

Immediate Release

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STRICTLY EMBARGOED UNTIL 00:01 TUESDAY 8TH MAY 2007

Youngsters not lacking in community spirit...but lacking the drive to make a difference

Samaritans launch volunteer recruitment drive

Teenagers could soon be helping out their local communities now the Samaritans have launched its new volunteer recruitment pack, part of its second annual fundraising and awareness campaign. So from now on not knowing how to organise voluntary work is no longer an excuse.

As many as 65% of youngsters are willing to give up several hours a week of their free time to help those who need them but only 2% ever actually get off the sofa and do so, according to the Samaritans 24:7 Time for You survey which is part of the annual 24:7 campaign. The young are being put to shame by the older generation, with 17% of over 55s regularly spending their spare time helping their local community. Over three quarters of teenagers admit they fritter away most of their free hours flaked out in front of the TV while nearly a quarter dream of swapping their mundane lives for that of a film star. Surprisingly many of the elderly admit they would love the chance to fly a plane for a day!

Nearly 20% of youngsters would be happy to do voluntary work at night if they could arrange it and men also admit they have long afternoons and late evenings free when they could be helping out local charities. In contrast women seem to be busier and only have shorter, more rushed, periods when they can spare the time for others.

Charities constantly have to battle with volunteers' other commitments as Brits juggle their jobs with spending time with their families, going out for a drink with friends or hitting the gym. A shocking 51% of people even claim they are so tired after a day in the office they simply do not have the energy to do anything but sleep and some say they do not have any spare time at all.

Even so, research reveals some Brits have an average of 56 hours a week free. That works out as at least 40 hours in front of the TV! Today we have Samaritans Volunteering Manager Rachael Bayley with a few top tips on how to manage your time and fit in a few hours to help others

SUGGESTED QUESTIONS

Why is it important more people volunteer to help charities?

How much time do people have free and where do people have the most amount of free time?

What time of the day do people enjoy their spare time, does this differ with age?

How can young people benefit from volunteering?

Why do so few young people volunteer when so many seem to consider it?

How can we manage our time better so we have a few hours spare to volunteer?

How easy is it for people to volunteer?

Where can people get more information about volunteering?

ADDITIONAL INFORMATION

Samaritans is *virtually* unique in 'being there' 24 hours a day. The Samaritans are now recognised for being available 24:7 and are considered in the same league as the emergency services by the public. Samaritans support those who need emotional support - every day of the year - taking a call every six seconds.

For more information log on to

www.samaritans247.org

www.samaritans.org.uk

EDITORS NOTES

We have Samaritans Volunteering Manager Rachael Bayley and volunteer Paul are available for interviews on Tuesday 8th May. To book an interview or for further information please contact the media team on 0207 253 8888 or email

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Youngsters not lacking in community spirit...but lacking the time to make a difference

Survey carried out by: Tickbox.net

24:7 Time for You survey carried out by the Samaritans as part of the annual 24:7 campaign.

Date of survey: 18/April/2007

Sample size: 3409

BACKGROUND AND REGIONAL INFORMATION

East

35% of people only have an hour to three hours they a day of spare time.
40% of people spend their spare time with their family – **Lowest figure**
5% of people give back to their community in their spare time
5% of people do not have any time to themselves – **Highest figure**
74% of people only have spare time between 8pm and 11pm
49% of people are to tired from work to do anything with their spare time
23% of people have no enthusiasm to try something new - **Highest figure**
73% of people are aware that you can call the Samaritans for help 24:7
28% of people have occasionally thought volunteering is something that may appeal to them
25% of people have never thought to volunteer, as they are certain it is not their thing
34% of people have taken steps to get involved in volunteering
30% of people would be prepared to give up roughly **two** hours a week to help others locally
35% of people would not be prepared to give up time to volunteer locally -**Highest figure**
29% of people would most like to be a film star if they could choose an occupation for 24 hours – **Highest figure**

Scotland

14% of people have eight hours or more spare time in a day when they can do what they really want to – **2nd Highest**
70% of people spend their free time watching TV
7% spend their free time helping other locally
80% of people usually have spare time when they can do what they please between 8pm –11pm.
30% of people get to spend their free time as they what 60% of the time – **Highest figure**
50% of people are to tired from work to do anything with their spare time
73% of people are aware that you can call the Samaritans for help 24:7
30% of people think that volunteering is something that would appeal to them
40% of people have taken active steps to get involved in volunteering
31% of people would be prepared to give up 2 hours a week to help others locally
18% of people would most like to be a film star if they could choose an occupation for 24 hours

London

36% of people have between three and five hours of spare time a day
39% of people spend their spare time socialising – **highest figure**
28% of people spend their spare time drinking - **highest figure**
5% of people have no spare time to themselves
27% of people spend their free time as they wish 80% of the time – **2nd highest figure**
19 % of are too stressed out to do things they really want to do – **Highest figure**
31% of people do not get to spend their spare time as they choose as activities and going out is too expensive – **Highest figure**
78% of people are aware that you can call the Samaritans for help 24:7
31% of people have occasionally thought about giving some free time to help others locally
41% of people have taken steps to get involved in volunteering – **2nd highest figure**
29% of people would be able to give 2 hours a week to help people locally
13% of people would most like to be a Chief executive for 24 hours

