**Volunteering**

Benefits to me (following four decades as a head office public servant):

* sense of giving back, with a direct community focus and seeing tangible results
* continuing to maintain some of my skills
* a small challenge to self that I still got the ability to do new stuff or old stuff in a different setting/s
* continuing to be connected and much more locally
* being appreciated for my contribution.

Enhancing volunteering

* publicising how volunteering is a great way to remain active
* employers being encouraged to provide leave for near retirees to dip their toe into the volunteer space