

TCV Volunteers: COVID-19 impact

What our volunteers told us about
their COVID-19 lockdown experience



Connecting people and green spaces

Lockdown has shown us there has never been more need for our work

COVID-19 has had an impact on almost every aspect of everyday life for people across the UK. For volunteers with The Conservation Volunteers, this meant their once regular volunteering session ceased from March 2020 and for many, this meant that their social interaction, choice of exercise or hobby suspended too.

TCV's mission is to connect people and green spaces but we estimated that up to 50,000 people may not have been able to engage with our sites and projects during this the first UK lockdown. We wanted to find out from our volunteers directly how this affected them.

One outcome of lockdown is the increased value placed on green spaces by existing volunteers and those discovering them for the first time. TCV will care for these green spaces, ensuring they are accessible now and in the future.

“Just getting back to volunteering in more ‘natural’ spaces would be wonderful.”

73%

value of **green** spaces increased

88%

believe green spaces will be **valued by** more people



“I would like to volunteer with TCV to do more to improve green areas near me once lockdown is reduced.”

Since the UK's lockdown, our surveyed volunteers told us about the importance of volunteering for reducing isolation

We know that volunteering and exercising outdoors on projects with a purpose and with a social group has positive mental health outcomes¹. We have also seen how communities have come together during the pandemic, highlighting the value of community support.

32%

mental health
got worse

72%

social
connectedness
got worse

64%

value of
'community'
increased



“There is no doubt that being active outdoors in places full of greenery and wildlife is so beneficial for mental and physical health.”

¹ The University of Westminster's investigated the impact of the Green Gym on participants' mental and physical health

Results from this survey highlight the impact of volunteering with The Conservation Volunteers and why our work is needed; green spaces and community involvement are vital to people's mental and physical health and wellbeing

We have resumed the majority of projects across the UK and have put in the necessary measures to ensure our sites and projects are safe and COVID-19-secure.

TCV is committed to supporting our volunteers. Since March 2020, we have shared activity resources online so volunteers can continue to connect with nature at home.



“I would just like to go back to volunteering, being out and about with other like-minded people is just such a joy that I really miss.”

The Conservation Volunteers
www.tcv.org.uk



The Conservation Volunteers



@TCVtweets



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