NEW SKILLS**
You can learn workplace skills from being a volunteer. You can learn governance skills - committee management, business planning - from joining a Committee.
- 5. IT'S GOOD FOR THE COMMUNITY**
The more people work together and get to be familiar with the way things work around the area, the more people support each other through the tough times.
- 6. YOU CAN FOLLOW YOUR INTERESTS**
Whatever you like to do, there are other people out there who like it too. Join a group and you can share your passion.
- 7. YOU CAN BUILD UP YOUR CV**
If you're applying for a tertiary place, or a new job, or a new relationship, it helps to be able to point to the unselfish efforts you're putting in for the community.
- 8. YOU CAN LEARN HOW TO WIN YOUR BATTLES**
Experience in operating as part of a community group gives you the tools you need to get your voice heard in the centres of power.
- 9. YOU CAN MAKE A CONTRIBUTION**
We all want to make the world a better place, even if it's only by making sure our team has its turn at taking the flag.
- 10. IT'S GOOD FOR THE COUNTRY**
Australia needs a strong civil society, where the government and business don't run everything and people manage their own organisations for community goals.

> www.ourcommunity.com.au/joinin

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