Midlands

42% of people have between one hour and three hours of spare time a day – **Highest figure**
41% of people spend their spare time sleeping
75% of people usually have spare time when they can do what they please between 8pm –11pm.
23% of people spend their free time as they wish 80% of the time
18% of are too stressed out to do things they really want to do – **2nd Highest figure**
28% of people have occasionally thought about giving up some free time to help others locally
66% have never taken steps to get involved in volunteering
34% of people would not be willing to give up any free time to volunteer
24% of people would most like to be a film star for 24 hours

North West

30% of people have between three and five hours of spare time a day
25 % of people spend their spare time drinking – **2nd Highest figure**
75% of people usually have spare time when they can do what they please between 8pm –11pm.
10% of people say they always spend their spare time doing what they want
50% of people are too tired after work to do anything with their spare time
72% of people are aware that the Samaritans are available 24:7
33% of people have considered giving up some of their free time to help people locally
63% of people have never taken steps to get involved in volunteering
31% of people would not be willing to give up any time to volunteer to help others locally
27% of people would most like to be a film star for 24 hours

Wales

38 % people have between one and three hours of spare time a day
10% of people most often find themselves volunteering with their spare time – **Highest figure**
76% of people usually have spare time when they can do what they please between 8pm –11pm.
27% of people spend 80% of their free time the way they wish to – **Highest figure**
20% of people have no enthusiasm anymore to try anything new – **2nd Highest figure**
76% of people are aware that the Samaritans are available 24:7
19% of people have seriously considered giving up some free time to help others locally -**2nd Highest figure**
35% of people have taken steps to get involved in volunteering
20% of people would be prepared to give up roughly 4 hours a week
20% of people would most like to be a pilot for 24 hours – **Highest figure**
6% of people would like to start helping people in their community but are unsure how to do that- **Joint highest figure**

South East

37% of people have between one and three hours of spare time a day
44% of people spend their free time with their family
4% of people have no spare time to themselves – **2nd Highest figure**
3 % of people never get to spend their free time as they want to – **Highest figure**
52% of people are too tired from work to spend more of their free time as they want to
79% of people are aware that the Samaritans are available 24:7
34% of people have occasionally thought about giving some free time to help others locally
65% of people have never taken steps to get involved in volunteering
35% of people would be prepared to give up roughly 2 hours a week
10% of people would most like to be a an soccer star for 24 hours

North East

15% of people have eight hours or more of spare time a day – **Highest figure**
18% of people are too tired to do anything during their spare time - **Highest figure**
10% of people usually have spare time when they can do what they please between 3am and 5am- **Highest figure**
12% of people always spend their spare time the way they choose to
82% of people are aware that the Samaritans are available 24:7
11% have seriously considered giving up some of their free time to help others locally
34% of people have taken steps to getting involved in volunteering
35% of people would not be prepared to give up any time to volunteer – **Highest figure**
21% of people would most like to be a film star for 24 hours

Yorkshire

37 % of people have between an hour to three hours of spare time a day
3% of people spend their spare time doing something for the community – **Lowest figure**

74% of people usually have spare time when they can do what they please between 8pm –11pm.
22% of people have no enthusiasm to try something new in their spare time
76% of people are aware that the Samaritans are available 24:7
33% of people have occasionally thought about volunteering
62% of people have never taken any steps to get involved in volunteering
25% of people would be able to give up roughly 4 hours a week to volunteer – **Highest figure**
16% of people would most like to be a pilot for 24 hours

Northern Ireland

22% of people have five to eight hours of spare time a day – **Highest figure**
10% of people spend their spare time clubbing - **Highest figure**
88% of people usually have spare time when they can do what they please between 8pm –11pm – **Highest figure**
51% of people are too tired from work to do anything with their spare time
84% of people are aware that the Samaritans are available 24:7 – **Highest figure**
22% of people have hardly ever thought about volunteering
35% of people would give up roughly two hours of their time to volunteer
29% of people would most like to be a film star for 24 hours

South West

35% of people have an hour to three hours spare time a day
20% of people spend their spare time going to the gym, keeping fit or doing sports
40% of people usually have spare time when they can do what they please between 5pm and 8pm
18% of people are too stressed to feel relaxed enough to do what they like with their spare time
74% of people are aware that the Samaritans are available 24:7
33% of people have occasionally thought that volunteering is something that may appeal to them
41% of people would give up roughly two hours of their time to volunteer
17% of people would most like to be a veterinarian for 24 hours

Republic of Ireland

14% of people have eight hours or more spare time a day – **Highest figure**
59% of people spend their spare time with their family - **Highest figure**
10% of people spend their spare time doing something for their community – **Highest figure**
78% of people usually have spare time when they can do what they please between 8pm –11pm
56% of people are too tired from work so have no energy to do anything with their spare time
6% of people would like to start helping people in their community but are unsure how to do that- **Joint highest figure**
68 % of people are aware that the Samaritans are available 24:7 – **Lowest figure**
21% of people have seriously considered giving up some free time to help others locally.
38% of people would give up roughly 4 hours of their time to volunteer
10% of people would most like to be a Chief Executive for 24 hours